

## Early Praise for *The Baby Decision*

“Bombardieri is magic. In this book, she takes you by the hand into the depths of the scary and sometimes overwhelming baby decision and step by step, she helps you find clarity. *The Baby Decision* is a must read for everyone of child-bearing age.”

—Mara Altman, Author of *Thanks for Coming*,  
*Baby Steps*, and *Bearded Lady*

“The intelligence and generosity of Bombardieri’s perspectives are a gift to all women and men; she deeply honors individuality while reminding us of the compassion that is all of our potential.”

—Bina Venkataraman, writer and climate  
policy expert

“I am so excited about *The Baby Decision*. Being thirty-one, my peers are beginning to struggle with this question in a big way. When I read about the distinction between ‘growth’ and ‘safety’ needs, a light bulb went off over my head. You broke that down so clearly and so quickly. This is such an important book!”

—Katie O’Reilly, Journalist, memoirist, contributor  
to **atlantic.com**, *BuzzFeed*, and *Bitch*

“*The Baby Decision* is an indispensable guide to greater awareness and freedom for anyone wrestling with one of life’s most important decisions. Bombardieri provides a lens that illuminates the architecture of healthy decision-making. Brimming with humanity and respect, informed by research and infused with clinical wisdom, this book is a gem.”

—Stephanie Morgan, MSW, Psy.D. Psychologist,  
Private Practice. Co-author, *Mindfulness and  
Psychotherapy*, and *Compassion and Wisdom in  
Psychotherapy*.

“A perfect guidebook for any person making the life changing decision to have a child, or be childfree. Merle Bombardieri offers cogent, insightful, practical, and always deeply kind suggestions to help her readers make their own best decision with clarity, courage, and peace.”

—Deborah Rozelle, Psy.D., clinical psychologist,  
trauma and adoption expert; co-editor and author  
of *Mindfulness-Oriented Interventions for Trauma:  
Integrating Contemplative Practices*

“This book is an invaluable tool for anyone making this enormous life decision . . . In clear and compassionate prose, *The Baby Decision* guides productive thought and discussion. Most important, it makes two things clear: first, it’s OK to feel uncertain and conflicted. And second, you CAN come to a decision and move forward.”

—Jenna Russell, *Boston Globe* reporter, co-author  
*New York Times* Bestseller, *Last Lion*, and *Long  
Mile Home*

“Intelligent, sensitive, and exceptionally useful support to all in the process of the conscious decision making about transition to parenthood or childfree living. A tremendous contribution!”

—Janet Surrey, Ph.D., Clinical Psychologist and  
Meditation Teacher specializing in Diversity,  
Mothering, Adoption, and Substance Abuse.  
Her latest book is *The Buddha’s Wife: The Path of  
Awakening Together*

“Bombardieri is a master at teasing apart the details of the decision-making process. Her thoughtful and thorough exploration of each facet of the decision-making process—among the array of parenting options, is an invaluable resource for those contemplating parenthood, and professionals who help them work through the process.”

—Carol Sheingold, MSW, LICSW—adoption professional and bio-adoptive parent.

“This book offers an accessible, doable, and empathic approach for any person struggling with the *baby decision*.”

—Phyllis B. Fitzpatrick, LICSW, Private Practice,  
Former Adoption Social Worker

“This is the essential guide for any person or couple considering parenthood.”

—Kayla Sheets, Genetic Counselor, Founder of  
Vibrant Gene

Praise for the first edition of *The Baby Decision*

“I think the millions of young women turning the decision over in their heads could profit by reading it. . . . Full of sentences you’ll chew over and savor. Best book on the subject.”

—Ann Ulmschneider, Childfree Advocate

“Imaginative and sensitive . . . Millions could profit from reading this book.”

—Caroline Bird, pioneering feminist economist  
and author of *The Two-Paycheck Marriage* and  
*Born Female*



Bibliography and Resources from

# THE BABY DECISION

*How to Make  
The Most Important Choice  
of Your Life*

SECOND EDITION, REVISED AND UPDATED



**Merle Bombardieri**  
MSW, LICSW

ORCHARD  VIEW PRESS  
STOW, MASSACHUSETTS

This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subjects addressed in the publication. It is sold with the understanding that the author and the publisher are not engaged in rendering medical, health, or any other kind of personal professional services in the book. The reader should consult his or her medical, health, or other competent professionals before adopting any of the suggestions in this book or drawing inferences from it.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

Copyright ©2016 by Merle A. Bombardieri

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Published by  
Orchard View Press  
Stow, MA 01775

[www.orchardviewpress.com](http://www.orchardviewpress.com)

Author Contact:

[www.thebabydecision.com](http://www.thebabydecision.com)

Follow us on Twitter: @thebabydecision

Like us on Facebook: [www.facebook.com/thebabydecision](http://www.facebook.com/thebabydecision)



Printed in the United States  
First Printing, 2016

Paperback ISBN 978-0-9975007-0-7

ePub ISBN 978-0-9975007-3-8

Kindle ISBN 978-0-9975007-2-1

*Edited by Andi Cumbo-Floyd*

*[www.andilit.com](http://www.andilit.com)*

*Cover and interior design by Barbara Aronica-Buck*

*[www.bookdesigner.com](http://www.bookdesigner.com)*



# ◆ APPENDIX 1 ◆

## BIBLIOGRAPHY

### *The Decision*

- Altman, Mara. *Baby Steps*. Kindle Single, 2014.
- Ariely, Dan. *Predictably Irrational: The Hidden Forces that Shape Our Decisions*. New York: Harper Perennial, 2010.
- Bardwick, Judith. *In Transition: How Feminism, Sexual Liberation and the Search for Self-Fulfillment Have Altered America*. New York: Holt, Rinehart and Winston, 1979.
- Bombardieri, Merle. "Considering Parenthood." *Our Bodies, Ourselves*. New York: Simon and Schuster, 2005.
- Daniels, Pamela, and Weingarten, Kathy. *Sooner or Later: The Timing of Parenthood in Adult Lives*. New York: Norton, 1992.
- Davitz, Lois Lederman. *Baby Hunger*. Minneapolis, MN: Winston Press, 1984.
- Dell, Diana L. and Suzan Erem. *Do I Want to Be a Mom? A Woman's Guide to the Decision of a Lifetime*. New York: McGraw-Hill, 2004.
- Fabe, Marilyn, and Wikler, Norma. *Up Against the Clock: Career Women Speak on the Choice to Have Children*. New York: Random House, 1979.
- Friedman, Ann. "What if You Just Don't Know If You Want Kids?" *New York Magazine*, September 18, 2014, <http://nymag.com/thecut/2014/09/what-if-you-just-don't-know-if-you-want-kids.html>.
- Gerson, Kathleen. *Hard Choices: How Women Decided About Work, Career, and Motherhood*. Berkeley, CA: University of California Press, 1985.
- Kahneman, Daniel. *Thinking, Fast and Slow*. New York: Farrar, Strauss and Giroux, 2011.
- Lehrer, Jonah. *How We Decide*. Boston: Houghton Mifflin Harcourt, 2009.
- Leibovich, Lori. *Maybe Baby: Twenty-Eight Writers Tell the Truth about Skepticism, Ambivalence, and How They Made the Biggest Decision of Their Lives*. New York: Harper, 2007.
- McKaughan, Molly. *The Biological Clock*. New York: Penguin, 1989.
- Ostrander, Madeline. "How Do You Decide to Have a Baby When Climate Change Is Remaking Life on Earth?" *thenation.com*, April 11, 18th issue, <http://thenation.com/article/how-do-you-decide-to-have-a>



- baby-when-climate-change-is-remaking-life-on-earth/.
- Pikul, Corrie. "The Clock-Watcher: How Do You Know When—or if—You Should Have a Baby?" *Elle*, February, 2011.
- Rivers, Caryl. "The New Anxiety of Motherhood." *Women in a Changing World*. Uta West, ed. pp. 141–152. New York: McGraw-Hill, 1975.
- Rubin, Theodore Isaac. *Overcoming Indecisiveness: The Eight Stages of Effective Decision Making*. New York: Harper and Row, 1985.
- Whelan, Elizabeth. *A Baby? Maybe*. New York: Bobbs-Merrill, 1975.
- Wills, Garry. "What? What? Are Young Americans Afraid to Have Kids?" *Esquire*, March 1974.
- Wade, Donna. *I Want a Baby, He Doesn't: How Both Partners Can Make the Right Decision at the Right Time*. Avon, MA: Adams Media, 2005.
- Yalom, Irvin. *Existential Psychotherapy*. New York: Basic Books, 1980. This book has an excellent chapter on decision-making.

### *Social Commentary*

- Badinter, Elizabeth. *The Conflict: How Modern Motherhood Undermines the Status of Women*. New York: Metropolitan/Henry Holt, 2011.
- Beavan, Colin. *How to Be Alive: A Guide to the Kind of Happiness That Helps the World*. New York: Dey Street, 2016. With environmental concerns, discusses ways of nurturing children other than biological parenthood. Includes a chapter on this author's decision guidelines.
- Carroll, Laura. *The Baby Matrix: Why Freeing Our Mind from Outmoded Thinking About Parenthood and Reproduction Will Create a Better World*. Live True Books, 2012.
- Chatterjee, Keya. *The Zero Footprint Baby: How to Save the Planet While Raising a Healthy Baby*. Brooklyn, NY: Ig Publishing, 2013.
- Crittenden, Ann. *The Price of Motherhood: Why the Most Important Job in the World Is Still the Least Valued*. New York: Metropolitan Books, 2001.
- Douglas, Susan and Meredith Michaels. *The Mommy Myth: The Idealization of Motherhood and How It Has Undermined All Women*.
- Glenn, Evelyn Nakano, Grace Change, and Linda Rennie Forcey. *Mothering: Ideology, Experience, and Agency*. New York: Routledge, 1994.
- Golombok, Susan. *Modern Families: Parents and Children in New Family Forms*. Cambridge England: Cambridge University Press, 2015.
- Hanauer, Cathi, ed. *The Bitch in the House: 26 Women Tell the Truth About Sex, Solitude, Work, Motherhood and Marriage*. New York: William Morrow, 2002.

- Haningsberg, Julie E. and Sara Rudnick, eds. *Mother Troubles: Rethinking Contemporary Maternal Dilemmas*. Boston: Beacon Press, 1999.
- Hartas, Dimitra. *The Right to Childhood: Critical Perspectives on Rights, Difference and Knowledge in a Transient World*. London: Continuum Books, 2008.
- Holmes, Melanie. *The Female Assumption: A Mother's Story: Freeing Women From the View That Motherhood is a Mandate*. Create Space, 2014.
- Hoschild, Arlie. *The Second Shift: Working Families and the Revolution at Home*. New York: Penguin, 2012.
- Hewett, Sylvia Ann. *Creating a Life: Professional Women and the Quest for Children*. New York: Talk Miramax, 2002.
- Ireland, Mardy S. *Reconceiving Women: Separating Motherhood from Female Identity*. New York: Guilford Press, 1993.
- Jung, Courtney. *Lactivism: How Feminists and Fundamentalists, Hippies and Yuppies and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy*. New York: Basic Books, 2015.
- Kramer, Wendy and Naomi Cahn. *Finding Our Families: A First-of-Its-Kind Book for Donor Conceived People and Their Families*. New York: Avery/Penguin, 2013.
- Morrow, Lance. "Wondering if Children Are Necessary." *Time Magazine*, March 5, 1979.
- Ramsey, Patricia. *Teaching and Learning in a Diverse World: Multicultural Education for Young Children*. New York: Teachers College Press, 2011.
- Reddy, M.T. *Crossing the Color Line: Race, Parenting and Culture*. New Brunswick, NJ: Rutgers University Press, 1994.
- Richards, Sarah Elizabeth. *Motherhood Rescheduled: The New Frontier of Egg Freezing and The Women Who Tried It*. New York: Simon and Schuster, 2013.
- Ruddick, Sara. *Maternal Thinking: Toward a Politics of Peace*. Boston: Beacon Press, 1989.
- Schulte, Brigid. *Overwhelmed: Work, Love and Play When No One Has the Time*. New York: Sarah Crichton Books, 2014.
- Senior, Jennifer. *All Joy and No Fun: The Paradox of Modern Parenthood*. New York: Ecco, 2014.
- Selvaratnam, Tanya. *The Big Lie: Motherhood, Feminism, and the Reality of the Biological Clock*. Amherst, New York: Prometheus, 2014.
- Spar, Debora L. *The Baby Business: How Money, Science, and Politics Drive the Commerce of Conception*. Cambridge, MA: Harvard Business School Press, 2006.
- Tsigdinos, Pamela Mahoney. *Silent Sorority: A Barren Woman Gets Busy, Angry,*

*Lost and Found*. BookSurge Publishing, 2009.

Valenti, Jessica. *Why Have Kids? A New Mom Explores the Truth About Parenting and Happiness*. Boston: New Harvest, 2012.

Van Ausdale, D. and J.R. Feagin. *The First R.: How Children Learn Race and Racism*. Landham, MD: Rowan and Littlefield, 2001.

Zoll, Miriam. *Cracked Open: Liberty, Fertility, and the Pursuit of High Tech Babies: A Memoir*. Northampton, MA: Interlink, 2013.

### ***Personal Growth***

Berne, Eric. *Games People Play: The Psychology of Human Relationships*. New York: Ballantine, 1973.

Bowen, Murray. *Family Therapy in Clinical Practice*. New York: Jason Aronson, 1978.

Brach, Tara. *Radical Acceptance: Embracing Your Life with the Heart of the Buddha*. New York: Bantam, 2003.

Bridges, William. *Transitions: Making the Most of Life's Changes*. 3rd ed. Cambridge, MA: Da Capo, 2009.

Buber, Martin. *Hasidism and Modern Man*. New York: Harper Torch Books, 1958. His quote on "mission" in "Which Way Happiness" appeared on pp. 139-40 of his book.

Carstensen, Laurie L. *A Long Bright Future: An Action Plan for a Lifetime of Happiness, Health and Financial Security*. New York: Broadway Books, 2009. Planning for healthy aging.

Erikson, Erik. *Identity, Youth and Crisis*. New York, W.W. Norton, 1968. Generativity quote pp.138-139.

Fromm, Eric, *Escape From Freedom*, New York: Avon, 1965.

Germer, Christopher. *The Mindful Path to Self-Compassions: Freeing Yourself From Destructive Thoughts and Emotions*. New York: Guilford Press, 2009.

Gilbert, Daniel. *Stumbling on Happiness*. New York: Knopf, 2006.

Hanson, Rick. *Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence*. New York: Harmony, 2013.

Lifton, Robert J. *Boundaries: Psychological Man in Revolution*. New York: Random House, 1969.

Levoy, Gregg. *Finding and Following an Authentic Life*. New York: Harmony, 1998.

McAdams, Dan P. *The Redemptive Self: Stories Americans Live By*. New York: Oxford University Press, 2006. A scholarly but fairly readable book relevant to life decisions and how we view and talk about our lives.

- McKay, Matthew and David Harp. *Neural Path Therapy: How to Change Your Brain's Response to Anger, Fear, Pain and Desire*. Oakland, CA: New Harbinger, 2005.
- Maslow, Abraham. *The Farther Reaches of Human Nature*. New York: Penguin, 1976. Jonah Complex quote, p. 34.
- \_\_\_\_\_. *Toward a Psychology of Being*. Princeton, NJ: Van Nostrand, 1968. Growth versus deficiency quote pp. 21–59.
- May, Gerald. *Will and Spirit. A Contemplative Psychology*. New York: Harper One, 1987.
- May, Rollo. *The Courage to Create*. New York: Bantam, 1976. The sayings of the oracle quote pp.125–127.
- \_\_\_\_\_. *Love and Will*. New York: Dell, 1974.
- \_\_\_\_\_. *Man's Search for Himself*. New York: Signet, 1967.
- Neff, Kristin D. *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. New York: Morrow, 2011.
- Orsillo, S.M. and L. Roemer. *The Mindful Way Through Anxiety: Break Free From Chronic Worry and Reclaim Your Life*. New York: Guilford Press, 2011.
- Rico, Gabrielle, *Pain and Possibility. Writing Your Way Through Personal Crisis*. Los Angeles: J.P. Tarcher, 1991.
- Rogers, Carl. *On Becoming a Person*. Boston: Houghton Mifflin, 1961.
- Sheehy, Gail. *Passages*. New York: Bantam, 1977.
- Siegel, R.D. *The Mindfulness Solution: Everyday Practices for Everyday Problems*. New York: Guilford Press, 2016.

### ***Marriage/Relationships***

- Buber, Martin. *I and Thou*. New York: Charles Scribner's Sons, 1958.
- Campbell, Angus. *The Quality of American Life: Perceptions, Evaluations, and Satisfaction*. New York: Russell Sage Foundation, 1976.
- Cockrell, Stacie, Cathy O'Neill, and Julia Stone. *Babyproofing Your Marriage: How to Laugh more, Argue Less, and Communicate Better as Your Family Grows*. New York: Harper-Collins, 2007.
- Cowan, Carol Pape, and Philip A. Cowan. *When Partners Become Parents: The Big Life Change for Couples*. New York: Basic Books, 1992.
- Feldman, Harold. "The Effects of Children on the Family," in Andree Michel, ed., *Family Issues of Employed Women in Europe and America*. Leiden, The Netherlands: E.J. Brill, 1971.
- Gottman, John, and Julie Schwartz Gottman. *And Baby Makes Three: The Six Step Plan for Preserving Marital Intimacy and Rekindling Romance After the*

- Baby Arrives*. New York: Crown, 2007.
- Howard, Jane. *Families*. New York: Simon and Schuster, 1978.
- Jordan, Pamela L., Scott M. Stanley, and Howard J. Markman. *Becoming Parents: How to Strengthen Your Marriage as Your Family Grows*. San Francisco: Jossey-Bass, 1999.
- Moustakas, Clark. *Creative Life*. New York: D. Van Nostrand, 1977. The quote at the beginning of "Tug of War" is from p. 42 of his book.
- Parker, Kim. "Parenthood and Happiness: It's More Complicated Than You Think," [www.pewresearch.org/fact-tank/2014/02/07/parenthood-and-happiness-its-more-complicated-than-you-think](http://www.pewresearch.org/fact-tank/2014/02/07/parenthood-and-happiness-its-more-complicated-than-you-think).
- Raley, Patricia E., and Mel Roman. *The Indelible Family*. New York: Rawson, Wade, 1980.
- Raskin, Valerie. D. *Great Sex for Moms: Ten Steps to Nurturing Passion While Raising Kids*. New York: Fireside/Simon and Schuster, 2002.
- Senior, Jennifer. *All Joy and No Fun: The Paradox of Modern Parenthood*. New York: Ecco, 2014.
- Smith, Manuel. *When I Say No, I Feel Guilty*. New York: Bantam, 1975. Includes assertiveness techniques useful for coping with pronatalist pressures.
- Shem, Samuel and Janet Surrey. *We Have to Talk: Healing Dialogues Between Men and Women*. New York: Basic Books, 1998.
- Squire, Susan. *For Better, For Worse: A Candid Chronicle of Five Couples Adjusting to Parenthood*. Garden City, New York: Doubleday, 1993.
- Surrey, Janet and Samuel Shem. *The Buddha's Wife: Her Story and Reader's Companion/ The Path of Awakening Together*. New York: Atria, 2015.
- Winks, Cathy, and Anne Seamans. *Sexy Mamas: Keeping Your Sex Life While Raising Kids*. Makawao, HI: Inner Ocean, 2004.

### ***Childfree Choice***

*Books with an asterisk \* are sensitive to and relevant for those choosing to be childfree after infertility and others who are childfree by chance, not by first choice. Listings with two asterisks \*\* were written specifically about choosing childfree after infertility.*

*While you may find all the listing below of interest, I identified the most relevant ones for readers whose first choice was not to be childfree.*

- Anton, Linda Hunt. *Never to be a Mother. A Guide for All Women Who Didn't—or Couldn't Have Children*. San Francisco, CA: Harper, 1992.\*

- Bombardieri, Merle. "Childfree Decision Making" (after infertility) fact sheet available from resolve.org.\*\*
- Burgwyn, Diana. *Married Without Children*. New York: Harper and Row, 1981.
- Cain, Madelyn. *The Childless Revolution*. Cambridge, MA: Perseus, 2001.\*
- Carroll, Laura. *Families of Two*. Xlibris, 2000. (See also *The Baby Matrix* in the Social Commentary section.)
- Daum, Meghan. "The Difference Maker" in Daum, Meghan. *Unspeakable and Other Subjects of Discussion*. New York: Farrar, Stauss and Giroux, 2014.
- Daum, Meghan, ed. *Selfish, Shallow, and Self-Absorbed: Sixteen Writers on the Decision Not to Have Kids*. New York: Picador, 2015.
- Carter, Jean and Michael. *Sweet Grapes: How to Stop Being Infertile and Start Living Again*. Indianapolis, IN: Perspectives Press, 1998.\*\*
- Casey, Terri. *Pride and Joy: The Lives and Passions of Women Without Children*. New York: Atria Books, 2007.
- Faux, Marian. *Childless by Choice*. Garden City, New York: Doubleday, 1984.
- Foster, Karen. *No Way Baby! Exploring, Understanding and Defending the Decision Not to Have Children*. Self-Published, no place given, 2012.
- Greene, Gael. "A Voice Against Motherhood." *Saturday Evening Post*, 26 January 1963, p. 10.
- Hughes, Aralyn. *Kid Me Not: An Anthology by Childfree Women of the 60's now in their 60's*. Austin, TX: Violet Crown, 2014.
- Kamien, Marcia. "We'll Never Have Kids!" *Woman's Day*, 9 January 1978, p. 8.
- Kramer, Lilly. "The No-Child Family." *New York Times Magazine*, 24 December 1972, p. 28.
- Lafayette, Leslie. *Why Don't You Have Kids? Living a Full Life Without Parenthood*. New York: Kensington, 1995.
- Lang, Susan. *Women Without Children: The Reasons, the Rewards, the Regrets*. New York: Pharos, 1991.\*
- Mantel, Henriette, ed. *No Kidding: Women Writers on Bypassing Parenthood*. Berkeley, CA: Seal, 2013.
- Manterfield, Lisa. *I'm Taking My Eggs and Going Home: How One Woman Dared to Say No to Motherhood*. New York: Steel Rose Press, 2011. \*\*
- Notkin, Melanie. *Otherhood: Modern Women Finding a New Kind of Happiness*. Berkeley, CA: Seal Press, 2014.\*\*
- Peck, Ellen, and Senderowitz, Judith, eds. *Pronatalism: The Myth of Mom and Apple Pie*. New York: Thomas Y. Crowell, 1974.
- Rollin, Betty. "Motherhood: Who Needs It?" *Look*, 22 September 1970, pp. 15–17.

- Safer, Jeanne. *Beyond Motherhood: Choosing a Life Without Children*. New York: Pocket Books, 1996.
- Schwartz, Pepper. "Para Dads and Para Moms." *New York Times*, 9 November, 1995.
- Scott, Laura. *Two is Enough: A Couple's Guide to Living Childless by Choice*. New York: Seal Press, 2009.
- Veevers, Jean. *Childless by Choice*. Scarborough, Ontario: Butterworth's, 1980.
- Walker, Ellen L. *Complete Without Kids: An Insider's Guide to Childfree Living by Choice or Chance*. New York: Greenleaf Book Group. 2011.

### *Pregnancy*

- Armstrong, Penny and Sheryl Feldman. *A Wise Birth: Bringing Together the Best of Natural Childbirth with Modern Medicine*, 2nd ed. London: Pinter and Martin, 2006.
- Bardacke, Nancy. *Mindful Birthing: Training the Mind, Body and Heart for Childbirth and Beyond*. New York: HarperCollins, 2012.
- Bittmen, Sam, and Zalk, Sue Rosenberg. *Expectant Fathers*. New York: Hawthorn, 1978.
- Boston Women's Health Book Collective. *Our Bodies, Ourselves: Pregnancy and Birth*. New York: Simon and Schuster, 2011.
- Brott, Armin, and Jennifer Ash. *The Expectant Father: Facts, Tips and Advice for Dads to Be*. New York: Abbeville Press, 2010.
- England, Pam and Rob Horowitz. *Birthing from Within: An Extraordinary Guide to Childbirth Preparation*. Albuquerque: Partera Press, 1998.
- Gaudet, Tracy and Paula Spencer. *Body, Soul, and Baby: A Doctor's Guide to the Complete Pregnancy Experience from Preconception to Postpartum*. New York: Bantam, 2008.
- Groenou, Aneema van. *The Active Woman's Guide to Pregnancy: Practical Advice for Getting Outdoors While Expecting*. Berkeley, CA: Ten Speed Press, 2004.
- Hall, Nancy W. *Balancing Pregnancy and Work. How to Make the Most of the Next Nine Months on the Job*. Emmaus, PA: Rodale, 2004.
- Jana, Laura A., and Jennifer Shu. *Heading Home with Your Newborn. From Birth to Reality*, Second Edition. Elk Grove Village, IL: American Academy of Pediatrics, 2005.
- Kitzinger, Sheila. *The Complete Book of Pregnancy and Childbirth*. 4th ed. New York: Knopf, 2004.
- Klaus, Marshall H., John J. Kennell, and Phyllis H. Klaus. *The Doula Book*:



- How a Trained Labor Companion Can Help You Have a Shorter, Easier Childbirth.* Cambridge, MA: Perseus Publishing, 2002.
- Murkoff, Heidi. *What to Expect Before You're Expecting. The Complete Pre-Conception Plan.* New York: Workman, 2009.
- Mykso, Claire and Magali Amadei. *Does This Pregnancy Make Me Look Fat?: The Essential Guide to Loving Your Body Before and After Baby.* Deerfield Beach, FL: Health Communications, 2009.
- Noble, Elizabeth. *Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby is Born.* 4th ed. Harwich, MA: New Life Images, 2003.
- Ogle, Amy, and Liza Mazzullo. *Before Your Pregnancy: A 90-day Guide for Couples on How to Prepare for a Healthy Conception.* 2nd ed. New York: Ballantine, 2011.
- Paul, Ann Murphy. *Origins: How the Nine Months Before Birth Shape the Rest of Our Lives.* New York: Free Press, 2011.
- Piver, Susan, ed. *The Mindful Way Through Pregnancy: Meditation, Yoga, and Journaling for Expectant Mothers.* Boston, MA: Shambhala, 2012.
- Puryear, Lucy J. *Understanding Your Moods When You're Expecting: Emotions, Mental Health, and Happiness, Before, During and After Pregnancy.* Boston: Houghton Mifflin, 2007.
- Rabb, Diana and Errol Norwitz. *Your High Risk Pregnancy: A Practical Supportive Guide.* Alameda, CA: Hunter House, 2009.
- Riley, Laura. *You and Your Baby Pregnancy: The Ultimate Week-by-Week Pregnancy Guide.* 2nd ed. New York: Wiley, 2012.
- Romm, Aviva Jill. *The Natural Pregnancy Book. Herbs, Nutrition and Other Holistic Choices.* Berkeley, CA: Celestial Arts, 2003.
- Simkin, Penny. *The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth.* 2nd ed. Boston: Harvard Common Press, 2001.
- Simkin, Penny, Janet Whalley, and Ann Kepler. *Pregnancy, Childbirth, and the Newborn: The Complete Guide,* revised and updated edition. Minnetonka, MN: Meadowbrook Press 2000.
- Sussman, John, and B. Blake Levitt. *Before You Conceive: The Complete Prepregnancy Guide.* New York: Bantam, 1989.
- Tracy, Amy E. *The Pregnancy Bed Rest Book: A Survival Guide for Expectant Mothers and Their Families.* New York: Berkley, 2001.
- Twenge, Jean. *The Impatient Woman's Guide to Getting Pregnant.* New York: Free Press, 2012.
- Whelan, Elizabeth. *The Pregnancy Experience.* New York: W.W. Norton, 1973.



Wolfe, Maxine G., and Margot Goldsmith. *Practical Pregnancy*. New York: Warner Books, 1980.

### *Nursing*

Huggins, Kathleen. *The Nursing Mother's Companion*. Boston, MA: Harvard Common Press, 2010.

Mohrbacher, Nancy, and Kathleen Kendall-Tackett. *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*. Oakland, CA: New Harbinger Publications, 2010.

Pryor, Gale. *Nursing Mother, Working Mother: The Essential Guide to Breastfeeding Your Baby Before and After You Return to Work*. Boston, MA: Harvard Common Press, 2007.

### *Postpartum*

Bennett, Shoshanna. *Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression*. 2nd ed. San Jose, CA: Moodswings Press, 2006.

Brink, Susan. *The Fourth Trimester: Understanding, Protecting, and Nurturing an Infant Through the First Three Months*. Berkeley, CA: University of California Press, 2013.

Karp, Richard. *The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer*. New York: Bantam, 2003.

Kendell-Tackett, Kathleen. *The Hidden Feelings of Motherhood: Coping with Stress, Depression and Burnout*. Oakland, CA: New Harbinger Publications, 2001.

Placksin, Sally. *Mothering the New Mother: Women's Feelings and Needs After Childbirth; A Support and Resource Guide*. 2nd ed. New York: New Market Press, 2000.

Klaus, Marshall, and Phyllis Klaus. *Your Amazing Newborn*. Reading, MA: Perseus Books, 1998.

Leach, Penelope. *The Essential First Year*. London: DK Publishing, 2010.

Wiegartz, Pamela S., and Kevin L. Gyoerkoe. *The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions*. Oakland, CA: New Harbinger Publications, 2009.

### *Parenting*

- Adair, Catherine Steiner. *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*. New York: Harper Collins, 2013.
- Berends, Polly Berrien. *Whole Child, Whole Parent*. New York: Harper and Row, 1987.
- Boston Women's Health Book Collective. *Ourselves and Our Children*. New York: Random House, 1978.
- Chess, Stella, Thomas Alexander, and Herbert G. Birch. *Your Child Is a Person: A Psychological Approach to Parenthood Without Guilt*. New York: Penguin, 1977.
- Choudhri, Nihara K. *Preparing for Baby: All the Legal, Financial, Tax, and Insurance Information New and Expectant Parents Need*. Chicago: American Bar Association, 2015.
- Cohen, Lawrence J. *Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, Encourage Confidence*. New York: Ballantine Books, 2002.
- Ehrensaft, Diane. *Spoiling Childhood: How Well-Meaning Parents Are Giving Children Too Much, But Not What They Need*. New York: Guilford Press, 1997.
- Eliot, Lise. *What's Going On in There? How the Brain and Mind Develop in the First Five Years of Life*. New York: Bantam, 1999.
- Galinsky, Ellen. *The Six Stages of Parenthood*. Reading, MA: Addison Wesley, 1987.
- Golinkoff, Roberta Michnick. *Einstein Never Used Flash Cards: How Our Children Really Learn-and Why They Need to Play More and Memorize Less*. Emmaus, PA: Rodale Press, 2004.
- Gopnik, Alison. *The Philosophical Baby: What Children's Minds Tell Us About Truth, Love and the Meaning of Life*. New York: Picador, 2010.
- Haelle, Tara and Emily Willingham. *The Informed Parent: A Science-Based Resource for Your Child's First Four Years*. New York: Tarcher/Perigee, 2016.
- Hughes, Daniel and Jonathan Baylin. *Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment*. New York: W.W. Norton, 2012.
- Kabat-Zinn, Myla and John. *Everyday Blessings: The Inner Work of Mindful Parenting*. New York: Hyperion, 1997.
- Leach, Penelope. *Your Baby and Child: From Birth to Age Five*. New York: Knopf, 2010.
- Lipman, Susan Sachs. *Fed Up with Frenzy: Slow Parenting in a Fast-moving*

- World. Naperville, IL: Sourcebooks, 2012.
- Lythcott-Haims, Julie. *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success*. New York: Henry Holt, 2015.
- Medina, John. *Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five*. Seattle, WA: Pear Press, 2014.
- Mogel, Wendy. *The Blessing of a Skinned Knee: Using Jewish Techniques to Raise Self-Reliant Children*. New York: Scribner, 2008. Reviewers emphasize that this book is useful for people of all faiths, and atheists.
- Napthali, Sarah. *Buddhism for Mothers: A Calm Approach to Caring for Yourself and Your Young Children*. Crow's Nest, New South Wales, 2010.
- \_\_\_\_\_. *Buddhism for Mothers of Young Children: Becoming A Mindful Parent*. Crow's Nest NSW Australia: Inspired Living, 2009.
- Siegel, Daniel. *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. New York: Bantam, 2012.
- Stern, Daniel, and Tina Payne Bryson. *Diary of a Baby*. New York: Basic Books, 1990.
- Sunderland, Margot. *The Science of Parenting: How Today's Brain Research Can Help You Raise Happy, Emotionally Balanced Children*. London: DK, 2006.
- Stoppard, Miriam. *Complete Baby and Child Care*. New York: DK Publishing, 1995.
- Taffel, Ron. *Childhood Unbound: Saving Our Kids' Best Selves: Confident Parenting in a World of Change*. New York: Free Press, 2009.

### ***Motherhood***

- Edelman, Hope. *Motherless Daughters: The Legacy of Loss*, 2nd ed. Cambridge, MA: Da Capo Press, 2006.
- \_\_\_\_\_. *Motherless Mothers: How Mother Loss Shapes the Parents We Become*. New York: HarperCollins, 2006.
- Eheart, Brenda, and Susan Martan. *The Fourth Trimester: On Becoming a Mother*. E. Norwalk, CT: Appleton Lange, 1983.
- Genevie, Louis, and Margolis, Eva. *The Motherhood Report: How Women Feel About Being Mothers*. New York: Macmillan, 1987.
- Gore, Ariel. *The Hip Mama Survival Guide: Advice From the Trenches on Pregnancy, Childbirth, Cool Names, Clueless Doctors and Potty Training Toddler Avengers*. New York: Hyperion, 1998.
- Gottman, John, with Joan DeClaire. *The Heart of Parenting: How to Raise an Emotionally Intelligent Child*. New York: Simon and Schuster, 1997.

- Maushart, Susan. *The Mask of Motherhood: How Becoming a Mother Changes Our Lives and Why We Never Talk About It*. New York: Penguin, 2000.
- McBride, Angela Barron. *The Growth and Development of Mothers*. New York: Barnes and Noble, 1974.
- Nugent, Kevin. *Your Baby Is Speaking to You: A Visual Guide to the Amazing Behaviors of Your Newborn and Growing Baby*. Boston: Houghton Mifflin, 2011.
- Peri, Camille and Kate Mosews, eds. *Mothers Who Think: Tales of Real Life Parenthood*. New York: Villard, 1999.
- Rich, Adrienne. *Of Woman Born*. New York: Bantam, 1977.
- Stern, Daniel N., and Nadia Bruschweiler-Stern, with Alison Freeland. *The Birth of a Mother: How the Motherhood Experience Change You Forever*. New York: Basic Books, 1998.

### ***Balancing Careers and Children***

- Alcorn, Katrina. *Maxed Out: American Moms on the Brink*. Berkeley CA: Seal, 2013.
- Bakst, Dina, Phoebe Taubman, and Elizabet Gedman. *Babygate: How to Survive Pregnancy and Parenting in the Workplace*. New York: Feminist Press, 2014. Focused on knowing your rights and negotiating.
- Colburn-Smith, Cate and Andrea Serrette. *The Milk Memos: How Real Moms Learned to Mix Business with Babies—And How You Can, Too*. Los Angeles: J.P. Tarcher, 2007.
- Elkind, David. *Parenting on the Go: Birth to Six, A to Z*. Boston: Da Capo, 2014.
- Eschliman, Amy and Leigh Oshirak. *Balance Is a Crock, Sleep is for the Weak: An Indispensable Guide to Surviving Working Parenthood*. Avery Trade, 2010.
- Evans, Carol and Christine Larson. *This is How We Do It: The Working Mothers' Manifesto*. New York: Hudson St. Press, 1996.
- Friedman, Stewart D. *Baby Bust: New Choices for Men and Women in Work and Family*. Philadelphia: Wharton Digital Press, 2013
- Gillespie, Becky Beaupre and Hollee Schwartz Temple. *Good Enough is the New Perfect: Finding Happiness and Success in Modern Motherhood*. New York: Harlequin, 2011.
- Gerson, Kathleen. *The Unfinished Revolution: How a New Generation is Reshaping Family, Work, and Gender in America*. New York: Oxford University Press, 2010.
- Goodman, Ellen. "Being a Grateful Wife Means Always Having to Ask," Boston Globe, December 11, 1979.

- Greenberg, Cathy and Barrett S. Avigdor. *What Happy Working Mothers Know: How New Findings in Positive Psychology Can Lead to a Healthy and Happy Worklife*. New York: Wiley, 2009.
- Hawley, Nancy Press. "Sharing Parenthood." in Boston Women's Health Collective. *Ourselves and Our Children: A Book By and For Parents*. New York: Random House, 1978. Her quotes in Chapter 15 of this book appear on pp.138–139 in *Ourselves and Our Children*.
- Levs, Josh. *All In: How Our Work-First Culture Fails Dads, Families, and Businesses—And How We Can Fix it Together*. New York: HarperOne, 2015.
- Richards, Amy. *Opting In: Having a Child Without Losing Yourself*. New York: Farrar, Strauss and Giroux, 2008.
- Sachs, Wendy. *How She Really Does It*. New York: Da Capo, 2005.
- Slaughter, Anne-Marie. *Unfinished Business: Women, Men, Work, Family*. New York: Random House, 2015.
- Stone, Pamela. *Opting Out? Why Women Really Quit Careers and Head Home*. Berkeley, CA: University of California Press, 2007.
- Vanderkam, Laura. *I Know How She Does It: How Successful Women Make the Most of Their Time*. New York: Portfolio/Penguin 2015.
- Williams, Joan and Rachel Dempsey. *What Works for Women at Work: Four Patterns Working Women Need to Know*. New York: NYU Press, 2014.

### ***Fatherhood and Shared Parenthood***

- Bird, Caroline. *The Two-Paycheck Marriage*. New York: Rawson, Wade, 1979.
- Fleck, Joseph, and Jack Sawyer. *Men and Masculinity*. Englewood Cliffs, NJ: Prentice-Hall, 1974.
- Greenberg, Martin and Norman Morris. "Engrossment: The Newborn's Impact Upon the Father." *American Journal of Orthopsychiatry*, 44. July 1974.
- Greenberg, Martin. *The Birth of a Father*. New York: Continuum, 1985.
- Hall, Francine S., and Douglas T. Hall. *The Two-Career Couple*. Reading, Mass: Addison-Wesley, 1979.
- Kotelchuck, Milton. "The Infant's Relationship to the Father: Experimental Evidence." *The Role of the Father in Child Development*. Michael Lamb, ed. New York: Wiley, 1978.
- Levine, James. *Who Will Raise the Children? New Options for Fathers (and Mothers)*. Philadelphia: S.B. Lippincott, 1976.
- Meer, Sharon and Joanna Stroeber. *Getting to Fifty-Fifty: How Working Parents Can Have It All*. Berkeley, CA: Viva Editions, 2013

- Pruett, Kyle, and Marsha Kline Pruett. *Partnership Parenting: How Men and Women Parent Differently—Why it Helps Your Kids and Can Strengthen Your Marriage*. Philadelphia: Da Capo Lifelong, 2009.
- Raeburn, Paul. *Do Fathers Matter? What Science is Telling Us About the Parent We've Overlooked*. New York: Scientific American/Farrar, Straus and Giroux, 2014.
- Ruddick, Sara, and Pamela Daniels, eds. *Working It Out: 23 Women Writers, Artists, Scientists and Scholars Talk About Their Lives and Work*. New York: Pantheon, 1977.
- Steinberg, David, "Redefining Fatherhood: Notes after Six Months." *The Future of the Family*, L.K. Howe, ed. New York: Simon and Schuster, 1972.
- Gresko, Brian, ed. *When First I Held You: 22 Critically Acclaimed Writers Talk About the Triumphs, Challenges, and Transformative Experience of Fatherhood*. New York: Berkley, 2014.

### *Adoption*

- Caughman, Susan and Isolde Motley, with *Adoptive Families Magazine*. *You Can Adopt: An Adoptive Families Guide*. NY: Ballantine, 2009.
- Davenport, Dawn. *The Complete Book of International Adoption: A Step-by-Step Guide to Finding Your Child*. New York: Broadway Books, 2006.
- Gilman, Lois. *The Adoption Resource Book*, revised edition. New York: Harper Perennial, 1998.
- Falker, Elizabeth Swire. *The Ultimate Insider's Guide to Adoption: Everything You Need to Know About Domestic and International Adoption*. New York: Warner, 2006.
- Gray, Deborah D. *Attaching in Adoption: Practical Tools for Today's Parents*. London and Philadelphia: Jessica Kingsley Publishers, 2012.
- Gogen, Patty. *Parenting Your Internationally Adopted Child*. Boston: Harvard Common Press, 2008.
- Hall, Beth and Gail Steinberg. *Inside Transracial Adoption. Strength-Based, Culture-sensitizing Parenting Strategies for Inter-Country or Domestic Adoptive Families That Don't "Match."* London: Jessica Kingsley, 2000.
- Hopkins-Best, Mary. *Toddler Adoption: The Weaver's Craft*, revised edition. London: Jessica Kingsley, 2012.
- Jarratt, Claudia Jewett. *Helping Children Cope with Separation and Loss*, revised edition. Boston, MA: Harvard Common Press, 1994.
- Jarratt, Claudia Jewett. *Adopting the Older Child*. Harvard, MA: Harvard Common Press, 1978.

- Johnston, Patricia Irwin. *Adopting After Infertility*. Indianapolis, IN: Perspectives Press, 1992.
- Johnston, Patricia Irwin. *Adopting: Sound Choice, Strong Families*. Indianapolis, IN: Perspectives Press, 2008.
- Melina, Lois Ruskai. *Raising Adopted Children: Practical Reassuring Advice for Every Adoptive Parent*. New York: Harper Perennial, 1998.
- Melina, Lois Ruskai and Sharon Kaplan Roszia. *The Open Adoption Experience: A Complete Guide for Adoptive and Birth Families—From Making the Decision Through the Child's Growing Years*. New York: Harper Perennial, 1993.
- Newton, Ruth. *The Attachment Connection: Parenting a Secure and Confident Child Using the Science of Attachment Theory*. Oakland, CA: New Harbinger, 2008.
- Pertman, Adam. *Adoption Nation: How the Adoption Revolution is Transforming Our Families—and America*. Boston, MA: Harvard Common Press, 2011.
- Register, Cheri. "Are Those Kids Yours?" *American Families with Children Adopted from Other Countries*. New York: The Free Press, 1991.
- Rothman, Barbara Katz. *Weaving A Family: Untangling Race and Adoption*. Boston: Beacon Press, 2005.
- Varon, Lee. *Adopting on Your Own: The Complete Guide to Adopting as a Single Parent*. New York: Farrar, Strauss and Giroux, 2000. This is a great book on preparing to adopt regardless of marital status.

### ***Gay, Lesbian, Bisexual, Transgender***

- Aizley, Harlyn, ed. *Confessions of the Other Mother: Nonbiological Lesbian Moms Tell All*. Boston: Beacon Press, 2006.
- Ball, Carlos A. *The Right to Be Parents: LGBT Families and the Transformation of Parenthood*. New York: New York University Press, 2012. (Legal history).
- Benkov, Laura. *Reinventing the Family: The Emerging Story of Lesbian and Gay Parenting*. New York: Crown, 1994.
- Brill, Stephanie. *The New Essential Guide to Lesbian Conception, Pregnancy and Birth*. Los Angeles: Alyson Books, 2006.
- Brodzinsky, David and Adam Pertman, eds. *Adoption by Lesbians and Gay Men: A New Dimension in Family Diversity*. Oxford: The Oxford University Press, 2012. Geared toward professionals.
- Gamson, Joshua. *Modern Families: Stories of Extraordinary Journeys and Kinships*. New York: NYU Press, 2015.
- Kaeser, Gigi, and Peggy Gillespie, ed. *Love Makes a Family: Portraits of Lesbian,*



- Gay, Bisexual and Transgender Parents and Their Families*. Amherst, MA: University of Massachusetts Press, 1999.
- Levi, Arlene Istar. *The Complete Lesbian and Gay Parenting Guide*. New York: Berkley Books, 2004.
- Martin, April. *The Lesbian and Gay Parenting Handbook: Creating and Raising Our Families*. New York: HarperCollins, 1993.
- McGarry, Kevin. *Fatherhood for Gay Men: An Emotional and Practical Guide to Becoming a Gay Dad*. New York: Harrington Park Press/Haworth, 2003.
- McIntyre, Casandra. "Two Ubermoms Are Better Than One." *The Other Mother* (see *Confessions of the Other Mother: Nonbiological Lesbian Moms Tell All*. Harlyn Aizley, ed. Boston: Beacon Press, 2006).
- Pepper, Rachel. *The Ultimate Guide to Pregnancy for Lesbians: How to Stay Sane and Care for Yourself from Preconception Through Birth*. San Francisco: Cleis Press, 2005.
- Pies, Cherie. *Considering Parenthood: A Workshop for Lesbians*. San Francisco: Spinsters Ink, 1985.
- Priwer, Shan, and Cynthia Phillips. *Gay Parenting: Complete Guide for Same-Sex Families*. Far Hills, NJ: New Horizons Press, 2006.
- Schulenburg, Joy. *Gay Parenting: A Complete Guide for Gay Men and Lesbians with Children*. New York: Anchor Books, 1985.
- Sembler, Brette McWhorter. *Gay and Lesbian Parenting Choices: From Adopting or Using a Surrogate to Choosing the Perfect Father*. Franklin Lakes, N.J.: Career Press, 2006. An outstanding guide that manages to be exhaustive and concise. Invaluable legal and medical information, and consumer advocacy. A gem.\*\*
- Shelton, Michael. *Family Pride: What LGBT Families Should Know about Navigating Home, School and Safety in Their Neighborhoods*. Boston: Beacon Press, 2013.

### *Infertility*

*Includes listings on donor conception and surrogacy. For considering the child-free choice after infertility, please see the "Childfree Choice" section. Starred items are relevant.*

- Barbieri, Robert, Alice Domar, and Kevin Laoughlin. *Six Steps to Increased Fertility*. New York: Simon and Schuster, 2000.
- Bombardieri, Merle. "Childfree Decision-Making" {if you've been through infertility} <http://www.resolve.org/resources/fact-sheets.html>.



- 
- \_\_\_\_\_ “Coping with the Stress of Infertility,” part of a packet on the topic available from resolve.org (see above).
- 
- \_\_\_\_\_ “The Twenty Minute Rule for Couple Communication About Infertility.” This article is bundled into the “Coping With Stress” article above.
- Cooper, Susan, and Ellen Glazer. *Beyond Infertility: A New Path to Parenthood*. New York: Lexington Books, 1994.
- Debano, Patty Doyle, Courtney Edgerton Menzel, and Shelly Nicken Sutphen. *The Conception Chronicles: The Uncensored Truth About Sex, Love, and Marriage When You’re Trying to Get Pregnant*. Deerfield Beach, FL: Health Communications, 2005.
- Domar, Alice. *Conquering Infertility: Dr. Alice Domar’s Mind/Body Guide to Enhancing Fertility and Coping with Infertility*. New York: Viking, 2002.
- Douglas, Ann. *Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss*. New York: Taylor, 2000.
- Ehrensaft, Diane. *Mommies, Daddies, Donors and Surrogates*. New York: Guilford Press, 2005.
- Fleming, Anne Taylor. *Motherhood Deferred: A Woman’s Journey*. New York: GP Putnam, 1994.
- Glazer, Ellen Sarasohn and Evelina Weidman Sterling. *Having Your Baby Through Egg Donation*. London: Jessica Kingsley Publishers, 2013.
- Griswald, Zara. *Surrogacy Was the Way: Twenty Intended Mothers Tell Their Stories*. Gurnee, IL: Nightingale Press, 2005.
- Jaffe, Janet, Martha Ourieff Diamond, and David J. Diamond. *Unsung Lullabies: Understanding and Coping with Infertility*. New York: St. Martin’s Griffin, 2005.
- Jansen, Jani R. and Elizabeth Stewart, eds. *Mayo Clinic Guide to Fertility and Conception*. Boston: Da Capo Lifelong, 2015.
- Magnacca, Kristin. *Love and Infertility Survival Strategies For Balancing Infertility, Marriage, and Life*. Washington, D.C: Lifeline Press, 2004.
- Menning, Barbara E. *Infertility: A Guide for the Childless Couple*. Englewood Cliffs, NJ: Prentice-Hall, 1977. Pioneering work on emotional factors of infertility by the founder of RESOLVE, the national infertility organization. Although the medical information is outdated, this is a classic with timeless insights.
- Orecchio, Christa and Willow Buckley. *How to Conceive Naturally and Have a Healthy Pregnancy after 30*. New York: Grand Central: 2015.
- Orenstein, Peggy. *Waiting for Daisy: A Tale of Two Continents, Three Religions, Five Infertility Doctors, an Oscar, an Atomic Bomb, a Romantic*

- Night, and One Woman's Quest to Become a Mother.* New York: Bloomsbury, 2008.
- Peoples, Debby and Harriette Rovner Ferguson. *Experiencing Infertility: An Essential Resource.* New York: W.W. Norton, 1998.
- Raupp, Aimee. *Yes, You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your Forties.* New York: Demos, 2014.
- Salzer, Linda. *Surviving Infertility. A Compassionate Guide Through the Emotional Crisis of Infertility.* New York: Harper Perennial, 1991.
- Seckin, Tamer. *The Doctor Will See You Now: Recognizing and Treating Endometriosis.* New York: Turner, 2016.
- Simons, Harriet. *Wanting Another Child.* Lexington, MA: Lexington Books, 1995.
- Teman, Elly. *Birthing a Mother: The Surrogate Body and the Pregnant Self.* Berkeley, CA: University of California, 2010.
- Twenge, Jean. *The Impatient Woman's Guide to Getting Pregnant.* New York: The Free Press, 2012.
- Vercollone, Carol Frost. *Helping the Stork: The Choices and Challenges of Donor Insemination.* Hoboken, NJ: Wiley, 1997.
- Williams, Christopher. *The Fastest Way to Get Pregnant Naturally: The Latest Information on Conceiving a Healthy Baby On Your Timetable.* New York: Hyperion, 2006.
- Zoldbrod, Aline. *Men, Women and Infertility: Interventions and Treatment Strategies.* New York: Lexington Books, 1993.

### ***Pregnancy Loss***

- Abbey, Amy L. Ed. *Journeys: Stories of Pregnancy After Loss.* Boulder, CO: Woven Word Press, 2006.
- Berman, Michael. *Healing the Pain After Miscarriage, Stillbirth and Infant Death.* Westport, CT: Bergin and Garvey, 2001.
- Friedman, Rochelle and Bonnie Gradstein. *Surviving Pregnancy Loss.*, 2nd ed. Secaucus, NJ: Carol Publishing Group, 1996.
- Gray, Kathleen and Anne Lassance. *Grieving Reproductive Loss: The Healing Process.* Amityville, NY: Baywood Publishing, 2003. For Professionals.
- Gross, Jessica Berger, ed. *About What Was Lost: Twenty Writers on Miscarriage, Healing and Hope.* New York: Penguin, 2007.
- Kohn, Ingrid and Perry-Lynn Moffitt. *A Silent Sorrow: Pregnancy Loss—Guidance and Support for You and Your Family.* 2nd ed. New York: Routledge, 2000.

- Lanham, Carol Cirulli Lanham. *Pregnancy After a Loss*. New York: Berkley Books, 1999.
- Layne, Linda L. *Motherhood Lost: A Feminist Account of Pregnancy Loss in America*. New York: Routledge, 2002.
- Lothrop, Hannah. *Help, Comfort and Hope after Losing Your Baby in Pregnancy or the First Year*. Tucson, AZ: Fisher Books, 1997. An excellent resource offering depth, compassion, excellent questions for self-care and communication.
- Panuthos, Claudia and Catherine Romeo. *Ended Beginnings: Healing Child-bearing Losses*. South Hadley, MA: Bergin and Garvey, 1984.

### *The One-Child Family*

- Falbo, Toni, ed. *The Single Child Family*. New York: Guilford, 1984.
- Hawke, Sharryl, and Knox, David. *One Child by Choice*. Englewood Cliffs, NJ: Prentice-Hall, 1977.
- McGrath, Ellie. *My One and Only: The Special Experience of the Only Child*. New York: Morrow, 1989.
- McKibben, Bill. *Maybe One: A Case for Smaller Families*. New York: Simon and Schuster, 1998.
- Nachman, Patricia Ann and Andrea Thompson. *You and Your Only Child: The Joys, Myths and Challenges of Raising an Only Child*. New York: HarperCollins, 1997.
- Peck, Ellen. *The Joy of the Only Child*. New York: Delacorte, 1977.
- Siegel, Deborah and Daphne Vuiller, eds. *Only Child: Writers on the Singular Joys and Solitary Sorrows of Growing Up Solo*. New York: Harmony, 2006.
- Sandler, Lauren. *One and Only: The Freedom of Having an Only Child and the Joy of Being One*. New York: Simon and Schuster, 2013.
- White, Carolyn. *The Seven Common Sins of Parenting an Only Child: A Guide for Parents, Kids and Families*. New York: Jossey-Bass, 2004.

### *Single Parents, Single Women*

- Alexander, Shoshana. *In Praise of Single Parents: Mothers and Fathers Accepting the Challenge*. Boston: Houghton Mifflin, 1994.
- Anderson, Carol, Susan Stewart, and Sona Dimidjian. *Flying Solo: Single Women at Midlife*. New York: W.W. Norton, 1994.
- Ashdown-Sharp, Patricia. *A Guide to Pregnancy and Parenthood for Women on*

- Their Own*. New York: Random House, 1977.
- Bolick, Kate. *Spinster: Making a Life Of One's Own*. New York: Crown, 2015.
- Greywolf, Elizabeth. *The Single Mother's Handbook*. New York: Morrow, 1984.
- Hertz, Rosanna. *Single by Chance, Mothers by Choice: How Women are Choosing Parenthood Without Marriage and Creating the New American Family*. New York: Oxford University Press, 2006.
- Kennedy, Marge, and Janet Spencer King. *The Single Parent Family: Living Happily in a Changing World*. New York: Crown, 1994.
- Lamott, Anne. *Operating Instructions: A Journal of My Son's First Year*. New York: Pantheon, 1993.
- Lehmann-Haupt, Rachel. *In Her Own Sweet Time: Unexpected Adventures in Finding Love, Commitment, and Motherhood*. New York: Basic, 2000.
- Mattes, Jane. *Single Mothers by Choice: A Guidebook for Single Women Who Are Considering or Who Have Chosen Motherhood*. New York: Times Books, 1994.
- Miller, Naomi. *Singles Parents by Choice: A Growing Trend in Family Life*. Insight Books, 1992.
- Morrisette, Mikki. *Choosing Single Motherhood. The Thinking Woman's Guide*. New York: Houghton-Mifflin 2008.
- Schwartz, Pepper. "Para Dads and Para Moms." *New York Times*, 9 November, 1995.
- Traister, Rebecca. *All the Single Ladies: Unmarried Women and the Rise of an Independent Nation*. New York: Simon and Schuster, 2016.
- Varon, Lee. *Adopting on Your Own: The Complete Guide to Adopting as a Single Parent*. New York: Farrar, Strauss, and Giroux, 2000.

### ***Step-Parenting***

- Bernstein, Anne C. *Yours, Mine and Ours: How Families Change When Remarried Parents Have a Child Together*. New York: Norton, 1991.
- Bray, James and John Kelly. *Step Families: Love, Marriage and Parenting in the First Decade*. New York: Broadway Books, 1998.
- Burns, Cherie. *Step motherhood: How to Survive Without Feeling Frustrated, Left Out, or Wicked*. New York: Three Rivers, 2001.
- Burt, Anne., ed. *My Father Married Your Mother: Writers Talk About Stepparents, Stepchildren, and Everyone in Between*. New York: W.W. Norton, 2006.

- O'Connor, Anne. *The Truth About Stepfamilies; Real American Stepfamilies Speak Out*. New York: Marlowe and Company, 2003.
- Oxhorn-Ringwood, Lynne Louise Oxhorn and Marjorie Vago Krausz. *Step-wives; Ten Steps to Help Ex-Wives and Stepmothers End the Struggle and Put the Kids First*. New York: Simon and Schuster, 2002.
- Papernow, Patricia. *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't*. New York: Routledge, 2013.
- Penton, John and Shona Welsh. *Yours, Mine, and Hours. Relationship Skills for Blended Families*. Charleston, SC: BookSurge, 2007.
- Roosevelt, Ruth, and Jeannette Lofas. *Living in Step*. Briarcliff Manor, NY: Stein and Day, 1976.

## ◆ APPENDIX 2 ◆ RESOURCES

### Organizations & Websites

For more resources, please see the resources sections of the books in the bibliography as well as the websites listed here.

#### *Childfree*

**Laura Carroll**

**<https://www.lauracarroll.com>**

Author of *Families of Two* and *The Baby Matrix* offers support and information.

**Childfree Meetup**

**<http://www.meetup.com/topics/childfree>**

Meet locally with other childfree people.

**Childfree.Net**

**<http://www.childfree.net>**

This website connects you to many childfree websites and resources.

**No Kidding!**

**<http://www.nokidding.net>**

An international social club for childfree couples and singles.

#### *Birth and Postpartum*

**American College of Nurse-Midwives**

8403 Colesville Rd. Suite 1550, Silver Spring, MD 20910

240.234.8068.

**[www.midwife.org](http://www.midwife.org)**

**American College of Obstetricians and Gynecologists (ACOG)**  
[www.acog.org](http://www.acog.org)

**Birthing from Within**  
[www.birthingfromwithin.com](http://www.birthingfromwithin.com)

**Boston Women's Health Book Collective**  
[www.ourbodiesourselves.com](http://www.ourbodiesourselves.com)

This website offers more resources than can be included in their wonderful *Our Bodies, Ourselves* books, plus a blog.

**Childbirth and Postpartum Professionals Association**  
PO Box 491448, Lawrenceville, GA 30049  
888.692.2772  
[www.cappa.net](http://www.cappa.net)

**Conceivable Future**  
<http://conceivablefuture.org>

A woman-led network bringing awareness to the threat of climate change to reproductive health and justice.

**Doulas of North America**  
PO Box 626, Jasper, IN 47547  
888.788.3662  
[www.dona.org](http://www.dona.org)

**Genetic Alliance, Inc.**  
<http://www.geneticalliance.org>  
Genetic education.

**March of Dimes**  
<http://www.marchofdimes.com>  
Prevention of premature birth.

**Mindfulness-Based Childbirth and Parenting Education Program**  
[www.mindfulbirth.org](http://www.mindfulbirth.org)

**Postpartum Support International**

6706 SW 54th Avenue, Portland, OR 97219

Support Helpline 800.894.9452

**[www.postpartum.net](http://www.postpartum.net)**

Nationwide telephone support referral to local help

**Vibrant Gene**

**<http://www.vibrantgene.com>**

Kayla Sheets is a genetic consultant and genetic counselor who can help with planning and preconception care. Her website is full of information, including access to her talk shows. See my interview with her, Appendix 3.

***Infertility and Pregnancy Loss*****American Society of Reproductive Medicine (ASRM)**

1209 Montgomery Highway, Birmingham, AL 35216

205.978.5000

e-mail **[asrm@asrm.com](mailto:asrm@asrm.com)**

patient/consumer website

**[www.fertilityfacts.org](http://www.fertilityfacts.org)**

Professional organization of reproductive endocrinologists and allied professionals. The patient consumer website above is useful. Referrals provided.

**Kristen Darcy**

**<http://www.kristendarcy.com>**

Life coaching blog often focused on infertility.

**Domar Center**

**<http://www.domarcenter.com>**

781-434-6578

Stress management services including mind/body workshops

**Endometriosis Association**

8585 N. 7th Place, Milwaukee, WI 53223

414.355.2200

**<http://www.endometriosisassociation.org>**

Support and information



**Health Journeys**

**<http://www.healthjourneys.com>**

Relaxation and visualization downloads for stress management, healthy pregnancy, other relaxation and health needs.

**Hope After Loss (formerly Hygeia Foundation, Inc.)**

PO Box 3943, 264 Amity Rd, Woodbridge, CT 06525

800.893.9198

**[www.hygeiafoundation.org](http://www.hygeiafoundation.org)**.

Bereavement Support.

**RESOLVE**

7918 Jones Branch Rd. Ste. 300, McLean, VA 22102

703.556.7172

**[www.resolve.org](http://www.resolve.org)**

A national organization for consumer advocacy, education on medical and emotional aspects of infertility and pregnancy loss. Local chapters have support groups, meetings and conferences. (I used to be their Clinical Director.)

**Organization of Parents Through Surrogacy**

P.O. Box 611, Gurnee, IL 60031

847.782.0224

e-mail **[bzager@msn.com](mailto:bzager@msn.com)**

**[www.opts.com](http://www.opts.com)**

Non-profit educational, networking, and referral organization serving prospective parents, surrogate mothers, and professionals.

**SHARE Pregnancy Loss Support/St. Joseph's Health Center**

402 Jackson St. St. Charles, MO 63301

800.821.6819

**[www.nationalshare.org](http://www.nationalshare.org)**

National support information, telephone support, chapters nationwide.

**Stirrup Queens**

**<http://stirrup-queens.com>**

Melissa Ford, author of *Navigating the Land of If*, offers insight and humor in her blog and gives you links to other infertility blogs.

## *Adoption*

### **Adoption.Net**

23161 Lake Center Drive, Ste. 209, Lake Forest, CA 92630

**info@Adoption.NET**

**www.adoption.net**

A goldmine of support of everyone involved in the adoption process including birthmothers and pregnant women. In addition to community sharing, social worker Kathy Brodsky contributes articles.

### **American Academy of Adoption Attorneys**

PO Box 33053, Washington, DC 20053

202.832.2222

**<http://www.adoptionattorneys.org/aaaa-page/home>**

National organization of attorneys who specialize in adoption. In addition to referrals, the academy works on adoption reform.

### **Adoptive Families Magazine and Website.**

**<http://www.adoptivefamilies.com/faq.php>**

In addition to the magazine, the website offers referrals to agencies, attorneys and parent groups, online community, blogs.

### **Building Your Family**

New Hope Media LLC

39 West 37th St. 15th Fl., New York, NY 10018

646.366.0842

**www.buildingyour** family.com.

Online information and a guidebook for adopting or pregnancy.

### **Creating a Family**

**www.creatingafamily.com**

Offers online adoption courses, information and referral for adoption and infertility and a radio show. Principal contributor is Dawn Davenport, author of *The Complete Book of International Adoption* (see bibliography section, Appendix A).

**Families for Private Adoption**

202.722.0338

**<http://ffpa.org>**

Mission is to serve prospective parents who are interested in adoption outside of traditional agencies. Volunteers are adoptive parents.

**National Adoption Center**

1500 Walnut Street, Philadelphia, PA 19192

215.735.9988

800.TO-ADOPT

e-mail: **[nac@adopt.org](mailto:nac@adopt.org)****[www.adopt.org](http://www.adopt.org)**

Mission is to find homes for children in foster care, providing information and referral to prospective parents.

**Treehouse****<http://www.resca.net>**

This is a community of foster families living together along with elderly people. An exciting new model in which the children enjoy emotional and academic success. New communities are opening in a number of cities.

*Parenting***Brain, Child: The Magazine for Thinking Mothers**

888.304.6667

**[www.brainchildmag.com](http://www.brainchildmag.com)****The Fatherhood Project****<http://www.fatherhoodproject.org>**

Research, education, and support, empowerment.

**Literary Mama****[www.literarymama.com](http://www.literarymama.com)****Mamazine****[www.mamazine.com](http://www.mamazine.com)**

Feminist mothering.

**Mocha Moms, Inc**

**<http://mochamoms.org>**

Local and online support for women of color in any stage of motherhood.

**Lauren Sandler**

**<http://www.psychologytoday.com/blog/one-and-only>**

Blogs about the one child family.

**Single Mothers by Choice**

**<http://www.singlemothersbychoice.com>**

National organization with local meetings for those considering or trying to be single mothers or already mothers.

**Sister Song Women of Color Reproductive Health Collective**

**<http://www.sistersong.net>**

A network of many organizations.

**Well Family**

**<http://well.blogs.nytimes.com/>**

This is the new name for the popular The Motherlode parenting blog. columns by *New York Times* journalists and lively comments from readers.

### ***Breastfeeding***

**KellyMom**

**[www.kellymom.com](http://www.kellymom.com)**

A nurse/mother offers insights on nursing, parenting, and baby sleep patterns.

**La Leche League International**

957 N. Plum Grove Rd., Schaumburg, IL 60173

800.525.3243

**[www.llli.org](http://www.llli.org)**

### *Step-Families*

**National Stepfamilies Resource Center**

**[www.stepfamilies.info](http://www.stepfamilies.info)**

Clearinghouse of information and support for stepfamilies and professionals.

**StepMom Magazine**

**<http://www.stepmommag.com>**

Online information and blog, as well as a monthly online paid subscription.

### *Gay Resources*

**Family Pride Coalition**

**<http://www.familypride.org>**

Advocacy for gay families.

**GLAD**

**<http://www.glad.org>**

Legal defenders and advocates.

**Proud Parenting**

**<http://proudparenting.com>**

Advocacy.

**Our Family Coalition**

**<http://www.ourfamily.org>**

Advocacy, support groups, education and parenting resources.

## ◆ ABOUT THE AUTHOR ◆

Photo credit: Sharon Jacobs



Merle (Malkoff) Bombardieri, is a clinical social worker/ psychotherapist who specializes in parenthood decision-making, infertility, adoption, and making the most of a childfree life. Although she is the mother of two grown children, she has also been an advocate for childfree people since 1979. She has been in private practice for thirty-plus years in Lexington, MA. In 1981, she published the first edition of *The Baby Decision* based on interviews and reviews of scholarly research. Then, in 1982 she became Clinical Director of RESOLVE, the national infertility association. There she wrote guidelines for infertility patients making decisions on new techniques such as in vitro fertilization and donor egg, as well as adoption and surrogacy. This revised second edition of *The Baby Decision*, is based on thirty-five more years of work guiding decision-makers in educational workshops, long-distance coaching for people around the world and psychotherapy. Merle brings a sense of humor and compassion to her work. She helps clients and readers get curious about themselves and uncover new discoveries that make life more fun.

Merle's writing has appeared in *Our Bodies, Ourselves*, *Brides*, *Glamour*, *Self*, the *Boston Globe Magazine*, *Boston Magazine* and psychology blogs. She has lectured at Harvard Medical School, M.I.T., Wellesley College, and the Cambridge Center for Adult Education. She has appeared on national radio and television news shows, talk shows and documentaries, including the *Leeza Show*. Merle has been quoted in *The New York Times*, *Time*, *Newsweek*, the *Boston Globe* and the *Huffington Post*. She has also written medical journal articles and a chapter in a medical textbook.

Merle is married and the mother of two grown daughter and the grandmother of a two-year-old boy. She enjoys creative writing, yoga, hiking, and travel.

She is working on a novel, *Don't Ask*, about two sisters and a surrogate pregnancy. Sign up on her contact page to hear more about it and to receive her newsletter.

## ◆ CONTACT INFORMATION ◆

Please go to **[www.thebabydecision.com](http://www.thebabydecision.com)** to sign up to receive further information on the baby decision, Merle's newsletter, information on online courses, and news about her upcoming novel, *Don't Ask*.

Feel free to contact Merle via **[www.thebabydecision.com](http://www.thebabydecision.com)** to inquire about baby decision coaching. Technology allows her to coach people remotely.



Follow Merle on Twitter [@thebabydecision](https://twitter.com/thebabydecision) and like us on Facebook: [www.facebook.com/thebabydecision](https://www.facebook.com/thebabydecision).