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.”

“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.”


“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
APPENDIX 1

BIBLIOGRAPHY

The Decision

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/.


Social Commentary


Douglas, Susan and Meredith Michaels. The Mommy Myth: The Idealization of Motherhood and How It Has Undermined All Women.


Tsigdinos, Pamela Mahoney. *Silent Sorority: A Barren Woman Gets Busy, Angry,


**Personal Growth**


**Marriage/Relationships**


Gottman, John, and Julie Schwartz Gottman. *And Baby Makes Three: The Six Step Plan for Preserving Marital Intimacy and Rekindling Romance After the*

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.

APPENDIX 1. BIBLIOGRAPHY


Carroll, Laura. Families of Two. Xlibris, 2000. (See also The Baby Matrix in the Social Commentary section.)


Foster, Karen. No Way Baby! Exploring, Understanding and Defending the Decision Not to Have Children. Self-Published, no place given, 2012.


Hughes, Aralyn. Kid Me Not: An Anthology by Childfree Women of the 60’s now in their 60’s. Austin, TX: Violet Crown, 2014.


**Pregnancy**


Klaus, Marshall H., John J. Kennell, and Phyllis H. Klaus. *The Doula Book:

**Nursing**


**Postpartum**


Parenting


**Motherhood**


### Balancing Careers and Children


**Fatherhood and Shared Parenthood**


Adoption


**Gay, Lesbian, Bisexual, Transgender**


Kaeser, Gigi, and Peggy Gillespie, ed. *Love Makes a Family: Portraits of Lesbian,

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.

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.


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.


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.


**Pregnancy Loss**


### The One-Child Family


### Single Parents, Single Women


Ashdown-Sharp, Patricia. *A Guide to Pregnancy and Parenthood for Women on

Step-Parenting


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
American College of Obstetricians and Gynecologists (ACOG)
www.acog.org

Birthing from Within
www.birthingfromwithin.com

Boston Women’s Health Book Collective
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

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, Jaspar, IN 47547
888.788.3662
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
Postpartum Support International
6706 SW 54th Avenue, Portland, OR 97219
Support Helpline 800.894.9452
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
patient/consumer website
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.
Bereavement Support.

RESOLVE
7918 Jones Branch Rd. Ste. 300, McLean, VA 22102
703.556.7172
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
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
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

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
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

The Fatherhood Project
http://www.fatherhoodproject.org
Research, education, and support, empowerment.

Literary Mama
www.literarymama.com

Mamazine
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
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
Step-Families

National Stepfamilies Resource Center
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.
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.
Please go to 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 to inquire about baby decision coaching. Technology allows her to coach people remotely.

Follow Merle on Twitter @thebabydecision and like us on Facebook: www.facebook.com/thebabydecision.