

# Books I Could Not Do Without

- *How To Raise A Healthy Child In Spite of Your Doctor*

Robert Mendelsohn, MD

This is one of the books we opened at 2:00 a.m. when our children were sick.

- *Smart Medicine For a Healthier Child*

Janet Zand, LAc, OMD; Rachel Walton, RN, Bob Rountree, MD

This is the other book we used at 2:00 a.m. and at every other hour of the day when an illness or skin rash or fever or vomiting presented themselves. Arranged alphabetically to make searching for information much easier. Got vomiting? Look under V. Very helpful at 2:00 a.m. Contains information on conventional treatments (i.e., what your pediatrician would probably do), homeopathic remedies, herbal remedies, nutritional supplements, acupressure points, dietary guidelines, general recommendations of what to do and information on when you should call the doctor.

- The Sears Books

Williams and Martha Sears

We had *The Complete Guide to Christian Parenting and Childcare* and *The Birth Book* to start with. We ran right out and bought *The Discipline Book* when my daughter turned 3. We have quite a few others now.

- "Your X Year Old" Series (Your One Year Old all the way to Your Ten to Fourteen Year Old)

Ames and X (each book has a different co-author)

Excellent for noting not only milestones, but what you can expect behaviorally from your child at any given age. I've found them to be very accurate, give or take a few months, with my children.

- *The Womanly Art of Breastfeeding*

Published by La Leche League

Ok, I don't use this one anymore, but I did A LOT in the beginning.

- *The Read-Aloud Handbook*

Jim Trelease

We all know that reading to our children is important. This book tells us why it is important, gives us incredible examples of the impact of reading on children's (and adults') lives, encourages us to develop a reading attention span in our children and even gives us suggestions for stories to read.

- *The Gift of Fear* - Gavin de Becker - You can trust your instincts and here is why.
- *Girls on the Edge* and *Boys Adrift* - Leonard Sax - Looks at contemporary issues and their disturbing impact on our boys and girls.