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ABSTRACT

Items in this bibliography of resources for expectant parents, parents, and health professionals are listed alphabetically and by title. The first section lists publications intended for general audiences, the second section lists publications for health professionals, and the third section lists audiovisual materials. Single copies of many of the publications may be obtained free of charge from the issuing agency. Ordering information and prices, where applicable, are noted. (RH)

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# HEALTHY MOTHERS, HEALTHY BABIES



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## **About This Collection**

We know a lot more today than we did a generation ago about the causes of health problems in infants. We know more, too, about the things that parents can do, from the very beginning of a pregnancy through the first very important months of life, to give their babies the best possible start. Our purpose in making this collection of Public Health Service materials available is to share that knowledge with women who are going to have a baby, with "expectant fathers," with the parents of newborns and with others who also have an interest in promoting the health of mothers and babies. Healthy mothers, we want everyone to know, have healthier babies.

Edward N. Brandt, Jr., M.D.  
Assistant Secretary for Health  
September 1983

The publications in this collection are listed alphabetically, by title, in two sections. The first section lists publications for general audiences; the second section lists publications for health professionals. A third section lists audiovisuals. Single copies of many of the publications may be obtained free of charge from the issuing agency. Ordering information and prices, where applicable, are given with each listing. Please note that prices are subject to change without notice. Items that have a GPO number and price are available only from the Superintendent of Documents, Government Printing Office, Washington, D.C. 20402. When ordering from the GPO, please provide the GPO stock number and enclose a check or money order made payable to the Superintendent of Documents.

# **PUBLICATIONS FOR GENERAL AUDIENCES**

## **A Parent's Guide to Cystinosis**

Pamphlet, 17 pp., 1981

*To order:* (NIH) 82-1160; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free

Gives parents of children with cystinosis basic facts about the diagnosis, physical effects, and treatment of this genetic disease. Discusses a child's care at school and the emotional issues facing both parents and child.

## **A Reader's Guide for Parents of Children with Mental, Physical, or Emotional Disabilities**

Book, 144 pp., 1979

*To order:* (HSA) 79-5290; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free; also for sale by GPO (Stock No. 017-026-00058-5) \$6.50

Lists selected publications and sources of information which may be of help to parents in raising a handicapped child. Selections cover many disabilities and include basic reading, books that tell how to teach, train, and play at home; books by parents of handicapped children; materials on advocacy and other specific "issues and answers"; and books for children about children with handicaps.

## **Alcohol and Your Unborn Baby**

Pamphlet, 16 pp., 1981

*To order:* (ADM) 81-521; National Clearinghouse for Alcohol Information, Box 2345, Rockville, MD 20852, single copy free; also for sale by GPO (Stock No. 017-024-00721-8), \$2.75

Explains the risk that a pregnant woman takes with the health of her unborn baby when she drinks.

### **Assessing Childbirth Drugs**

Pamphlet 1 p., 1980

*To order:* (FDA) 80-3101; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Discusses the risks and benefits of drugs given to relieve pain during labor and delivery.

### **Autism**

Fact sheet, 1983

*To order:* NIH Pub. No. 83-1877, National Institute of Neurological and Communicative Disorders and Stroke, Bldg. 31, Rm 8A16, NIH, Bethesda, MD.

A severely incapacitating, lifelong developmental disability that usually appears in the first 3 years of life. Chemical exposure in pregnancy and perinatal viral infections are among the potential causes.

### **Breast Feeding**

Pamphlet, 22 pp., 1981

*To order:* (HSA) 81-5109; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free; also for sale by GPO (Stock No. 017-026-00084-4) \$3.50

Gives practical information about breastfeeding, nutrition for nursing mothers, and weaning. Answers frequently asked questions and lists sources of other information and help.

### **Caffeine and Pregnancy** (also available in Spanish)

Pamphlet, 4 pp., 1981

*To order:* (FDA) 81-1081, (FDA) 81-1081S, Spanish; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single

free

Advises pregnant women to avoid foods and drugs containing caffeine and lists the amount of caffeine contained in coffee, tea, cola drinks, chocolate, and a variety of prescription and non-prescription drugs.

### **Caring about Kids Series**

A series of pamphlets; see entries under individual titles: *The Importance of Play, Learning While Growing, Pre-term Babies, and Stimulating Baby Senses.*

### **Cerebral Palsy: Hope Through Research**

Pamphlet, 28 pp., 1980

*To order:* NIH Pub. No. 81-159, National Institute of Neurological and Communicative Disorders and Strokes, Bldg. 31, Rm. 8A16, NIH, Bethesda, MD 20205; also for sale by GPO, Stock No. 017-049-00117-4; \$2.50

Discusses consequences of this neurological problem whose roots lie in brain damage during gestation, birth, or the early years of life.

### **Cleft Lip and Cleft Palate**

Pamphlet, 8 pp., 1982

*To order:* (NIH) 82-1145; Public Inquiries, National Institute of Dental Research, NIH, Bldg. 31, 2C 33, Bethesda, MD 20205, single copy free

Provides a brief overview of cleft lip and palate, describing the disorders, effect on hearing and speech, adjustment of the child, causes, and treatment. Includes suggestions on where to obtain help.

### **Cooley's Anemia: Prevention Through Testing**

Pamphlet, 6 pp., 1980

*To order:* (NIH) 80-2026; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Written for parents of children with Cooley's anemia. Describes this inherited blood disease and encourages testing for the Cooley's anemia trait and prevention of the disease.

## **Cooley's Anemia: Prevention Through Understanding**

Pamphlet, 16 pp., 1980

*To order:* (NIH) 80-1269; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Defines Cooley's anemia, its causes, symptoms, and treatment. Describes prevention through testing and genetic counseling services. Current research is discussed and a glossary of terms is included.

## **Directory of National, Federal, and Local Sickle Cell Disease Programs**

Pamphlet, 39 pp., 1981

*To order:* (NIH) 81-714; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Lists comprehensive sickle cell centers, sickle cell screening and education clinics, national centers for family planning services, VA hospitals, State health departments, and public and private organizations.

## **Drugs and Pregnancy**

Pamphlet, 4 pp., 1980

*To order:* (FDA) 80-3083; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Describes the concerns about taking drugs, both prescription and over-the-counter ones, during pregnancy because of the possible harm to the unborn child.

## **Facts about Premature Birth**

Pamphlet, 10 pp., 1983

*To order:* Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg 31, 2A-32, Bethesda, MD 20205, single copy free

Highlights common problems facing premature infants and recent research advances being used in caring for them.

### **Facts about Cesarean Childbirth**

Pamphlet, 11 pp., 1982

*To order:* Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free  
Summarizes the content of *Cesarean Childbirth* in a format suitable for lay audiences.

### **Facts about Down Syndrome for Women Over 35**

Pamphlet, 16 pp., 1979

*To order:* (NIH) 80-563; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free

Aimed at women who are pregnant or planning a pregnancy and are over 35 years old. Explains Down syndrome, the increased risk for women over 35 of bearing a Down syndrome child, genetic counseling, and the outlook for a child with Down syndrome.

### **Facts About Smoking and Pregnancy**

Pamphlet, 8 pp., 1983

*To order:* Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-32, Bethesda, MD 20205, single copy free

Summarizes recent research findings about the effects of smoking on the fetus.

### **Fact Sheet: Facts About Apnea**

Pamphlet, 2 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Includes basic questions concerning apnea—its causes, prevention, treatment (monitoring), and relationship to SIDS.

### **Fact Sheet: Parents and the Grieving Process**

Pamphlet, 2 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Grief is defined; common reactions and emotions expressed by the bereaved are discussed; and, the process by which resolution and recovery are achieved is highlighted.

**Fact Sheet: The Grief of Children**

Pamphlet, 2 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Discusses some of the common expressions of children's grief and offers some ways in which adults can help the child to express and cope with grief.

**Fact Sheet: What is SIDS?**

Pamphlet, 2 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Presents basic facts about SIDS; reactions of the surviving family members; and, ways they may be helped.

**Fact Sheet: What Parents Should Know About SIDS**

Pamphlet, 2 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Basic facts on SIDS are presented and many of the myths associated with such deaths are dispelled.

**Food for the Teenager During and After Pregnancy**

Pamphlet, 31 pp., 1982

*To order:* (HRSA) 82-5106; National Center for Education in Maternal and Child Health, 3520

Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free; also for sale by GPO (Stock No. 017-026-00103-4) \$4.50 (reduced for bulk orders)

Contains general information for teenagers about maintaining good health during pregnancy, explains which foods are important, and gives sample meal plans.

### **Genetic Counseling: Learning What to Expect**

Pamphlet, 4 pp., 1981

*To order:* (FDA) 81-9006; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Describes various inherited disorders, the process of genetic counseling, amniocentesis, and other means of determining whether an unborn baby is likely to be normal.

### **Genital Herpes**

Pamphlet, 8 pp., 1981

*To order:* Free from National Institute of Allergy and Infectious Diseases, Bldg. 31, Rm. 7A32, NIH, Bethesda, MD 20205

Describes in nontechnical language the cause, diagnosis, treatment, and prevention of genital herpes, and why active infections are dangerous to the baby at the time of delivery.

### **Good Teeth for You and Your Baby** (also available in Spanish)

Pamphlet, 16 pp., 1979

*To order:* (NIH) 79-1255, (NIH) 78-1465, Spanish; Public Inquiries, National Institute of Dental Research, NIH, Bldg. 31, 2C-33, Bethesda, MD 20205, single copy free

Explains to parents how to take care of their teeth and their children's teeth. Discusses preventing "baby bottle tooth decay."

## **Hearing Loss: Hope Through Research**

Pamphlet, 40 pp., 1982

*To order:* NIH Pub. No. 82-157, National Institute of Neurological and Communicative Disorders and Stroke, Bldg. 31, Rm. 8A-16, NIH, Bethesda, MD 20205, also for sale by GPO, Stock No. 017-049-00126-3; \$4.25

Covers the causes of hearing loss in infants, including genetic and congenital abnormalities, maternal virus infections, drug damage, and labor and delivery problems. The special importance of early diagnosis and treatment of hearing loss in very young children is emphasized.

## **Learning Together: A Guide for Families With Genetic Disorders**

Pamphlet, 21 pp., 1980

*To order:* (HSA) 80-5131; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free; also for sale by GPO (Stock No. 017-026-00088-7) \$3.50

Discusses the benefits of a self-help group for parents of children with genetic disorders. Activities for a group are outlined and resources are listed.

## **Learning While Growing: Cognitive Development**

Pamphlet, 14 pp., 1981

*To order:* For sale by GPO (Stock No. 017-024-01719-7), \$2.25

Introduces theories on how children learn through the development of language skills, memory, conscience, and logic. Part of the Caring About Kids series.

## **Little Babies Born Too Soon, Born Too Small**

Pamphlet, 20 pp., 1977

*To order:* (NIH) 77-1079; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single

copy free

Explains health problems that low-birth-weight babies can have, preventive measures mothers and physicians can take, and research now underway.

### **Make Measles a Memory—Immunize!**

Pamphlet, 1 p., 1981

*To order:* Immunization Division, Centers for Disease Control, 1600 Clifton Rd. NE., Atlanta, GA 30333, single copy free

Advises parents about the benefits of immunizing against measles and gives a recommended immunization schedule.

### **Pregnancy Basics**

Pamphlet, 16 pp., 1979

*To order:* Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-32, Bethesda, MD 20205, single copy free

Briefly summarizes things to be considered during pregnancy, including nutrition, weight gain, exercise, and life style habits.

### **Pregnant . . . Are You Aware the Medicines You Take During Pregnancy Can Harm Your Unborn Baby?**

Poster, 17" x 21", two colors

*To order:* (FDA), 80-3096; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

### **Pre-Term Babies**

Pamphlet, 14 pp., 1980

*To order:* For sale by GPO (Stock No. 017-024-01014-6), \$2.00

Discusses the mental health issues often associated with premature birth, particularly the stresses experienced by parents whose infants have medical problems. Offers tips on calming infants and explores the importance of early parent/child interaction. Part of the Caring About Kids series.

## **Questions and Answers About DES Exposure During Pregnancy and Before**

Pamphlet, 17 pp., 1981

*To order:* (NIH) 81-1118; Public Inquiries, National Cancer Institute, NIH, Bldg. 31, 10A-29, Bethesda, MD 20205, single copy free

Answers questions that mothers and children exposed to DES (diethylstilbestrol) most often ask.

## **Resource List: National SIDS Clearinghouse**

Pamphlet, 2 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Contains a list of the publications available from the National SIDS Clearinghouse, and an order form for obtaining these.

## **Reye's Syndrome**

Pamphlet, 5 pp., 1981

*To order:* Free from National Institute of Allergy and Infectious Diseases, Bldg. 31, Rm 7A-32, NIH, Bethesda, MD 20205

Describes in nontechnical language the symptoms of this life-threatening disease that develops in some children after an attack of flu or chickenpox. Discusses research to find the cause of this syndrome, better methods of treatment diagnosis, and a means of prevention.

## **Reye Syndrome (also available in Spanish)**

Pamphlet, 6 pp., 1983

*To order:* (FDA) 83-3129, (FDA) 83-3129S, Spanish; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Questions and answers about this condition and its relationship to use of aspirin in children. Includes description of symptoms.

**Reye Syndrome Spells Caution to Parents**  
Pamphlet, 4 pp., 1982

*To order:* (FDA) 82-3127; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

A review of research and events that led up to the discovery of the possible association between Reye Syndrome and the use of aspirin in children.

**Sexually Transmitted Diseases**  
Pamphlet, 24 pp., 1979

*To order:* Single copy free from National Institute of Allergy and Infectious Diseases, Bldg. 31, Rm. 7A-32, NIH, Bethesda, MD 20205. Also for sale by GPC (Stock No. 017-044-00032-0) \$3.50 single copy; \$44.00 per hundred.

Gives nontechnical description of several venereal diseases, including gonorrhea and syphilis, and the dangers they pose to the fetus and newborn child.

**Skim Milk in Infant Feeding**  
Pamphlet, 4 pp., 1978

*To order:* (HSA) 78-5102; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Presents objections to the practice of feeding skim milk to infants. Discusses management and prevention of obesity in infants.

**So, I Have the Sickle Cell Trait** (also available in Spanish)  
Pamphlet, 15 pp., 1978

*To order:* (NIH) 78-421; (NIH) 78-749, Spanish; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Provides answers to common questions about sickle cell trait in simple language.

### **Star Wars (Immunization)**

Poster, 14" x 22", color, 1978

*To order:* (OM) 78-1033; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Two robots from the movie "Star Wars" remind parents "of Earth" to have their children immunized.

### **Stimulating Baby Senses**

Pamphlet, 10 pp., 1977

*To order:* For sale by GPO (Stock No. 017-024-00752-8), \$2.75

Explains how babies and parents use their five senses to communicate and learn from each other. Part of the Caring About Kids series.

### **Sudden Infant Death Syndrome Clearinghouse Audiovisual Catalog**

Pamphlet, 32 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

An annotated catalog of audiovisual materials, on the topics of the sudden infant death syndrome; death and dying; and grief.

### **Tetracycline Stained Teeth**

Pamphlet, 6 pp., 1980

*To order:* (NIH) 80-1679; Public Inquiries, National Institute of Dental Research, NIH, Bldg. 31, 2C-33, Bethesda, MD 20205, single copy free

Explains how tetracyclines can cause staining of primary or permanent teeth if the drug is taken during the time these teeth are forming. Stresses prevention and discusses cosmetic treatment.

### **The Importance of Play**

Pamphlet, 10 pp., 1981

*To order:* For sale by GPO (Stock No. 017-024-010201), \$2.00

Discusses the role of play in the emotional, intellectual, and physical development of children. Part of the Caring About Kids series.

**X rays and Pregnancy** (also available in Spanish)  
Poster, 17" x 21", 1980

*To order:* (FDA) 80-1045; (FDA) 80-1045S, Spanish; X Ray, HFX-28, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Cautions women, "Pregnant . . . or think you might be? Tell your doctor before getting an X ray or prescription."

**X rays, Pregnancy and You** (also available in Spanish)

Pamphlet, 6 pp., 1979

*To order:* (FDA) 79-8087; (FDA) 79-8087S, Spanish; X Ray, HFX-28 5600 Fishers Lane, Rockville, MD 20857, single copy free

Describes the possible effects of X rays on the unborn baby and the special precautions to be taken with X rays during pregnancy.

**When the Baby's Life is so Much Your Own** (also available in Spanish)

Pamphlet, 4 pp., 1980

*To order:* (FDA) 80-1057, (FDA) 80-1057S, Spanish; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Advises about general health care during pregnancy and provides information on the effects of specific medicines and drugs on the unborn baby. These include drugs containing the female hormones estrogen and progesterin, barbiturates, tranquilizers, amphetamines, tetracycline antibiotics, and aspirin.

## **Were You or Your Daughter or Son Born After 1940?**

Pamphlet, 17 pp., 1980

*To order:* (NIH) 80-1226; Public Inquiries, National Cancer Institute, NIH, Bldg. 31, 10A-29, Bethesda, MD 20205, single copy free

Provides information and recommendations on medical examinations for mothers and children exposed to DES (diethylstilbestrol), a drug used since 1940 to treat women for complications during pregnancy.

## **Torsion Dystonia**

Fact sheet, 1982

*To order:* NIH Publication No. 82-717, National Institute of Neurological and Communicative Disorders and Stroke, Bldg. 31, Rm. 8A-16, NIH, Bethesda, MD 20205

A neurological disorder which causes twisting, uninterrupted involuntary movement. Several forms of the disease are inherited, and the acquired form may be caused by birth injury.

## **Toxoplasmosis**

Pamphlet, 3 pp., 1975

*To order:* Free from National Institute of Allergy and Infectious Diseases, Bldg. 31, Rm 7A-32, NIH, Bethesda, MD 20205

Describes in nontechnical language the possible hazards to the fetus in women who become infected with toxoplasma parasites during pregnancy. Discusses transmission of the disease by cats and by eating raw or undercooked meat.

## **Tuberous Sclerosis**

Fact sheet, 1978

*To order:* NIH Pub. No. 79-1846, National Institute of Neurological and Communicative Disorders and Stroke, Bldg. 31, Rm. 8A-16, NIH, Bethesda, MD 20205

A genetic disorder that may cause seizures, tumors developmental delay, and other problems. Diagnosis at birth through characteristic white spots on the skin is important.

## **PUBLICATIONS FOR HEALTH PROFESSIONALS**

### **Better Health for Our Children: A National Strategy, Report of the Select Panel for the Promotion of Child Health**

Book, 4 volumes, 1981

*To order:* Volumes 1-3 are for sale by GPO; list stock numbers of individual volumes when ordering

*Volume 1*—Major Findings and Recommendations, 475 pp., Stock No. 017-002-00140-2, \$9.50

Contains recommendations for a comprehensive national plan to promote the health of children and pregnant women. Discusses the current status of child health, makes recommendations for reducing environmental risks, improving nutrition, and influencing healthier lifestyles; describes needed health services and problems in service delivery; examines the administration of Federal, State and local health systems; and outlines manpower and research needs.

*Volume 2*—Analysis and Recommendations for Selected Federal Programs, 148 pp., Stock No. 017-002-00141-1, \$5.50

Presents the implications of the recommendations for immediate action to improve five Federal programs with major impact on maternal and child health.

*Volume 3*—A Statistical Profile, 343 pp., Stock No. 017-002-001142-9, \$8.50

Contains a statistical examination of child health in the United States. Includes more than 200 tables with statistics on health status and demographics

of U.S. children, mortality, birth rates, hospital utilization, resources, and costs.

*Volume 4*—Background Papers, 961 pp.  
To order: PB 81-242869; National Technical Information Service, 5285 Port Royal Rd., Springfield, VA 22161. Paper—\$61.50, Microfiche—\$4

Contains the background and options papers prepared for the Selection Panel for the Promotion of Child Health.

### **Cesarean Childbirth**

Book, 537 pp., 1981

*To order:* (NIH) 82-2067; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-32, Bethesda, MD 20205, single copy free

Reports the results of a Consensus Development Conference which brought together biomedical researchers, physicians, and consumers to address issues concerning cesarean childbirth. Discusses how and why cesarean delivery rates have changed; the relation of cesarean delivery to pregnancy outcome; the medical and psychological effects on mother, infant and family; economic factors; and legal and ethical considerations.

### **Child Health and Human Development: An Evaluation and Assessment of the State of the Science**

Book, 1982

*To order:* Order by individual reprint titles from: Office of Research Reporting, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-32, Bethesda, MD 20205, single copy free

Reprints of the individual chapters from a report outlining the Institute's 5-year plan. Titles of the individual reprints are "Child and Adolescent Development," "Congenital Defects," "Contraceptive Development," "Contraceptive Evaluation," "Fertility and Infertility," "Mental

Retardation," "Nutrition," "Population Dynamics,"  
"Pregnancy, Birth and the Infant," and "SIDS."

### **Cooley's Anemia, A Medical Review**

Pamphlet, 50 pp., 1981

*To order:* (HSA) 81-5125; National Center for  
Education in Maternal and Child Health, 3520  
Prospect St., N.W., Ground Floor, Washington, D.C.  
20057, single copy free

Reviews the medical knowledge about this group of  
inherited blood disorders. Covers prevalence,  
clinical manifestations, complications, diagnosis,  
management, and related topics.

### **Comprehensive Bibliography on Pregnancy and Work**

Book, 130 pp., 1978

*To order:* For sale by GPO (Stock No.  
017-033-00288-6), \$6.00

Unannotated bibliography of English and foreign  
language articles on the influence of the work and  
home environment on the health of mother and  
fetus. Prepared by the American College of  
Obstetricians and Gynecologists for the National  
Institute for Occupational Safety and Health.

### **Development of Mental Health in Infancy**

Book, 106 pp., 1980

*To order:* For sale by GPO (Stock No.  
017-024-00996-2), \$5

Reviews the current research on social  
relationships in the first year of life and their  
influence on psychological health. Discusses  
defining effective environments for infant mental  
health, infant-caregiver interaction, and infants at  
risk for developmental problems. Part of the  
Science Monograph Series.

### **Diet Management of PKU for Infants and Preschool Children**

Pamphlet, 30 pp., 1978

*To order:* (HSA) 78-5209; National Center for  
Education in Maternal and Child Health, 3520

Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free; also for sale by GPO (Stock No. 017-026-00057-7) \$4.75

Provides information for nutritionists and dieticians on methods of diet management for children treated for phenylketonuria. Gives methods and materials to help in teaching parents about diet management.

**Drug Dependence in Pregnancy: Clinical Management of Mother and Child**

Book, 109 pp., 1979

*To order:* (ADM) 79-678; National Clearinghouse for Drug Abuse Information, P.O. Box 4 '6, Kensington, MD 20795, single copy free; also for sale by GPO (Stock No. 017-024-00799-4), \$5.00

Provides practical information for hospital systems and drug treatment programs in delivering services to pregnant drug addicts and their offspring.

Discusses prevalence and classification of psychotropic drug use; pharmacologic effects on mother and infant; management of prenatal care, labor, and delivery; and treatment of narcotic withdrawal in the newborn.

**Fact Sheet: Infantile Apnea and SIDS**

Pamphlet, 3 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Brief report concerning studies on apnea and its associations to SIDS.

**Fact Sheet: SIDS Information for the EMT**

Pamphlet, 2 pp.

*To order:* National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Suggestions are made for emergency medical technicians and others who first respond at the

time of a sudden infant death. Guidelines to help distinguish between SIDS and child abuse are included.

### **Genetic Screening for Inborn Errors of Metabolism**

Book, 106 pp., 1977

*To order:* (HSA) 77-5124; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Provides the health professional with a ready reference on knowledge about techniques, problems and services related to genetic screening of infants. Covers specific disorders diagnosed by screening and evaluation of current genetic screening techniques.

### **Guide to Breast Feeding the Infant with PKU**

Pamphlet, 51 pp., 1980

*To order:* (HSA) 79-5110; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free; also for sale by GPO (Stock No. 017-026-00091-7) \$4.25

Provides guidelines for health professionals to assist women in continuing to breast feed infants with PKU. Discusses the rationale for use of human milk, dietary management, and how to prescribe and calculate the diet.

### **Healthy Infants**

Pamphlet, 32 pp., 1980

*To order:* (HSA) 80-5244; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Reprint from *Healthy People*. Describes the challenges of reducing infant mortality and morbidity in the United States; emphasis on preventive services.

**Healthy People: The Surgeon General's Report  
on Health Promotion and Disease Prevention**

Book, 177 pp., 1979

*To order:* For sale by GPO (Stock No. 017-001-00416-2), \$5.50

Reports on major health problems and their preventable risks at each of the five principal stages of life; presents goals, to be achieved by 1990, for each stage, and enumerates 15 priority activities critical to the achievement of these goals. The chapter on healthy infants discusses the goal of reducing infant mortality by at least 35 percent. An excerpt entitled "Healthy Infants" summarizes this chapter and other relevant portions of the report. Single copies of the excerpt (HSA 80-5244) are available free while supplies last from: BCHS Publications, Room 7-08, Parklawn Bldg., 5600 Fishers Lane, Rockville, MD 20857.

Background Papers to the above, 484 pp., Stock No. 017-001-00417-1, \$8

**Infant Satellite Nurseries: Family Day Care with  
a Difference**

Pamphlet, 13 pp., 1978

*To order:* (ADM) 78-658; Public Inquiries, National Institute of Mental Health, 5600 Fishers Lane, Rockville, MD 20857, single copy free; also for sale by GPO (Stock No. 017-024-00843-5), \$2.50

Describes an innovative approach to home day-care, developed in Hawaii, to provide low-income families with subsidized care of excellent quality for their infants and toddlers.

**Pregnancy and Infant Health**

Book, 93 pp., 1979

*To order:* (PHS) 79-50069; Office on Smoking and Health, Parklawn Bldg., Room 1-10, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Reprint from "Smoking and Health: A Report of the Surgeon General," published in 1979. Reviews the scientific literature on the effects of smoking during

pregnancy. Covers birth weight and fetal growth, fetal and infant mortality, lactation, and breastfeeding.

### **Pregnancy and Perinatology**

Pamphlet, 40 pp., 1981

*To order:* (NIH) 81-2347; Public Inquiries. National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free

Describes the research programs of the National Institute of Child Health and Human Development in the areas of pregnancy and perinatology, premature labor and birth, disorders of the newborn, and sudden infant death syndrome.

### **Prenatal Approaches to the Diagnosis of Fetal Hemoglobinopathies**

Book, 259 pp., 1980

*To order:* (NIH) 80-1529; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Reviews the state-of-the-art in sampling fetal circulation *in utero*. Subjects discussed include ethical, legal, psychosocial, and genetic issues in prenatal diagnosis of hemoglobinopathies.

### **Preventing Fetal Alcohol Effects: A Practical Guide for OB/GYN Physicians and Nurses**

Pamphlet, 20 pp., 1982

*To order:* (ADM) 81-1163; National Clearinghouse for Alcohol Information, Box 2345, Rockville, MD 20852, single copy free; also for sale by GPO (Stock No. 017-024-01111-8), \$2.25

Provides guidelines to assist health care professionals in identifying patients who are subject to the health hazards associated with alcohol consumption during pregnancy. Gives practical advice on how to obtain a history of patients' drinking patterns and what to do if a drinking problem is suspected.

## **Recommendations for Feeding Normal Infants**

Pamphlet, 8 pp., 1979

*To order:* (HSA) 79-5108; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Contains technical guidance for health care providers about breast feeding, infant formula, other foods, and fluoride before and after 6 months of age.

## **Research Priorities in Maternal and Child Health**

Book, 275 pp., 1981

*To order:* Code no. H59; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Contains proceedings of a conference on proposed priorities in maternal and child health research. Highlights recommendations and rationale for research priorities on women with fertility-related needs, preschool children, school-age children, and children with special needs. Perspectives on maternal and child health research are included.

## **Rubella**

Pamphlet, 14 pp., 1980

*To order:* (HSA) 80-5225; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free; also for sale by GPO (Stock No. 017-029-00011-8) \$2.75

Discusses the disease, particularly its effects on fetus and prevention through vaccination.

## **Social and Psychological Aspects of Genetics: A Selected Bibliography**

Pamphlet, 17 pp., 1983

*To order:* Code no. G14; National Center for Education in Maternal and Child Health, 3520

Prospect St., N.W., Ground Floor, Washington, D.C.  
20057, single copy free

Contains a selected bibliography of psychological and social aspects of human genetic disorders, including ethical and legal issues.

### **Societies and Professional Associations**

Pamphlet, 20 pp., 1983

*To order:* Code no. G31; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Contains a list of National Societies and Professional Associations in Human Genetics and Maternal and Child Health, for use by health professionals, educators, and the public.

### **Sudden Infant Death Syndrome Research and Grief Counseling: A Selected Bibliography**

Book, 101 pages, 1981

*To order:* (HSA) 81-5268; National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209, single copy free

Contains list of print and nonprint materials published between 1971 and 1980 on the impact of SIDS on families; approaches to counseling; resolution of grief and guilt; identification and treatment of infants at high risk; epidemiology of SIDS; theories of causation; apnea; and death investigation systems.

### **The Surgeon General's Workshop on Children with Handicaps and Their Families, Report of**

Pamphlet, 69 pp., 1983

*To order:* (PHS) 83-50194; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Contains proceedings of the workshop held in December, 1982. Includes presentations of

programs for care of ventilator dependent children and children with other handicaps. Summarizes workshop recommendations and implications for the future.

### **The Surgeon General's Workshop on Maternal and Infant Health**

Pamphlet, 55 pp., 1981

*To order:* (PHS) 81-50161; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Contains proceedings of the findings and recommendations of the Surgeon General's Workshop held in December, 1980. Focuses on improvement of delivery to the underserved, expansion of health promotion and prevention services, and development of knowledge in maternal and infant health.

### **Symposium on Health Lactation**

Book, 130 pp., 1979

*To order:* (HHS) 79-5107; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, D.C. 20057, single copy free

Provides physicians, nurses, and nutritionists with an overview of various facets of human lactation, including physiology of lactation, psychological issues, nutritional and immunologic aspects, and management of normal lactation and lactation problems.

## **AUDIOVISUAL MATERIALS:**

The following films on various aspects of pregnancy, prenatal care, and parenthood have been produced by the Public Health Service and other Department of Health and Human Services agencies. All are for rent or sale from the National Audiovisual Center (NAC). NAC also distributes

films on related topics including **sexuality, birth control, and child abuse.**

## **To Order:**

### *Purchase*

For invoicing, an official purchase order or letter on organization letterhead is required. For direct payment, checks or money orders should be made payable to the National Archive Trust Fund. A \$5 handling fee will be charged for orders that are not prepaid. Prices are subject to change without notice. Allow 30 to 60 days for delivery of materials.

### *Preview*

Preview prints of 16mm films will be provided at prevailing rental rates. Nonprofit organizations are entitled to free preview of 16mm films when prints are available. Preview is not available for rental consideration. Unless specifically noted, preview is not available for videocassettes, audio/slide sets, filmstrips, multimedia kits, or any materials other than 16mm films.

### *Rental*

Three-day use at rate indicated. Enclose \$3 handling fee. Order 30 days in advance. Rental fee applies to purchase price.

### *Videocassettes*

All titles listed in videocassettes are available in all 1/2" and 3/4" formats at the same price. Specify the make and model number of your video playback equipment on your order so that the appropriate cassette can be supplied.

*For further information or to order, write:*

National Audiovisual Center  
National Archives and Records Service  
General Services Administration  
Information Section RM  
Washington, DC 20409  
Telephone: (301) 763-1896

### **\*After Our Baby Died**

Film, 16mm, videocassette, color, 20 minutes, 1975

*To order:* Film: Title No. 009405/CG, \$195; Rental, \$25; Videocassette: Title No. A00280/CG, \$70

Discusses how health professionals can help allay parents' fears and despair following the loss of a child to SIDS.

### **\*Amniocentesis**

Film, 16mm, videocassette, color, 7 minutes, 1979

*To order:* Film: Title No. A01274/CG, \$65; Rental, \$25; Videocassette: Title No. A01277/CG, \$60

Aimed at health professionals and pregnant women. Provides an opportunity to observe how amniocentesis is done, including patient preparation and the drawing of the amniotic fluid.

### **Before the Baby**

Multimedia kit of 74 color slides and audiocassette, videocassette, 10 minutes, script, 1980

*To order:* Multimedia kit: Title No. A02906/CG, \$28; Videocassette: Order from Food and Drug Administration, HFI-20, 5600 Fishers Lane, Rockville, MD 20857

Gives pregnant women guidelines to follow on weight gain, drug use, smoking, diagnostic X rays, alcohol use, and other aspects of prenatal care. Suited for use in obstetrical and gynecological offices and clinics, family planning and public health clinics, health maintenance organizations, and physicians' offices.

### **\*A Call for Help**

Film, 16mm, videocassette, color, 19 minutes, 1976

*To order:* Film: Title No. 007899/CG, \$180; Rental, \$25; Videocassette: Title No. A01050/CG, \$70

Advises police on proper techniques for handling SIDS cases. Because of its inclusion of investigative photographs, it is recommended for police professionals only.

### **I'm a Parent Now**

Film, 16mm, videocassette, color, 17 minutes,  
guide, 1977

*To order:* Film: Title No. A10328/CG, \$165;  
Videocassette: Title No. A00924/CG, \$55

Helps new parents deal with the mixed emotions,  
conflicting roles, and unfamiliar experiences that  
accompany the arrival of a baby; guide is included.

### **\*Medical-Legal Aspects of Amniocentesis for Prenatal Diagnosis**

Film, 16mm, videocassette, color, 13 minutes, 1979

*To order:* Film: Title No. A01268/CG, \$125; Rental,  
\$25; Videocassette: Title No. A01271/CG, \$70

Highlights for the physician some of the legal  
aspects of amniocentesis, citing specific court  
cases.

### **Sudden Infant Death Syndrome**

Film, 16mm, videocassette, 4-part series, color

*To order:* Film: Series No. 009483/CG, inquire  
concerning purchase price; Rental, \$87.50;  
Videocassette: Series No. 010779/CG, inquire  
concerning purchase price

Series is designed to help professionals and the  
public examine the impact of sudden infant death  
syndrome (SIDS) and what can be done to help the  
parents.

### **Sudden Infant Death Syndrome**

Film, 16mm, videocassette, color, 4 minutes, 1976

*To order:* Film: Title No. 008579/CG, \$40; Rental,  
\$25; Videocassette: Title No. A01044/CG, \$60

Discusses how SIDS can be predicted and  
prevented.

### **Two to Get Ready**

Film, 16mm, videocassette, color, 29 minutes,  
1979; booklet included

\*For professionals.

*To order:* Film: Title No. A00856/CG, \$275; Rental, \$25; Videocassette: Title No. A00883/CG, \$275

Portrays how both parents prepare for parenthood, focusing on psychological preparation. Designed to help prospective parents think about the reasons for having a baby and the decision about when to have it. This film is one episode from *Footsteps*, a PBS series on parenting. For information on the entire series, contact the National Audiovisual Center.

### **You Are Not Alone**

Film, 16mm, videocassette, color, 27 minutes, 1976

*To order:* Film: Title No. 007900/CG, \$260; Rental, \$25; Videocassette: Title No. A01049/CG, \$80

Designed to assist families who have lost an infant to SIDS by exploring the physical and emotional aspects of grief and stressing that the death is not the parent's fault.

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