The materials cited in this annotated bibliography focus on maternal and infant health and the critical importance of good nutrition. Audiovisuals and books are listed in 152 citations derived from online searches of the AGRICOLA database. Materials are available from the National Agricultural Library or through interlibrary loan to a local library. (JD)
Maternal and Infant Nutrition Education Materials
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Prepared by:

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AGRICOLA

Citations in this bibliography were entered in the AGRICOLA database between January 1979 and the present.
I. AUDIOVISUALS
Abstract: The advantages of breastfeeding are discussed. Emotional benefits for the mother, nutritional advantages for the baby, convenience, and economy are explained. Other specific topics include how to handle breastfeeding in public and how to relax. The overall theme of returning to and encouraging the natural infant feeding method is emphasized.

(0002)

Breastfeeding

Abstract: The advantages of breastfeeding are discussed. Emotional benefits for the mother, nutritional advantages for the baby, convenience, and economy are explained. Other specific topics include how to handle breastfeeding in public and how to relax. The overall theme of returning to and encouraging the natural infant feeding method is emphasized.

(0003)

Breastfeeding, a practical guide
produced by Motion, Inc.; board of advisors Luis F. Vera ... (et al.); produced in cooperation with New York Foundation for the Arts.

Abstract: An instructional film for new mothers and prospective mothers includes a 16-mm. audio cassette recording keyed to a 67 color slide presentation covering the various states of feeding behavior and eating patterns of children from birth to 5 years of age which may lead to lifetime food and eating habits. The program points out and illustrates the reflex feeding behavior of new infants; the use of hand-to-mouth movements for pureed foods; the introduction of solid, table foods; self-feeding and drinking; the development of the ability to chew foods; and the subsequent use of utensils, leading to the child feeding itself at the family table by age 4.

Food preference habits linked to independent eating skills become evident by age 5. Hence, this program strives to depict the normal feeding and eating patterns of typical children from infancy through the preschool years.

(0004)

Breastfeeding, a practical guide
produced by Motion, Inc.; board of advisors Luis F. Vera ... (et al.); produced in cooperation with New York Foundation for the Arts.

Abstract: In Part I, physical and emotional aspects of preparation for breastfeeding are discussed by couples and an instructor in a childbirth class. The physiology of milk production and the letdown reflex are illustrated and explained. Also discussed are infant reflexes, frequency of nursing, the function of colostrum, and choosing a nursing bra. Special nutritional needs during breastfeeding and the importance of avoiding alcohol, caffeine, and other drugs are mentioned. Part II features discussions by postpartum couples of nursing schedules, problems encountered in breastfeeding for the baby and nursing in public. Manual and pump expression of breast milk is demonstrated. Women express positive feelings about breastfeeding and supportive viewpoints are added by male partners throughout both films.

An accompanying teaching manual provides additional information for group presentation, review of film sequences, discussion questions, and sources of supplemental information.

(0005)

Breastfeeding, produced by Myees Breen.

Abstract: An instructional film for new mothers presents the facts of breastfeeding in order to help the new or expectant mother make a decision on whether or not to breastfeed her baby. Myths of breastfeeding are dispelled in order to reassure the mother regarding her decision. Breast milk is compared to cow's milk and the overall emphasis of the film supports breastfeeding as the superior method of feeding the infant.

(0006)

Bright from the start-the story of the nursing bottle and your child's teeth.

Abstract: From the start of life, the story of the nursing bottle and the developing patterns of eating and drinking habits. Types of clothing which facilitate breastfeeding and tips for feeding when away from home are included.
0007
Check marks for good health.
Abstract: A poster shows drawings of children of different ethnic backgrounds being weighed and measured, having their teeth checked and blood tested.

0008
Abstract: Guidelines for feeding babies (from birth to 2 years) are described to help parents understand their children's eating habits. Normal physical and neurological changes that allow the transition to spoon and cup feeding, and then to self feeding are explained. Information on helping the child acquire feeding skills, on food preparation, on nutrition and recognition of normal development is presented.

0009
Abstract: The feeding patterns of a variety of babies and young children (ages 2 weeks to 2 years) are described to help parents understand their children's eating habits. Normal physical and neurological changes that allow the transition to spoon and cup feeding, and then to self feeding are explained. Information on helping the child acquire feeding skills, on food preparation, on nutrition and recognition of normal development is presented.

0010
Feeding skills your baby's early years.
Spanish. ; Arens, Ruth.-Partnow, Elaine. Los Angeles, Calif. Churchill Films University Affiliated Program, Children's Hospital, Los Angeles, Calif. Soundtrack in Spanish; title, credits and study guide in English. - "Funded in part by a grant to the University Affiliated Program at Children's Hospital of Los Angeles from the Office for Maternal and Child Health, Bureau of Community Health Services, U.S. Department. 1 film reel (24 min.) : sd., col. ; 16 mm. + 1 study guide. (NAL Call No.: RJ216.F39 F&N AV)
Abstract: Changes in the feeding patterns of babies and young children from 2 weeks-2 years are followed. Explanations of how and why babies feed as they do during the first weeks of life, and how these patterns change as infants can accept solid foods are offered. Recommendations that parents and other caregivers can use to help a child acquire proper feeding skills are given. Information on food preparation, nutritional requirements, and how to recognize normal development is also included. Suggestions for discussion with parents before and after the film is shown are provided on an accompanying guide. (kbc)

0011
Feeding your baby.
Abstract: Guidelines for feeding babies (from birth to 12 months) are presented in a poster. The infants' development, basic diet, and new foods are described for 5 age groups: birth to 3 months; 4 to 5 months; 6 to 7 months; 8 to 9 months; and 10 to 12 months. Also, feeding practices to avoid and home preparation of baby foods are discussed. Illustrations show a baby food grinder, a bottle, and typical baby foods. (rkm)

0012
Feeding your childPRI.
Evanston, Ill. : PRI, c1986. *8013CP*--Container label; 1 videocassette (VHS) (13 min.) : sd., col. ; 1/2 in. (NAL Call No.: DNAL Videocassette no.277 1986)
Abstract: Practical guidelines for feeding infants and young children are presented in this videocassette that is part of the Child Health Series from

DNAL FNC RK306.C587 F&N AV)
Abstract: An explanation of dental caries in infants and very young children advises parents to substitute a pacifier for a bottle as a preventive practice. Other contributing factors to dental decay are continuous intermittent breastfeeding, unclean teeth, and improperly cleaned teeth. Parents should inspect and clean the teeth regularly, take the child to the dentist and watch dietary sugar and fluoride content. The accompanying poster pictures a child's mouth with severe dental caries and a warning not to put a child to bed with a bottle of milk, juice or sugar water.
Professional Research Inc. Mothers are encouraged to feed their infants by whatever means is most comfortable and convenient for them. Advantages of both breastfeeding and bottlefeeding are identified. Dietary recommendations for breastfeeding mothers, and formula preparation instructions are outlined. Advice is provided on 1) what constitutes a balanced diet for children, 2) how to feed children according to their own schedule, 3) when to introduce different types of solid foods, and 4) how to shop for and prepare commercial baby foods. Parents are advised to let children indicate when they are ready to learn new eating behaviors, and not to make an issue over problem eating habits or occasional food jags.

0013
Feeding your preschooler.
Abstract: Guidelines for feeding preschool children, ages 1 to 6, are presented in a poster. Recommended number of servings and serving sizes of the food in each food group are listed for 2 groups of children (ages 1 to 3, and 4 to 6). The nutritional values of each food group are described. A discussion of common feeding problems includes: children who won't try new foods; children with small appetites; and children who won't eat vegetables. (rm)

0014
The Fetal alcohol syndrome Nutrition Today.
Annapolis, MD Nutrition Today 1981. 34 slides: col. 2 x 2 in. + 1 syllabus. (NAL Call No.: RG627.F4 F&N AV).
Abstract: Medical facts on fetal alcohol syndrome (FAS) are provided for health professionals, caregivers, and expectant mothers to help prevent the birth defects associated with this condition. Major features of FAS (brain injury, growth impairment, and facial deformities), its prognosis, and prevalence are discussed. The effect of alcohol on liver function, the portal system, and tissues is described. Consequences of alcohol consumption on placental transfer, maternal-fetal exchange, and fetal development are examined. Animal studies demonstrate the relationship between alcohol ingestion, birth defects, and severity of damage to the fetus. Further research into the prevention and treatment of FAS is critically needed. Until then, the prudent conclusion, from available medical evidence, is that alcohol consumption during pregnancy is undesirable; safe levels of consumption have not been determined. (nm)

0015
First steps: caring for the very young.
Screenscope.
Abstract: The importance of prenatal and postnatal care to child health and development is emphasized in an animated film for expectant parents. Aspects of good prenatal care (regular medical checkups, a balanced diet, avoidance of drugs, cigarettes, and alcohol) are illustrated; the pregnant woman must learn to care for herself and her unborn baby. Bonding between mother and child begins immediately after childbirth, and is facilitated by breast feeding. Nursing provides the best source of nutrition and emotional nurturing for the newborn. Stages in the infant’s growth and social development are described in relation to infant feeding, toilet training, and mental and physical stimulation. Each child develops at his own rate. The toddler’s need for parental contact and praise, a safe and interesting environment, and interaction with other children, is stressed. Good child care depends on how mothers and fathers feel about parenthood as their children grow. Child care education helps parents know what to expect. (rm)

0016
The Growing uterus charts.
New York: Maternity Center Assoc., c1985. 5 slides: col. ; 5 x 5 cm. + 1 instructor’s guide (NAL Call No.: DNAL Slide no. 157 F&N).
Abstract: “The Growing Uterus Chart” is a slide-set designed as instructional material for expectant mothers. Five anatomical drawings depict the changing relationship between a woman’s growing uterus and the other organs in her body. In cross-section of the female abdomen, the charts reveal the uterus at four stages of development: in a non-pregnant state, at the end of the fifth and ninth months, and at term. The viewer gets an increased awareness of the changes taking place in her body during pregnancy. An instructor’s guide accompanies the slides. (ls)

0017
Guide to breast feeding.
Abstract: Twenty common questions about breastfeeding are answered in a poster. Questions and answers discuss: how the body makes milk; the let down reflex; preventing nipple soreness; what happens when the baby starts to teethe; and when to wean the baby. In answer to a question about the effect of breast feeding on the mother’s diet, a food guide lists food groups, along with appropriate number of servings, and serving sizes. Colored illustrations show nutritious foods and breast feeding babies. (rm)

0018
How to prepare a baby’s bottle correctly.
Abstract: This package contains a
How to prepare a baby's bottle correctlyproducido por el Consejo de Formulas Infantiles. -- Spanish.
Atlanta, Ga. : El Consejo, 1983? . 16 slides + 1 sound + 1 series + 2 brochures. (NAL Call No. DNAL S1de no.165 FuN).
Abstract: This package contains a five-minute script and corresponding slides, as well as brochures by the Infant Formula Council. Colorful slides present the proper preparation of infant formula for mothers who do not breast-feed or who supplement breast-feeding. The Infant Formula Council acknowledges breast-feeding as the preferred mode of infant feeding, and the script provided notes the superiority of breast milk. (1s)

Keep in harmony with nature, breast feed your baby.
(Washington, D.C. U.S. Dept. of Agriculture. Food and Nutrition Service 1983?). Sound accompaniment is in English on one side (11:50) and in Navajo on the other (24:10). 52 slides + col. + 1 series + 36 min.). (NAL Call No.: RJ216.K4 FuN).
Abstract: An educational presentation featuring an American Indian mother enumerates the advantages of breastfeeding and offers guidelines for the proper preparation of infant formula for mothers who do not breast-feed or who supplement breast-feeding. The Infant Formula Council acknowledges breast-feeding as the preferred mode of infant feeding, and the script provided notes the superiority of breast milk. (1s)

Lunch time with babies.

Produced through a grant from the New York State College of Human Ecology, Cornell University. Includes booklet: Sharing & caring for caregivers, parents, parents-to-be, parent educators, day care directors. 1 videocassette (12 min., 35 sec.) : sd., col. ; 3/4 in. + 1 booklet (17 p. ; 23 cm.). . . (NAL Call No.: RU216.L65 F&N AV).
Abstract: Infants' and toddlers' (aged 3-12 months) behavior at lunchtime in an infant day care center is examined. Impatience and rapid disintegration of mood characterizes behavior when hunger is evidenced. Various separation techniques and food choices should start early. The gradual introduction of solid food, either pureed or mashed, is discussed along with storage of excess foods. Feeding techniques progress as infant reflexes (e.g., sucking and swallowing) mature. Portion sizes and proper use of equipment are stressed as well as the presence of adults at meals when children advance to solid foods (around 9-12 months and thereafter). It is recommended that bottles be given after older children have had solid foods to encourage their consumption of foods (either new or accustomed). (kbc)

A Moveable feast film about breastfeeding /produced by Asterisk Film and Videotape Productions Ltd.
Abstract: Common breastfeeding myths, questions, problems and concerns are discussed in this film. Dramatization, live action, animation, and documentary footage explain the mechanism which produce milk in the mother, as well as techniques and benefits of breastfeeding. Breast soreness; costs associated with breastfeeding; the advantages of breast milk versus formula; increased incidence of mothers choosing to breastfeed; and societal/peer influence on the mother who breastfeeds, are discussed in an informal but informative manner. (kbc)

New baby carePRI presents ; producer, Esther Altschul ; director, Bruce Colling. --
Evanston, Ill. : Professional Research, 1984. 1 film from container.- Intended audience: Senior high school students through adults.- Issued also as super 8 mm. and as videorecording. 1 film reel (18 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.31 F&N AV).
Abstract: New Baby Care is a film designed for new mothers to help provide the best conditions possible for her new
infant. Basic skills such as proper ways to hold the baby, breast feed, prepare the bottle, and care for the baby are presented. The mother's emotions are examined, including ways to best deal with postnatal depression. Proper medical attention for the infant is stressed, including vaccinations, and ways to maintain the optimal infant health and development are discussed.

0024
No better gift Society for Nutrition Education.
You're in charge: nutrition education for preschool children by Sandra Cotterman. 1 film reel (22 min.) : sd., col. ; 16 mm. + guide (16 p.). (NAL Call No.: TX361.C5N58 F&N AV).
Abstract: A film directed toward parents of preschool children looks at the development of children 1 to 5 years of age and how food aids in the maturation process as well as the contribution it makes to health. Explanations are given for food jags, irregular preference habits, independent/dependent behavior in regard to foods, and feeding at different times, and unpredictable likes and dislikes. Emphasis is placed on the need for a comfortable environment, child-sized eating utensils, the need for a variety of nutritious foods and the role food plays in the development of: motor skills; ability to discern textures, colors and flavors; and language skills. Guidelines are given for: introducing new foods to the child, snacking, meeting nutritional needs, eating at fast food restaurants, and using food for teaching about other cultures. A supplemental guide accompanying the film is provided. (emc)

0025
No better gift nutrition for preschool children /Society for Nutrition Education.
Cotterman, Sandra. Oakland, Calif. Society for Nutrition Education. 1984. VHS.- Accompanying booklet entitled:
You're in charge: nutrition education for preschool children by Sandra Cotterman. 1 videocassette (22 min.) : sd., color ; 1/2 in. + leader's guide (14 p.) + booklet (16 p.). (NAL Call No.: DNAL Slide no. 108 F&N).
Abstract: A film directed toward parents of preschool children looks at the development of children 1 to 5 years of age and how food aids in the maturation process as well as the contribution it makes to health. Explanations are given for food jags, irregular preference habits, independent/dependent behavior in regard to foods, and feeding at different times, and unpredictable likes and dislikes. Emphasis is placed on the need for a comfortable environment, child-sized eating utensils, the need for a variety of nutritious foods and the role food plays in the development of: motor skills; ability to discern textures, colors and flavors; and language skills. Guidelines are given for: introducing new foods to the child, snacking, meeting nutritional needs, eating at fast food restaurants, and using food for teaching about other cultures. A supplemental guide accompanying the film is provided. (emc)

0026
Nourishing and nurturing two year-oldsprepared by Hannah Dusto and Penny Spingham. --.
Abstract: A color slide-based instructional program with accompanying study literature for parents and care-givers of 2-year-old children. The slide presentation depicts the characteristics of 2-year-old children with respect to good behavior and eating habits. Six serial publications discuss various aspects of the proper feeding of 2-year-olds (e.g., the anatomy of 2-year-olds; nutritional needs for growth; food preferences and nutritional norms; do's and don'ts in creating the proper physical, social, and emotional environment; and techniques for making eating fun); a learner's guide covering the publication; and a packet of 14 supplementary materials covering nutrition and feeding concepts are all included. (wz)

0027
Nursing, a family affairCase Western Reserve University ; producer, Patricia Rambasek ; director, Arden Wilfong. --. Evanston, IL : Perennial Education, 1983. Title from data sheet.- Intended audience: Adults. 1 film reel (28 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no. 84 F&N).
Abstract: Nursing: A family Affair is designed to educate the new mother or mother-to-be on the subject of breast feeding. The film is based on interviews of parents with babies and small children, and examines their viewpoints regarding nursing the baby. In addition, breast physiology and function are examined, with regard to milk production. Instructions are given for proper breast and nipple care, as well as proper holding and feeding techniques for the infant. (ls)

0028
Nursing for the newborn authors Jacqueline Troutman, Jean Schultheisse ; consultants Patricia Wilhite, Linda Vickers.
Troutman, Jacqueline.-Schultheisse, Jean. Malibu, Calif. The Polished Apple 1983. Sound accompaniment compatible with manual and automatic operation -intended for new parents, parents-to-be, and junior and senior high school home economists and health education students. 3 filmstrips (221 fr.) : col. ; 35 mm. + 3 sound cassettes
Nutritional management of high-risk pregnancy SNE.
Abstract: Nutritional services offered by 3 clinics for adolescent, diabetic, or pre-eclamptic pregnant women are described. Weight gains, dieting and good nutrition are discussed in normal and abnormal conditions. Adolescents are still growing and maturing; this and poor eating habits can endanger the health of mother and fetus. Diabetes in pregnancy has resulted in high perinatal mortality rates, but today, these rates have decreased dramatically. Patient education and support are vital to successful pregnancies for gestational and insulin dependent diabetics. Diet controlled blood glucose levels are monitored carefully by the patient and health team, which includes a registered dietitian. Causes of pre-eclampsia, or toxemia of pregnancy, are still not understood, although proteinuria, hypertension and edema are involved. Diuretics and sodium restrictions are not advised in any pregnancy, since they restrict the flow of blood through the placenta. Limiting physical activity and providing sound nutritional support are the best treatments.
describing his birth, and how he and his mother adjust to their new life together. Together with his friends, they discuss issues regarding breast-feeding and resolve some of the problems associated with lactation and nursing. This whimsical presentation emphasizes the positive qualities of the closeness which develops between an infant and mother, and regards breast-feeding as a pleasurable experience. The program is available in slides or a filmstrip, and is accompanied by a handout and teacher's guide. (ls)

0034


Intended audience: Ages 14 through adults. -- Issued as videorecording. 1 film reel (25 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL Motion picture no.54 F&N).

Abstract: "Pregnancy on the Rocks" is a documentary film regarding the detrimental effects of drinking during pregnancy. This film explores the fetal disease and the importance of proper maternal care are presented with the intention of educating expectant mothers with drinking problems. (ls)

0035

The Special Journey presented by the Infant Formula Council. --. The Glyn Group, Inc., c1984. 1 film reel (22 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL FNC RG973.566 FAN AV).

Abstract: Six women discuss how they handled specific decisions they faced regarding motherhood. This live action film follows these women as each one explains the problems she faced, for example: 1) Should I breastfeed? 2) Should I get pregnant and jeopardize the sight in one eye because of an existing tumor? 3) How should the responsibility for the baby be shared between m and my husband? 4) Will pregnancy and childbirth change the intimacy that exists between my partner and I? 5) Should I save the baby or have an abortion? 6) Will I be able to fully care for the baby and be responsible for this child? These are questions most women must face as they consider the responsibilities of motherhood. (kbc)

0036


Abstract: Experts from the U.S. Department of Agriculture and the Department of Health and Human Services discuss maternal-fetal placental transfer of nutrients and other substances. Commonly abused substances, such as caffeine, tobacco, and alcohol are the primary consideration of this teleconference. Fetal alcohol syndrome low birthweight, and other problematic effects are among the topics covered. Special emphasis is given to methods of patient counseling and how to alleviate the problem of substance abuse among pregnant women. There was also a question and answer session in which pertinent issues were discussed. (ls)

0037

The Superbaby parenting kit developed by June Engel ; produced by International Cinemedia Center Ltd. and Avantage Productions, Inc. ; Engel, June & Superbaby- (filmstrip).--Pregnant moments--sound recording. Highland Park, Ill. Perennial Education c1981. Title from container and teacher's guide --Title on filmstrip and accompanying cassette. Superbaby--Title on second cassette: Pregnant moments --Cassette accompanying filmstrip compatible with manual and automatic operation. 1 filmstrip (79 fr. ) 2 sound cassettes (18 min.). 10 activity sheets, 2 posters, 1 teacher's guide, in container : 33 x 24 x 7 cm. (NAL Call No.: RU253.S56 F&N AV).

Abstract: A teaching kit designed to guide parents in the health of their infants is presented. The objectives of the unit are 1) to increase knowledge and skills of parents, 2) to increase birth of healthy babies; 3) to reduce the number of defective or handicapped children, 4) to impress upon young people the long responsibilities associated with having children, 5) to encourage people to be responsible for their own health management, and 6) to identify support systems for pregnant women. In addition to the filmstrip, the kit includes an audiotape cassette: "Pregnant Moments", which discusses experiences these women are having during pregnancy. The 2 wall charts are called "Time and Growth Chart for a Superbaby", and "Making a healthy baby." (kbc)

0038


Abstract: An audiovisual program emphasizes the pregnant teen's need for additional energy. B vitamins, calcium and vitamin D for her own and the baby's growth. Increased daily intakes of meat, milk, and nutritious snacks as well as an iron supplement are recommended. Favouring and indulgent in meal planning and preparation are vital for a teen who may have a poor self image. The fact sheet reinforces these points and makes suggestions of substitutions for often-refused foods and adaptations of the USDA meal pattern necessary for a pregnant adolescent. (js)
0039
The Teenage pregnancy experience Courter Films & Associates; (producers) Philip and Gay Courter. Crystal River, Fla. Parenting Pictures 1981. Issued also in super 8 mm. and as videorecording. 1 film reel (26 min.) : sd., col. + 1 teacher's guide + 1 poster. --. (NAL Call No.: H075.4.T4 F&N AV). Pregnant teens have special needs; they must consider their own growth and psychological requirements, as well as those of the fetus. Discussions center on preparing for birth and parenthood, options for pregnant adolescents, pregnancy, labor and delivery, sexuality, birth control, parenting and adoption. All participants are enrolled in an expectant parent program. While abortion is mentioned, it is no longer considered an option for these girls. A birth scene, breastfeeding, and diapering are shown. Realistic situations are depicted that can be used with teen groups or in professional training programs. (kbc)

0040
Teenage pregnancy challenges and choices. Arvada, Colo. : Educational Graphic Aids, c1982. A Teaching program by EGA. - Catalog no. 350. 80 slides : col. + 1 sound cassette (15 min.) : 7/8 ips., mono.) + 1 teacher's guide. (NAL Call No.: DNAL Slide no.154 F&N). Abstract: This slide-cassette presentation is designed for teenage expectant mothers. It shows a group of pregnant teenagers discussing their problems, fears, and hopes regarding their predicament. The program explains to the viewer that a teenage parent faces many special challenges, and that the choices she makes will affect her and her baby for the rest of their lives. Eating right during pregnancy, finishing school, and whether or not to give up the baby are a few of the topics examined. A leader's guide accompanies the program. (ls)

0041
Teens having babies Polymorph Films. Boston, Mass. Polymorph Films 1983. Intended audience: Ages 12-18. 1 film reel (20 min.) : sd., col. : 16 mm. (NAL Call No.: RG556.5.T44 F&N AV). Abstract: Information and guidance are offered to help teenagers understand bodily changes during pregnancy and fetal growth and development. Topics discussed include: obtaining prenatal care, recognizing physical changes that occur during pregnancy and adjusting to them, understanding nutritional needs, coping with relationships, and preparing for delivery (prenatal delivery classes for mother and partner are shown). A birth sequence is included. (kbc)

0042
Weight, nutrition, and exercise during pregnancy. Evanston, Ill. : Professional Research, Inc., c1986. Label title: Weight, nutrition, exercise during pregnancy. -1051LP--Label. 1 videocassette (U-matic) (14 min.) : sd., col. : 3/4 in. (NAL Call No.: DNAL Videocassette no.248 1986 F&N). Abstract: Nutrition and exercise guidelines for a successful pregnancy are examined in this videotape. Physiological changes that take place during pregnancy (breast, uterus, blood volume) are described. The importance of a nutritious diet is emphasized. The following nutrients are discussed in detail: protein, carbohydrate, calcium, iron, folic acid, zinc, and fluids. The composition of the average weight gain during pregnancy is described; weight reduction is strongly discouraged for all pregnant women. Suggestions are provided for meeting the infant's nutrient needs during the first three months of rapid growth while controlling dietary fat, sodium, and sugar. Smoking, alcoholic beverages, and caffeine are advised against during pregnancy. Exercise provides relief from some problems commonly encountered by pregnant women (backache, poor circulation, fatigue, constipation, stress). Exercises specifically recommended for pregnancy--pelvic tilt, "wall" push-ups, and cat scratch--are demonstrated.
II. BOOKS AND PRINT MATERIALS
Abstract: To raise a child free of food and weight problems is the objective of the psychotherapist authors who specialize in the treatment of eating problems. Geared to the average child with no medical problems, the approach taken is that of self-demand feeding: children should eat only when they are hungry and stop eating when they are full. From infancy through adolescence, this approach helps children regain control over their eating habits, including 1) identifying present eating habits, 2) choosing foods that need to be added to the eating plan, and 3) determining how to manage foods that are low in nutrients. A food group chart shows the major food groups, nutrients they provide, foods included in each, and the recommended number of daily servings of each for pregnant and nursing teens and adult women. Space is provided for a personalized food plan based on booklet recommendations. Step-by-step examples are included for recording daily food intake, making changes in food choices to improve nutritional content of the diet, and deciding on appropriate quantities of "extras" (i.e. fat, sugar, salt, alcohol) in the diet. Considerations are offered for implementing the new daily food pattern. Nutrition tips are given for a healthy pregnancy, to help alleviate pregnancy-related discomforts (nausea, constipation) for breastfeeding, and for non-breastfeeding women following delivery. Common serving sizes are provided for selected foods in the major food groups. (aje)


Abstract: Written to be a complete guide to nutrition, cooking, and feeding for babies 6 months to 2 years of age, this book contains a summary of basic nutrition facts and how to translate them into meals for the baby. Vitamins, minerals, fats, proteins, carbohydrates, fiber, sugar, salt, allergies, and milk are nutrient topics illustrated with tables. When to introduce solids is presented with age/food type recommendations, along with homemade food preparation methods. Age-related menus plus several recipes that the whole family can share are featured, enhanced by real-life situations in feeding.


Abstract: Nutritional information, advice, and over 100 easy-to-follow recipes provide guidelines for assisting


Abstract: Guidelines for the development of a daily food pattern that provides all the nutrients needed by pregnant and breastfeeding women are provided in this illustrated booklet from the Dairy Council of California. Objectives include 1) identifying present eating habits, 2) choosing foods that need to be added to the eating plan, and 3) determining how to manage foods that are low in nutrients. A food group chart shows the major food groups, nutrients they provide, foods included in each, and the recommended number of daily servings of each for pregnant and nursing teens and adult women. Space is provided for a personalized food plan based on booklet recommendations. Step-by-step examples are included for recording daily food intake, making changes in food choices to improve nutritional content of the diet, and deciding on appropriate quantities of "extras" (i.e. fat, sugar, salt, alcohol) in the diet. Considerations are offered for implementing the new daily food pattern. Nutrition tips are given for a healthy pregnancy, to help alleviate pregnancy-related discomforts (nausea, constipation) for breastfeeding, and for non-breastfeeding women following delivery. Common serving sizes are provided for selected foods in the major food groups. (aje)


Abstract: To raise a child free of food and weight problems is the objective of the psychotherapist authors who specialize in the treatment of eating problems. Geared to the average child with no medical problems, the approach taken is that of self-demand feeding: children should eat only when they are hungry and stop eating when they are full. From infancy through adolescence, this approach helps children regain control over their eating habits, including 1) identifying present eating habits, 2) choosing foods that need to be added to the eating plan, and 3) determining how to manage foods that are low in nutrients. A food group chart shows the major food groups, nutrients they provide, foods included in each, and the recommended number of daily servings of each for pregnant and nursing teens and adult women. Space is provided for a personalized food plan based on booklet recommendations. Step-by-step examples are included for recording daily food intake, making changes in food choices to improve nutritional content of the diet, and deciding on appropriate quantities of "extras" (i.e. fat, sugar, salt, alcohol) in the diet. Considerations are offered for implementing the new daily food pattern. Nutrition tips are given for a healthy pregnancy, to help alleviate pregnancy-related discomforts (nausea, constipation) for breastfeeding, and for non-breastfeeding women following delivery. Common serving sizes are provided for selected foods in the major food groups. (aje)
mothers in weaning their infants to nutritious solid foods. The guidelines are based on current knowledge of sensible and sound nutritional feeding of babies through toddlerhood.

Information is discussed on the hazards of food additives, excessive current intake of sugar and salt, and the relationship of diet to cancer. Recipes are grouped under: basic foods for the babies' diet; snacks; dinners; side-dishes; special treats; and the use of meal leftovers. Information on nutrients and on energy recommendations for healthy children is appended. (wz)

0006

Baby's first year steps to good nutrition.


Abstract: The nutritional needs of infants from birth through one year of age are considered in this brochure, developed as part of Safeway's Nutrition Awareness Program. Developmental characteristics, recommended foods, and suggested daily meal plans are presented to infants 1) from birth to 4 months, 2) 5-6 months, 3) 7-8 months, 4) 9 months, 5) 10-12 months, and 6) one year of age. The role of good nutrition in optimal growth and development during the first year of life is discussed, and the importance of considering individual needs in the introduction of new foods and feeding skills in emphasized. Questions and answers are provided on nutritional differences between breast and bottle feeding, 2) feeding schedules, 3) introducing whole milk and cereal to infants, and 4) preparing baby foods at home. A recipe is provided for frozen fruit bars, a soothing treat for teething infants. (aje)

0007

The Best of both worlds guide for the working breast-feeding mother.


Abstract: Questions and answers were provided for breast feeding mothers who are returning to work, but want to continue breast feeding. This 13 page booklet, produced by Ross Laboratories, is designed for women who already know the basics of breast feeding. Topics include: deciding when to return to work, child care arrangements, what the baby should be fed while the mother is at work, how to express milk preparing to return to work, breast feeding after returning to work, and how to maintain strength while working and breast feeding.

0008

Breastfeeding /Prepared as a public service by the American Academy of Pediatrics; in cooperation with: U.S. Department of Health and Human Services, Division of Maternal and Child Health ... et al..


Abstract: Guidelines and practical suggestions for breast feeding a new baby are provided in this booklet from the American Academy of Pediatrics. The advantages of breast feeding are outlined and some popular misconceptions about breast feeding are identified. The production of breast milk is explained. Guidelines are provided for 1) preparing the breasts for breast feeding, 2) getting started with breast feeding, 3) nursing the infant (positioning the infant, frequency of feeding, length of each nursing occasion), 4) burping the baby, and 5) weaning the infant.

Step-by-step instructions are provided for manually expressing milk from the breast and for coping with hard and swollen breasts. A food guide that nursing mothers can use in menu planning outlines the appropriate number of daily servings of different food groups.- Answers to some commonly asked questions examine the problems of milk leaking, nipple pain, engorgement, and inverted nipples; special considerations (prematurity, Caesarean section, twins and triplets) in breast feeding are discussed.

0009

Breast-feeding and natural child spacing : the ecology of natural mothering / Sheila Kippley ; drawings by Gigi Nealon.


Abstract: Biological research studies that document new biochemical, anti-infective, emotional, and economic advantages of human milk are presented. The benefits of breastfeeding are enumerated and the side effect of child spacing is discussed. Breastfeeding is an interpersonal experience shared between mother and child which can provide emotional satisfaction for the mother. Topics covered include: baby's sucking needs; new light on night feedings; pacification; establishing feeding schedules, sitters and social life; weaning and the return of fertility; and nursing older children. Survey results on the relationship between breast feeding and amenorrhea are included. (xbc)

0010

Breast feeding, how to succeed : questions and answers for mothers / Derek Llewellyn-Jones.


Abstract: The mechanics and techniques of breastfeeding are described for mothers and the most frequently asked questions concerning breastfeeding are
Breastfeeding your baby / revised and expanded by Marsha Walker and Jeanne Watson Driscoll for the Nursing Mothers' Council of the Boston Association for Childbirth Education. -
Abstract: Counseling is offered with an emphasis on avoiding common problems which cause mothers to lessen the frequency of, or discontinue, breastfeeding. Information is presented to help mothers confidently manage their breastfeeding experience. Questions are answered and step-by-step instructions are provided. Topics include: nursing after a Caesarean delivery, nursing and working, the slow-gaining baby, jaundice, and support systems. Tips are offered for fathers and grandparents. (kbc)

Breast is best : a commonsense approach to breastfeeding / by Penny and Andrew Stanway. -
Abstract: Common breastfeeding problems (swollen breasts, tender nipples, and blocked ducts) are discussed and practical solutions are offered. Mothers are assured that a baby's cry is usually a sign that it is nursing more unless it won't suckle. Topics discussed include: breastfeeding and sex, the father's role as a member of the nursing team, feeding the older baby, special medical problems (baby ill, jaundiced, cleft lip/palate, handicapped, failure to thrive, ill mother), the working mother, feeding day-by-day, and taking care of yourself. Information is presented that supports the theory that breast milk is beneficial for baby. (kbc)

Breastfeeding / text by Janice Presser and Gail Sforza Brewer ; photographs by John Freedland, -
Abstract: A practical guide for the breastfeeding mother is extensively illustrated. The entire breastfeeding cycle (from pregnancy through weaning) is described and photographs show every aspect of nursing. Practical solutions to specific problems are offered. Informative photographs provide medical details, inspiration, and encouragement. Techniques to use when feeding twins are demonstrated. (kbc)
Photographs illustrate concepts along with drawings that show techniques for the manual expression of breast milk. 

0017

The Brewer medical diet for normal and high-risk pregnancy a leading obstetrician’s guide to every stage of pregnancy / Gail Sforza Brewer with Thomas H. Brewer. --. Brewer, Gail Sforza; Brewer, Thomas H. Rockville, Md. (5600 Fishers Lane, Rockville, Md. 20857) U.S. Dept. of Health and Human Services, Public Health Service, Food and Drug Administration, Office of Public Affairs (1981?). (3) p. : 22 cm. Bibliography: p. 225-235. (NAL Call No.: DNAL FNC RG559.B69 F&N B-3949). Abstract: An authoritative text for expectant mothers details a nutritional management program that covers the various stages of pre- and post-pregnancy from conception to infant weaning, focusing on a series of medical consultations that an expectant mother would undergo under the Brewer diet program for prenatal care and childbirth. Included are detailed discussions on: optimum nutrition practice in pregnancy; the Brewer diet program for pregnancy; vegetarian pregnancy diets; special supplements to the basic Brewer diet (including a personal nutrition profile questionnaire to assess high-risk pregnancy); a discussion of a variety of situations most likely to interfere with the maternal diet plan; and special nutrition needs for specific high-risk situations in pregnancy. A technical bibliography for prospective parents and health professionals is appended. Question and answer sections are included at the end of each chapter. (kbc)

0018


0019

Calcium. United States? : s.n., 1981. In English, Cambodian, Chinese, Laotian, Vietnamese. -- Cover title. -- “9/81.”. 4 v. (1 loose leaf) : 111. : 28 cm. (NAL Call No.: DNAL TX553,W55C3). Abstract: The importance of daily consumption of calcium-rich foods handout. Calcium is needed to build strong bones and teeth in growing infants and children. Foods high in calcium (i.e. milk, yogurt, cheese, custard, ice cream, green leafy vegetables, dry beans, canned fish with edible bones) are identified. Recommended daily quantities of milk and milk products and other calcium sources are given for adults and children; infants; teenagers; and pregnant or nursing women. Handouts are available in Vietnamese, Laotian, Cambodian, and Chinese. Each is written in a two-language format, with the major language and English printed side-by-side.

0020

Child of mine : feeding with love and good sense / Ellyn Satter. --. Satter, Ellyn. Palo Alto, Calif. Bull Pub. Co. New York Distributed in the U.S. by Kamplann c1983. 422 p. : ill. ; 18 cm. Includes bibliography and index. (NAL Call No.: Ru206.S3 F&N B-3446). Abstract: Advice is presented for mothers concerning a moderate and wholesome diet; and guidelines to solving some of the nutritional problems of childhood. The material is designed to serve as a handbook and guide covering the 4-year period from pregnancy through the toddler period (roughly, age 3). Problems addressed include: selecting food for the child that is developmentally and nutritionally appropriate; feeding the mother in a manner to produce a healthy baby and provide sufficient breast milk; preventing obesity; and reducing the inevitable difficulties of feeding the child in the toddler period. Topics include: nutrition for pregnancy; breastfeeding and bottle feeding; introducing solid foods; and special issues (diarrhea; food intake and regulation; obesity). Dietary allowances, weight tables, and nutrient contents of foods are given in appendices. (wz)

0021

The complete new guide to preparing baby foods / Sue Castle. --. Castle, Sue. Toronto New York Bantam Books 1983, c1981. Reprint of 1981 edition by Doubleday. Includes index. xxii, 327 p. : ill. ; 18 cm. Bibliography: p. 307-309. (NAL Call No.: RU216.C35 1983 F&N C-2582). Abstract: Over 100 low-cost, high nutrition foods and recipes are provided in a guide on preparing baby foods. Food ingredients and their relationship to specific nutritional needs of infants are described. Lists of inexpensive nutritionally valuable foods are included. Since no 2 children are alike parents should check with their child’s pediatrician when changing foods or introducing solid foods. Suggestions are given on how to introduce solid foods (facial expressions are important); what to do when the child lacks an appetite; and how to feed baby away from home. (kbc)
Cooking for your baby the natural way /Laraine Toms. --.
Abstract: The basics of making baby food are presented in this guide for parents who want to ensure that their children are given nutritious foods throughout their infancy. Emphasis is placed on preparing healthy foods from family meals when possible to save money as well as time and effort. Basic equipment needed to prepare and store baby food include a blender, food processor, steamer basket, strainer, ice cube trays, and freezer containers. Preparing food is simplified by providing recipes and preparation suggestions for 1) fruits and fruit juices, 2) yogurt, 3) cereals, 4) vegetables, 5) eggs, 6) meat and fish, 7) desserts and snacks, and 8) party foods. A variety of lunch ideas and meal plans are given for preschoolers eating at and away from home. A suggested schedule for introducing the baby to solid foods is presented.

Guidelines about types and amounts of foods, feeding schedules, and sample menus are given for infants and children in the following age categories: four to six months, six to nine months, nine to twelve months, twelve to eighteen months, and eighteen months to three years. An index is included for quick reference. (aj)
advice on what foods to eat or avoid, the importance of proper weight control, and how to modify one's diet after the baby arrives. Some of the special problems of pregnancy (e.g., food cravings, morning sickness) are also discussed. The nutritional guidelines and eating habits covered should maintain the health of the expectant woman; promote the healthful development of the unborn child; and be beneficial to the expectant woman's family. Worksheets and recipes are included.


Abstract: Menus for every day of the month from preconception through delivery and 1 month of breastfeeding are provided for the expectant woman. Many recipes are also given. Aside from being a cookbook it is a nutritional guide. The importance of high quality nutrition in improving the outcome of pregnancy is stressed. Steps are given to ensure that baby starts life with maximum physical and mental potential. Information provided is based on the author's personal interviews and correspondence with scientific experts and conclusions derived from recent research data. Nutrient needs throughout pregnancy are explained. (kbc)


Abstract: Menus for every day of the month from preconception through delivery and 1 month of breastfeeding are provided for the expectant woman. Many recipes are also given. Aside from being a cookbook it is a nutritional guide. The importance of high quality nutrition in improving the outcome of pregnancy is stressed. Steps are given to ensure that baby starts life with maximum physical and mental potential. Information provided is based on the author's personal interviews and correspondence with scientific experts and conclusions derived from recent research data. Nutrient needs throughout pregnancy are explained. (kbc)


Abstract: A framework for development of curriculum in 4 areas that affect decisions about responsible childbearing is offered in this guide. It is intended for use by educators of children in pre-school/grade school, kindergarten, middle school/junior high, and senior high. This framework is offered based on the importance of providing skills and knowledge to help prospective parents make informed decisions about the conditions under which to have and care for as healthy a child as possible. (as)


Abstract: Infants with congenital heart disease often cannot ingest sufficient food to meet their bodies' needs. Frequent feeding is part of health care techniques for nourishing these infants are recommended. Topics include: factors influencing delayed infant growth; how to feed the baby; the amount of milk (formula or breast) and calories needed; how to select an infant formula; the best infant feeding position; and advice on vitamins, solid foods, salt, weight gain expectations, and possible feeding problems produced by heart medicines. Information on the caloric content per portion size of various baby foods and on table foods that are high in sodium and potassium is appended.


describing his birth and how he and his mother adjust to their new life together. Together with his friends, they discuss issues regarding breast-feeding and resolve some of the problems associated with lactation and nursing. This whimsical presentation emphasizes the positive qualities of the close-love and team-experience between an infant and mother, and regards breast-feeding as a pleasurable experience. The program is available in slides or a filmstrip, and is accompanied by a handout and teacher's guide. (1s)

0034


Abstract: "Pregnancy on the Rocks" is a documentary film regarding the detrimental effects of drinking during pregnancy. The film explores the fetal alcohol syndrome, its causes, symptoms, and latest findings. The severity of the disease and the importance of proper maternal care are presented with the intention of educating expectant mothers with drinking problems. (1s)

0035


Abstract: Six women discuss how they handle specific decisions they faced regarding the birth of their child. This live action film follows these women as each one explains the problems she faced, for example: 1) Should I breastfeed? 2) Should I get pregnant and jeopardize the sight in one eye because of an existing tumor? 3) How should the responsibility for the baby be shared between me and my husband? 4) Will I be able to fully care for the baby and be responsible for this child? These are questions most women must face as they consider the responsibilities of motherhood. (kbc)

0036


Abstract: Experts from the U.S. Department of Agriculture and the Department of Health and Human Services discuss maternal-fetal-placental transfer of nutrients and other substances. Commonly abused substances, such as caffeine, tobacco, and alcohol are the primary consideration of this teleconference. Fetal alcohol syndrome, low birthweight, and other problematic effects are among the topics covered. Special emphasis is given to methods of patient counseling and how to alleviate the problem of substance abuse among pregnant women. There was also a question and answer session in which pertinent issues were discussed. (1s)

0037

The Superbaby parenting kit developed by June Engel; produced by International Cinemedia Center Ltd. and Avantage Productions, Inc. New York: The Glyn Group, Inc., c1984. 1 film reel (25 min.) : sd., col. ; 35 mm. (NAL Call No.: DNAL AV). Abstract: A teaching kit designed to guide parents in the health of their infants is presented. The 6 objectives of the unit are 1) to increase knowledge and skills of parents, 2) to impress upon young people the life long responsibilities associated with having children, 3) to reduce the number of defective or handicapped children, 4) to impress upon young people the life long responsibilities associated with having children, 5) to encourage people to be responsible for their own health management, and 6) to identify support systems for pregnant women. In addition to the filmstrip, the kit includes an audiotape called "Pregnant Moments", which discusses experiences these women are having during pregnancy. The 2 wall charts are called "Time and Growth Chart for a Superbaby", and "Making a healthy baby." (kbc)

0038

Teen pregnancy produced by Kuona, Ltd. Atlanta, Ga.: Kuona, Ltd. (1987?). NET funded -Produced for Dept. of Community Nutrition, Georgia State University. 32 slides : col. + 1 sound cassette (2 min., 30 sec.) --. (NAL Call No.: TX361.P774 F&N AV).

Abstract: An audiovisual program emphasizes the pregnant teen's need for additional energy, 8 vitamins, calcium and vitamin D for her own and the baby's growth. Increased daily intakes of meat, milk, and nutritious snacks as well as an iron supplement are recommended. Encouragement and involvement in meal planning and preparation are vital for a teen who may have a poor self image. The fact sheet reinforces these points and makes suggestions of substitutions for often-refused foods and adaptations of the USDA meal pattern necessary for a pregnant adolescent. (js)
the number of servings of four different food groups recommended each day and a sample food record form is provided for evaluating a single day's intake. Four major food groups are discussed in detail: milk and milk products, vegetables and fruits, grains, and protein foods. Types of unethical foods, types of nutrition information provided about each food group, include important nutrients, sample foods, and serving sizes of different foods within a group. Additional topics include recommended weight gain during pregnancy, vitamin and mineral supplementation, abnormal cravings (pica), and healthy desserts and snacks. Commonly encountered problems during pregnancy and their treatment are discussed, including morning sickness, constipation, and heartburn. Counseling is recommended concerning the use of drugs and medications, alcohol, caffeine, and cigarettes while pregnant. Recipes and a week's worth of sample menus are introduced. (aje)

0038
Foods for toddlers and preschoolers / (developed by Sarah M. Hinton with assistance from Diane R. Kerwin and Barbara F. Mann) -.
Hinton, Sarah M.; Kerwin, Diane R.-Mann, Barbara F. (Raleigh) N.C.
Cover title. (24 p. : chiefly col. ill. : 22 x 28 cm. (NAL Call No.: RU206.H55 F & E-4353). Abstract: An illustrated guide uses colored poster boards to present simple guidelines for parents to instill sound food practices in their toddlers and preschool children. The topics cover different aspects of making appropriate food choices (e.g., serving small meals and snacks, using soft foods for babies and finger foods for toddlers). Guidance also includes what foods children like, foods to be consumed daily, substitutes for junk food, making mealtime pleasant, how children learn habits from adults, and what reaction to expect from children. (wz)

0039
For mothers & daughters : a guide to good nutrition for women / by Myron Winick. -.
Includes index. 263 p. : 111. : 22 cm. (NAL Call No.: TX361.W55W56 1983 F & N B-3638). Abstract: Approaches are presented for supporting the needs of women in various nutritional risk situations such as menstruation, menopause, and adverse personal habits (smoking, drinking, birth-control medication). An eating program that specifically addresses the unique nutritional needs of women is outlined. The program includes low-calorie, low-nutrient diets, and a high-nutrient vegetarian diet. Covering the total life cycle from birth to old age, explanations are given on why women are more vulnerable to nutritional diseases and deficiencies than men during certain periods of their lives, and what they can do about it. Nine sections cover the very young child, the adolescent, the young adult, pregnancy, nursing mothers, the reproductive and mature years, and diseases common to women. (wz)

0040
For mothers-to-be: how to build a better baby. -.
Rosemont, Ill. : National Dairy Council, c1984. Cover title. 3 p. : 25 cm. (NAL Call No.: DNAL RG559.FC7). Abstract: Suggestions for mothers-to-be regarding nutrition during pregnancy emphasize calcium intake. A breakdown of the nutritional requirement from the 5 food groups are listed, in addition to the special needs of a pregnant woman, along with nutrient requirements after delivery. (kbc)

0041
Growing up healthy : a parent's guide to good nutrition / Myron Winick. -.
Includes index. 240 p. : 111. : 22 cm. Bibliography: p. 228-232 (NAL Call No.: RU206.W79 1982 F & N B-3064). Abstract: Medical and nutritional guidance is provided for mothers of children from birth to adolescence. Basic information and recommendations concerning maintenance of child health are given for the prenatal (nutrition and pregnancy), infant (new-born; breast, bottle, and mixed feedings), preschool, school, and adolescent periods of child growth and development. Special attention is paid to nutrition during and after common illnesses in children (e.g., acute bacterial and viral infections, gastroenteritis, surgery, injury, food allergies and intolerances). Tabular information on fat and cholesterol contents of various foods is included. (wz)

0042
Guide to a healthy pregnancy / Donna and Rodger Ewy.
Ewy, Donna.; Ewy, Rodger. New York : Dutton, c1981. xv, 160 p. : 111. : 15 x 23 cm. Bibliography: p. 158 -160. (NAL Call No.: DNAL RG525.E9). Abstract: Designed to give the information and skills both mother and father need to enjoy a healthy pregnancy, this book includes details of conception. Prenatal examinations, fetal/maternal development, personal care/nutrition, and relief of minor discomforts are discussed. Supported by diagrams and pictures, other topics include prenatal body mechanics, emotional changes, sexuality, family-centered pregnancy, childbirth, and early parenting. A glossary accompanies the text. (wz)

0043
Having a baby / Diana Bert ... et al.
.Bert, Diana. New York : Delacorte, c1984. Includes index. xv, 367 p. : 8 p. of plates : 111. : 26 cm. (NAL Call No.: DNAL RG525.H39). Abstract: The experiences of 7 women before, during, and after their pregnancies are described by each one in
this book. Topics include the various stages of pregnancy, miscarriage, stillbirth, amniocentesis, tobacco-alcohol-drugs, and sex during and after pregnancy. Also discussed are the actual birth experiences, the first weeks at home afterwards, nursing, postpartum depression, going back to work, and the fathers' experiences.

O044
Healthy mom, healthy baby / Lutheran Hospital. --
La Crosse, WI: Nutrition Services, Dept. of Dietetics, La Crosse Lutheran Hospital, 1983. Cover title. 12 p. 111. ; 22 cm. (NAL Call No.: DNL RG559.H4).
Abstract: Guidelines for developing and maintaining healthy eating habits throughout pregnancy are presented in this easy-to-read bulletin from the Department of Dietetics at LaCrosse Lutheran Hospital. The total weight gain recommended during pregnancy (22 to 28 pounds) is broken down into its individual components: amniotic fluid, amniotic fluid, blood, breast and uterus tissue, fat stores. Nutritional requirements, functions, and food sources of nutrients especially important during pregnancy-protein, iron, folic acid, calcium-are examined. A food guide shows the number of servings of different food groups recommended for pregnant and non-pregnant women. Average serving sizes and of selected foods are presented for the following food groups: milk, dairy products, meat, fruits and vegetables, breads and cereals. Additional topics include snacking, exercise, and vitamin and mineral supplementation. Caution is advised concerning the use of certain medications, alcohol, and cigarettes during pregnancy. Suggestions are provided for coping with the nausea and vomiting that often accompany pregnancy. (aje)

O045
Healthy mothers, healthy babies coalition directory of educational materials.
Abstract: A comprehensive collection of educational materials produced by government, professional, and voluntary organizations and agencies includes descriptions of available printed and audiovisual materials on maternal and infant care for the general public and health professionals. Listings of materials are arranged under each organization, together with a brief description of the organization's purpose and goals. All entries specify how to order the materials, many of which are free of charge. Topics include prenatal care, normal pregnancy and delivery, infancy (up to 1 year), child care and growth, developmental problems and disabilities, parent education, workplace and environmental hazards affecting pregnancy, risk factors (alcohol, drugs, smoking), nutrition, breastfeeding, exercise, teenage pregnancy, genetic disorders, infant death syndrome, child abuse and neglect, safety of infant products, vital statistics, and family planning. (aje)

O046
Abstract: A public education campaign called "Healthy Mothers" was undertaken to provide pregnant women and women of child bearing age with information about good health practices; to help these women understand the special risks associated with pregnancy (both for themselves and their babies); and to motivate them to seek regular prenatal care. While all potential mothers would benefit from this campaign, 3 groups of women were identified as the target audiences: 1) women with known medical risk; 2) pregnant teenagers; and 3) women in lower socioeconomic groups, especially those who are Black or Mexican American. The campaign established 6 goals: 1) identify credible sources of health information; 2) explore the roles of family members during pregnancy; 3) identify support services; 4) improve health awareness; 5) document barriers to seeking health care; and 6) determine cultural sensitivities. Conclusions on the 6 goals are discussed separately and recommendations for information campaigns that are motivational in nature are made. Specific suggestions are given for adequate dissemination of health information and counseling, and for helping women cope with the stresses of pregnancy. (aje)

O047
The healthy pregnancy menu cookbook / by Shirley Smallheiser
Abstract: Recipes, menu plans and nutritional guidelines are presented to aid pregnant women in ensuring that nutritional needs during pregnancy are satisfied. The text provides: recipes that use readily available foods; quick, easy to prepare meals that can be made ahead and held; information on expected
weight gain and appetite changes, daily mean calorie requirements, and hints on controlling food cravings and/or aversions. (These menu plans (providing menus for the three main daily meals) are outlined, with references given to the recipe section of the text. Plan (1) provides 1700 calories/day, plus 3 snacks of 130 calories each; plan (2) provides 1850 calories/day plus 3 snacks of 80 calories each; plan (3) provides 2000 calories/day, with 2 snacks of 50 calories each. Most of the recipes are designed to provide sufficient food to service the entire family. (wz)

0048


Abstract. Attitudes and behaviors that help ensure a healthy pregnancy and the birth of a healthy baby are reviewed in this easy-to-read, simply illustrated booklet. The importance of regular medical care throughout pregnancy is emphasized. Characteristics of a balanced and nutritious diet are identified; a daily food plan outlines minimum quantities of different food groups. The role of regular exercise, rest, and relaxation in relieving tension and fatigue during pregnancy is explored. Hazards to the unborn baby that have been associated with smoking, alcohol, and drugs, medications, and other chemicals are identified. The relief of common minor discomforts of pregnancy (i.e., morning sickness, frequent urination, varicose veins, constipation) is described. Danger signals of more serious complications during pregnancy are outlined. Suggestions are provided for making healthy mental and emotional adjustments to pregnancy. (aje)

0049

How to take care of yourself & your baby. Rosmont, Ill.: National Dairy Council, c1984. Cover title. 1 folded sheet : 23 x 31 cm. folded to 23 x 16 cm. (NAL Call No.: DNAL RG559.H6).

Abstract: Pregnant adolescents have special nutritional needs because their bodies must sustain their own growth, as well as that of the developing child. The recommended daily servings from each of the four food groups are described, with suggestions regarding specific food choices; for instance, a milkshake instead of a soda, and ice cream in place of chips. Proper diet as an expression of love is emphasized. (as)

0050


Abstract: Infant colic is the seemingly endless crying and screaming of an otherwise healthy baby. Research findings, suggestions for coping, and reassurance for parents of a colicky baby are provided. Also explained are the possible causes of the condition, the use of medications, and how the doctor can help. Tricks and gimmicks found to be successful by parents are shared. (as)

0051


Abstract: Pregnant women are strongly advised against drinking alcoholic beverages in this colorful poster from the National Institute on Alcohol Abuse and Alcoholism. The poster, depicting a pregnant Indian woman, warns about the risks of permanent mental and physical birth defects that are associated with heavy drinking during pregnancy.

0052


Abstract: This guide to feeding infants and toddlers follows a natural foods approach. It begins with a list of useful kitchen equipment and a guide to whole foods. One chapter focuses on infant nutrition and includes several tables: protein complementary foods, basic 4, meatless basic 4, and allergy basic 4 food groups. The discussion of infant feeding includes breast vs. bottle feeding, starting on solid foods, and a timetable for introducing solids. Advice is offered for coping with food allergies. Half the book is composed of recipes. They are divided into those appropriate for different age groups (4-6 months, 7-9 months, 10-12 months, 1-3 years), recipes for the entire family, and recipes for the allergic child. Most are designed to be relatively quick and easy to prepare. (as)

0053


Abstract: Iron's role in providing oxygen to the body's tissues and the importance of eating foods adequate in iron are outlined in this handout. Pregnant women, young children, teenagers, and anemic individuals need greater amounts of iron in their diet. Good sources of iron in each of the following food groups are identified: meat, fruits and vegetables, legumes and beans, and cereals. Infant foods high in iron include infant cereals, plain strained meats, and iron-fortified formulas. The handout is available in Chinese, otherwise.
Leotian, Cambodian, and Vietnamese. Each is written in a two-column format with the major language and English printed side-by-side.

0054
The Jane Fonda workout book for pregnancy, birth, and recovery / by Femmy DeLyser; photographs by Steve Schapiro; additional photographs by Hella Hammid; drawings by Kathy Jacoby.

0055
Learn about alcohol & pregnancy.

0056
The Kamen plan for total nutrition during pregnancy / Betty Kamen and Si Kamen.

0057
La atencion prenatal. -- Spanish.
ounces of alcohol per day, but studies indicate the association of birth defects with an intake of even below 2 ounces/day. The increased risk of alcohol coupled with other risk factors (smoking marijuana or cigarettes) is also discussed. (wz)

0059
Life-cycle nutrition needs for school-age mothers and fathers. Requisitos nutricionales del ciclo de la vida para madres y padres de edad escolar / Kathie Westpheling, Sara Jane Vinson, Lorelei Groll. - Spanish. - Vinson, Kathie ; Vinson, Sara Jane.-Groll, Lorelei. & Nutrition curriculum on life-cycle nutrition needs for school-age mothers and school-age parents. -Life-cycle nutrition needs for school-age mothers and school-age parents. (San Jose, Calif.) Santa Clara County Health Dept., Child Health and Disability Prevention Program 1982. NET funded -Cover title: Nutrition curriculum on life-cycle nutrition needs for school-age mothers and school-age parents: Spanish translation.-Traduccion espanol por Teri Hall. -Translation of Life-cycle nutrition needs for school-age mothers and school-age parents (TX361.8W645 F&N B-3396). 40 p. ; 11. ; 28 cm. (NAL Call No.: TX361.8W645 1982 F&N B-3739).
Abstract: The curriculum presents basic, practical lesson plans that are realistic for school age parents and school age mothers. Topics areas include: dental health, nutrition and pregnancy, breastfeeding, nutritional requirements, nutritious meal and snack planning, food needs of infants and young children, consumerism, fruit and vegetable preparation, community resources, and school food service. Each class is based on a 50 minute format using audiovisuals to present principles and handouts as reinforcements. A corresponding snack is served and the recipe provided. Quizzes (with answers) and a resource and resource address list are provided. (js)

0061
Abstract. A personalized guidebook describes experiences of authors as parents of a 1 1/2 pound premature daughter and medical and practical answers to questions that parents of premature infants might have. The text also provides an intimate picture of the premature baby experience that will be useful to social workers, nurses, and doctors who become involved with the family of such an infant. Examples of topics addressed include: the causes of prematurity, the premature infant's appearance, breast vs. formula feeding, parental support, possible complications, home care, and developmental expectations. (wz)

0062
Abstract: A manual for health professionals, teachers, and home economists provides basic information and practical guidelines for promoting growth and detecting malnutrition in children. The diagnosis, treatment, and prevention of nutrition-related diseases such as protein-calorie malnutrition, iron-deficiency anemia, vitamin A deficiency, and diarrhea in young children are discussed. Emphasis is placed on nutritional requirements, the nutritive value of foods, and how to provide a varied energy-adequate diet for infants and young children. Instructions are provided for preparing a number of practical recipes for simple multi-mixes and for using family meal foods to make meals for young children. The importance of breast milk and breast feeding is stressed and illustrated. Data on weights, heights, and lengths and their interrelationships along with food composition tables, and a glossary are appended. (wz)
0063
A mother's handbook. Manual para una madre combiniando el trabajo con el estudio. -- Spanish.
Abstract: Guidelines for mothers who wish to combine breastfeeding with working or going to school. The benefits of breastfeeding are outlined. Answers are provided to some commonly asked questions about producing enough breast milk while away from the infant, feeding the infant, dietary needs of the breastfeeding woman, and concerns as engorgement, leaking breasts, and sore nipples. Recommendations and practical suggestions are given for expressing breast milk by hand and by two types of breast pump (Kaneson, Loyd-B). Safety guidelines are provided for collecting, refrigerating, freezing, and defrosting breast milk. Additional features of the booklet are a checklist of items useful for breastfeeding mothers that work and a list of resources and support organizations.

0064
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0065
New mother's cookbook / (by Donna Paananen). -
Abstract: Recipes for family meals, based upon sound nutrition principles, sensible eating practices, and a balanced diet, are described for busy new mothers. Emphasis is placed on meeting the daily nutritional needs of the mother, baby, and other family members. Many dishes (especially casseroles) can be frozen, making meal preparation easier. Recipes are provided for parents alone, as well as for baby and toddler foods when the baby joins the parents at mealtime. Other recipe categories are: breads and breakfasts, lunch meals, main dishes, salads and vegetables, desserts, and special beverages and snacks. A brief listing of ingredient substitutions (e.g., carob powder for cocoa, honey for sugar) is given to make other recipes more nutritious. (viz)

0066
Nine months' reading: a medical guide for pregnant women / Robert E. Hall ; illustrated by Robert Demarest. -
Abstract: A medical guide for pregnant women discusses the latest advances in the field of obstetrics and offers advice on all aspects of pregnancy. New breakthroughs include: amniocentesis to detect fetal abnormalities; theories on fetal nutrition and maternal diets; fetal monitoring procedures; the use of birthing rooms and midwives; and the frequency of Caesarean sections. Smoking, drinking, and exercising during pregnancy are discussed. Other topics covered include: delivery room techniques and anesthetics; patient and doctor relationship; fetal development; symptoms and sensations; rules and regulations; complications of pregnancy; normal and abnormal labor and delivery; and motherhood in the hospital and at home. Illustrations are included. (kbc)

0067
Nutrition & motherhood / by Roslyn B. Alfin-Slater, Lilla Aftergood, Judith Ashley ; exercises by Gail Parrish Schwartz. -
Abstract: A handbook for pregnant women presents the latest medical facts about nutritional requirements throughout pregnancy. Questions are answered for future mothers (or pregnant teenagers to older women) who are expecting their first baby. Included are sample menus, sources of protein, vitamins and minerals, and prenatal fitness exercises. Did wives' tales and myths
are dispelled. Information and suggestions are given on weight gain, nausea, smoking, vegetarianism, oral contraceptives, caffeine and alcohol consumption, and combating constipation and depression. (kbc)

Abstract: A nutrition education module for secondary school students is designed to increase teenagers' awareness of the relationship between diet and a healthy pregnancy and breastfeeding is a natural extension of pregnancy. Ten 40-minute lessons with optional activities and evaluation instruments may be integrated into human development, family living, health, child development or home economics studies. Lesson topics include: effects of diet on the growth of the fetus; values clarification for pregnancy and eating habits; fetal growth and development; drugs, alcohol and smoking; nutrient needs during pregnancy; sources and functions of nutrients and breastfeeding. Supplemental materials include pre/posttests, information and activity handouts, and pamphlets on smoking, alcohol and birth defects. (js)

Abstract: A set of 10 one-page letters for parents describes activities which the preschool child has experienced in the classroom, provides additional nutrition information and suggests learning activities to be done at home. Topics include: food groups (fruits, vegetables, meat, breads and cereals, soups, eggs, dairy products), tooth brushing and other dental care, meal planning and edible vs. non-edible substances. (js)

Abstract: The basic principles and latest research on optimal nutrition for infants and young children is presented in this guide for pediatricians and parents. A brief overview of the need for calories, protein, carbohydrate, fat, fiber, vitamins and minerals is provided. The role of nutrition in cancer and heart disease is discussed. Various aspects of vegetarian diets, advantages of vegetarianism, optimal diets for vegetarian infants, soybean products, and supplements; food hypersensitivity and allergy and the possible role of milk, food additives, and other foods are examined. Important aspects of infant and child feeding are presented for the infant from birth to six months, from six months to one year, and for the child from one to three years of age. Topics covered for the infant from birth to six months include 1) the advantages of breastfeeding, 2) commercial formula feeding for full-term and premature infants, 3) supplements for formula-fed infants, 4) home-prepared formula feeding, and 5) introducing first foods from four to six months. For the six-to-12-month-old, considerations include 1) when to wean, 2) introducing juices and water, 3) supplements, 4) solid foods, 5) attitude, and 6) introducing appropriate new food at six, seven, eight, and nine to twelve months. The major emphasis in feeding a one-to-three-year-old child is to encourage good eating habits that can be continued throughout life and to ensure that the diet is well-balanced nutritionally. Appendices include a recommended reading list, growth charts, and tables showing the Recommended Dietary Allowances and the nutritive value of some commercial infant foods. (aje)

Abstract: Guidance information is presented for women, pr to and during pregnancy, who want to learn about the role that nutrition plays in producing healthy babies. Only in the past 10 years have nutritional recommendations for pregnancy been based on careful scientific research (rather than on clinical assumptions or folklore). More is known today about the advantages a mother gives her unborn child by eating well during pregnancy. These up-to-date nutritional guidelines are presented in practical, scientifically-based language. Topics include: nutritional facts concerning the needs of pregnant women and their fetuses; weight control; behavior modification for an improved nutritional lifestyle; and dietary aids for common pregnancy problems. Extensive reference charts are appended and included throughout the text. (wz)

6) sources of nutrients; 7) where to find nutrition information. Selected references are included.

0075
Parent education materials / presented as an exclusive service of Ross Laboratories.
Abstract: Examples of educational materials provided by Ross Laboratories for use in counseling non-English-reading parents are offered. One set of materials contains only pictures and no text for non-readers; and one set is in braille. Information on breastfeeding, infant care, weaning and formula preparation is available in 20 languages. Any item can be photocopied but not altered. All items are available in packs of 25 sheets each. Information on 8 Ross products is included.

0076
Parent's book of breastfeeding / Susan Flamholtz Trien. -.
Abstract: Detailed information is offered to expectant mothers on how to prepare for, establish, and successfully maintain breastfeeding, ranging from the decision to nurse, through the weaning process. A supportive tone is employed throughout the narrative, which includes personalized instructions and numerous quotes from nursing mothers. The instructions are based on current medical information and on the practical, everyday experience of mothers who have successfully nursed their babies. Topics include: the benefits of nursing to the infant; how breasts function during nursing; common nursing problems and solutions; leaving the house with or without the baby; weaning; and special situations. (wz)

0077
Parent's guide to nutrition healthy eating from birth through adolescence / Boston Children's Hospital ; with Susan Baker, Roberta R. Henry ; executive editor David Estridge.
Abstract: In providing practical alternatives to quick-remedy nutrition plans for children, this book explores many facets of healthy eating from birth through adolescence. Factors affecting food choices and eating habits precede a nutrition information discussion of major nutrients, including food comparison charts of calcium, sodium and iron. Meals during pregnancy introduce several chapters presenting information on feeding patterns/requirements from infants to

0073
Nutrition in teenage pregnancy : a curriculum guide / by Dian Gans. -
Abstract: A curriculum guide composed of 13 lessons for pregnant teenagers is presented. The guide is designed to introduce nutrition through formatted activities which allow the teacher flexibility to address specific needs. The program can be integrated into other disciplines (e.g., language, spelling, home economics). The introductory lesson helps teachers assess the current level of nutrition knowledge the students have (included are a review of basic nutrition concepts, pre-test for lessons 1-13, and a student learning preference sheet). Lessons 1-9 explore the pregnant teenager's nutrition requirements. Lessons 10-13 discuss nutritional requirements during lactation and infant feeding. Each lesson contains: a focus statement, behavioral objectives, teacher notes, references, suggested activities, and supplementary materials. The appendices contain: a personalized bibliography, audio-visual aids, reprinted articles of special interest; and a food composition table. (kbc)

0074
The nutritional ages of women a lifetime guide to eating right for health, beauty, and well-being / Patricia Long.
Abstract: This nutritional sourcebook discusses nutrition according to different ages and stages of women's lives. Special nutritional reds one has during adolescence, young and middle adulthood, pregnancy, and breast-feeding, menopause, and the later years are considered. The life-style section shows one how to eat right to fulfill those needs. Other discussions and material included are as follows: 1) weight control, fitness, and beauty; 2) disease prevention; 3) vitamins and their use; 4) food exchanges; 5) recipes; 6) sources of nutrients; 7) where to

Abstract: Family planning clinics promote sound eating habits to their clients by informing them of the nutritional implications of their selection of contraception or pregnancy planning, and by general nutrition education. This guide booklet was prepared to help clinics describe nutritional implications of various contraceptive choices and to give the client a list of the food sources of the various nutrients whose requirements may be altered by contraception use. In addition, the Basic Four Food Groups and Recommended Daily Allowances are presented in the guide.

0075
teenagers. Several suggestions are given for enticing children to eat, cooking, and food budget maximizing. Other pertinent topics covered include food allergies, specific/fad diets, megavitamins, health foods, nutrition-related diseases, food shopping guides and food additives. A quiz with informative answers, a glossary, and a resource list are included.

Abstract: Recent findings on prenatal nutrition are presented in non-technical language. General nutrition, weight gain, major nutrients, vitamins, minerals, diet patterns, and breastfeeding are discussed. Harmful or questionable substances to avoid include alcohol, nicotine, caffeine, over-the-counter drugs, food additives, marihuana, and cocaine. Other general topics relating to pregnancy include nausea/vomiting, constipation, hemorrhoids, heartburn, cramps, edema, and anemia. National resources and recommended books are listed. (rm)

Abstract: Prospective parents are offered an easy and natural diet which the authors believe can influence the sex of their yet-to-be-conceived child. Two diet plans are presented, one for conceiving a boy, and one for a girl. Based on a few selected research studies, the authors feel that by varying the amount of sodium, potassium, calcium and magnesium in the diet, nature's 50-50 odds can be bettered. The "boy" diet recommends a daily intake of 5-6 grams of sodium, 4-5 grams of potassium, 250-400 milligrams of calcium, and 120-200 milligrams of magnesium; the "girl" diet suggests up to 1 gram of sodium, 2.5-3.5 grams of potassium, 1.2-1.8 grams of calcium and 200-300 milligrams of magnesium. Moral and ethical questions are raised (is it wrong to choose your baby's sex?); and advice is given for women on special diets (consult your doctor before beginning this diet). A full month's menu plan is provided, recipes are given, and lists of equivalent foods that can be substituted for those suggested are offered. (kbc)

Abstract: Offered as a guide to accompany other family health books, this book is meant to give pregnant women information on topics they may not always cover with their physicians. Spermicides, abortions, vasectomies, pregnancy tests, spontaneous abortion, morning sickness, and other topics relating to pregnancy, sexually transmitted diseases, and travel-related concerns are some subjects addressed. General and specific nutrition information, several environmental hazards to pregnancy, and discussions of a range of medications are included. Additionally, reviews of the new obstetrical technologies such as fetoscopy and ultrasound are presented. Discussions of childbirth and the postpartum period are included. Tables, boxes, and an extensive bibliography are also included.

Abstract: A reference guide for expectant parents provides information and guidelines on various aspects of pregnancy, delivery, and infant care. Topics include the characteristics of pregnancy; prenatal care; nutritional needs and health promotion during pregnancy; physical and relaxation exercises; preparation for childbirth; labor and delivery guidelines, variations, complications, and interventions; the use of medications; postpartum events; and the care and feeding of the newborn infant. Advice also is provided for preparing an older child for a new baby. Tables and illustrations are included throughout the text. (vz)

Abstract: Body conditioning techniques for pregnant women and new mothers are presented. Nutritional guidelines, exercises, skin care, breast care, stress prevention, labor and delivery techniques are discussed. Special problems of pregnancy for older women are addressed. Healthful eating habits include analyzing and reorganizing
equipment, staff responsibilities, and routine tests and procedures are needed. Problems of constipation, heartburn, morning sickness, and water retention are discussed. Typical healthful diets for pregnant, post delivery, non-nursing, and breastfeeding women are listed. Other pregnancy problems which may be prevented are stretch marks, varicose veins, and dropping breasts. (nm)

0083
Pregnant while you work a practical guide to having a baby and a job /Wenda Wardell Morrone. --.
Abstract: This practical guide to having a baby while keeping your job discusses a pregnant woman's concerns in two sections. The first section discusses the practical day-to-day problems of pregnancy: how to plan around nausea, how to get the best company benefits, how to dress, to do the specific needs of single mothers. The second half of the book deals with the major changes in the offing, and how to explore possibilities for answers to such questions as: what does one's job represent? How does one do quality work when continually tired? What is one's home to do? How can one have to cut back on his or her ambitions? What kind of child care would be most suitable? What should one's job and lifestyle be for maximum satisfaction? The emphasis is on each woman's success in her own life. The book is aimed at the single mother. The process is common to all, but the answers are specific to every woman who has a baby and chooses to work.

0084
The premie parents' handbook a lifeline for the new parents of a premature baby /Adrienne B. Lieberman, Thomas G. Sheagren. --.
Abstract: Well-researched, factual information about premature infants is presented in an honest and easy-to-understand manner in this handbook, designed to answer parents' questions and help them cope with the care of their premature infant. The guide is divided into major sections discussing the baby's birth, hospital stay, hospital care, and future growth and development. Risk factors associated with premature labor and delivery are presented and some medical problems commonly seen in premature infants are described. The neonatal intensive care unit is described in detail: medical equipment, staff responsibilities, and routine tests and procedures are discussed. Suggestions are provided for coping with the premature infant's needs at home and developmental milestones during the first year of life are outlined. Suggestions are given for identifying and handling potential long-term problems in the premature infant's future and considerations for planning future pregnancies are discussed. Helpful features of the guide include a list of additional resources available (by chapter), a glossary, a weight conversion chart, and an index. (aj)

0085
Prenatal care. --.
NAL Call No.: DNAL RG525.P74.
Abstract: Prenatal care, childbirth, and care of the newborn infant are the subjects of this brief, yet comprehensive prenatal care guide developed by the Public Health Service of the U.S. Department of Health and Human Services. Aspects of pregnancy that are discussed include: 1) health professionals involved in providing prenatal care and suggested scheduling of prenatal visits, 2) physical and emotional changes, 3) physical development of the baby month-by-month, 4) lifestyle factors (i.e., exercises, breathing techniques, work, rest, travel, sexual relations, use of alcohol, cigarettes, and drugs, 5) nutritional requirements, and common discomforts (i.e., nausea, vomiting, heartburn, constipation, hemorrhoids, backache, and 7) more serious problems (i.e., miscarriage, anemia, toxemia, rubella, Rh factor). Components of the birth process include preparing for the birth, labor and delivery, and hospital stay and recovery. Topics include signs and stages of labor, medication and anesthesia, episiotomy, Cesarean section, and breech births, as well as recovery: length of hospital stay, breast care, depression, fatigue, getting back into shape, and post-partum checkups. The section on caring for the newborn discusses breast and/or formula feeding, bathing, travel, establishing a schedule, and checkups. A number of helpful figures and diagrams illustrate concepts described in the text. (aj)

0086
Should I drink? --.
NAL Call No.: DNAL RG525.J65.
1 & 2 discuss vegetarian practices or food patterns and the required daily nutrients, emphasizing calories and proteins. Chapter 3 discusses the requirements infants have for iron, vitamin B12, folacin and calcium and vitamin D. Chapter 4 covers breastfeeding and formula or supplemental feeding. Chapters 5 & 6 discuss the need for supplemental foods and variety. Chapter 7 covers the individuality of each baby, and summarizes the information presented previously. (kbc)

0089

0090
Thanks for caring enough not to drink help mothers-to-be not drink during pregnancy. Sells, Ariz.? : Fetal Alcohol Syndrome Prevention Project, Papago Community Health Dept., 1985. 1 poster : col. ; 61 x 71 cm. (NAL Call No.: DNAL Graphic no.122 F&N). Abstract: Designed for the Fetal Alcohol Syndrome Prevention Project for American Indians, this poster colorfully depicts a pregnant Indian woman interacting with supportive family members and friends in a traditional village setting. The written message encourages a mother-to-be not to drink during pregnancy.

0091
Thinking of breastfeeding? --. Hinton, Sarah M.; Kerwin, Diane R.-Mann, Barbara F.-Johnson, Donna G. Raleigh, N.C. : N.C. Agricultural Extension Service. 1981. Cover title. - Developed by Sarah M. Hinton with assistance from Diane R. Kerwin and Barbara F. Mann; design and graphics by Donna G. Johnson. - Flip chart. 24 p. : chiefly col. ill. ; 28 cm. (NAL Call No.: DNAL FNC RU216.T48 F&N W-95). Abstract: Easily read format briefly describes and illustrates the concerns during breastfeeding: importance of calm environment and supportive family; technique; breast care; length of time to breastfeed; and supplemental feedings. Dietary information includes a daily food guide, calorie needs, fluid requirements, avoidance of alcohol, drugs and tobacco. Benefits of...
breastfeeding to mother and baby are listed. (js)

0092

To baby with love : your prenatal nutrition diary / Marilyn Hanson, Robert Segura. -
Hanson, Marilyn. ; Segura, Robert. Palo Alto, California Bull Publishing c1982.
1 v. (various pagings) : il., il. ; 18 cm.
(NAL Call No.: RG695.K34 F & N C-2530).
Abstract: A prenatal nutrition diary presents information to help the pregnant mother prepare for her child's birth. Nutritional habits and weight gain are discussed in the first section which covers tips for pregnant vegetarians, nausea, breastfeeding, high blood pressure, shopping, menus, and recipes. The major portion of the book consists of a diary in which the mother records the foods she eats, her emotional reactions to and descriptions of important events. The diary is intended to be used as a tool to help the pregnant woman eat right and follow her child's development. (kbc)

0093

Total nutrition for breast feeding mothers /Betty Kamen and Si Kamen.
Includes index. xxi, 266 p. ; 24 cm.
Abstract: Since the 1970's, breastfeeding has once again become popular among mothers and promoted by physicians. In our society, despite the improved attitude toward breast-feeding, many women may not be nursing their infants for a long enough duration. This book aims to increase the success of breast-feeding and reduce the rapid falloff rate. The book stresses the importance of breast-feeding as a natural biological mechanism which was perfected millions of years ago and which has yet to be improved upon. Physicians and expectant mothers can gain new insight to the benefits of breast-feeding by reading this book.

0094

The Total nutrition guide for mother and baby : from pregnancy through the first three years / Alice White. -
Abstract: A guide designed to promote optional maternal and infant nutrition provides information on the effects of diet during pregnancy and research data on the nutritional value of breast milk again, nutrient intake, ingested substances (alcohol, smoke) that can affect fetal health, the protective effects of breastmilk, salt, sugar, and risk factors of prevalent diseases are discussed. (kbc)

0095

Vitamin A.
Abstract: The functions and food sources of Vitamin A are outlined in this handout adapted from material developed by the Cooperative Extension Service at Cornell University. Vitamin A is important for good vision at night, resistance to infection, and healthy skin. Pregnant women and children also need vitamin A to grow properly. Good food sources of vitamin A include dark-green and yellow-orange vegetables and fruits. Infants can get vitamin A from formula or breastmilk, as well as from strained liver and yellow-orange vegetables. Handouts are available in Chinese, Laotian, Vietnamese, and Cambodian. Each is written in a two-language format, with the major language and English printed opposite one another on each page.

0096

Welcome baby : a guide to the first six weeks / Anne Marie Mueser, George E. Verrilli. -
Abstract: Practical and nutritional information on infant care is provided for new and expectant mothers by an obstetrician and a mother. Considerations as the baby arrives include: newborn characteristics, medical procedures, care for the new mother, premature infants, circumcision, naming the baby, and selecting a pediatrician. Breast feeding is promoted but combining use of breast and bottle also is discussed along with specific nutritional and practical details on both feeding methods. Miscellaneous health care and infant handling information (first aid, accident prevention, bathing, burping, diaper rash, diarrhea, rashes, solid foods, travel) is given. Discussion of infant development covers temperament, touching and grasping, seeing and hearing, crying, sound responses, and helping the baby to look and learn. The information is organized in ready-reference format. (wz)

0097

What everyone should know about fetal alcohol effects. -

Abstract: Fetal alcohol effects, defined as birth defects or other abnormalities that occur in some children whose mothers drank alcohol during pregnancy, are described in this easy-to-read, simple illustrated booklet advocating abstinence as the safest course of action concerning drinking while pregnant. A range of fetal effects associated with drinking and factors related to the degree of damage caused by alcohol are identified. Physiological changes, growth, and developmental changes that take place during each trimester of pregnancy are described. Fetal alcohol syndrome (FAS), the most severe outcome of drinking during pregnancy, is described. Mental and psychological problems that may result from alcohol's effects on the baby's nervous system include brain damage, mental retardation, poor coordination, and learning disabilities. Questions and answers examine the risks of occasional heavy drinking, the choice between beer, wine, and liquor, and whether heavy drinking by the mother can affect the child's health. Alternatives to drinking during pregnancy are suggested and sources of assistance are provided for women who desire help in controlling their drinking. (aje)

0098


Abstract: Essential, supportive, and practical information is provided to aid young, pregnant adolescents in making sound, realistic decisions about birth control, pregnancy, parenthood, and marriage. How pregnancy happens, the first 3 months, the remaining 6 months, adoption vs. keeping the baby, raising the baby, and whether to get married, are discussed frankly and clearly. An extensive listing of where to get help is appended, covering addresses and telephone numbers of US and Canadian adolescent clinics, Florence Crittenton maternity service houses, Indian parents how to care for their children, adoption agencies and services, women's maternity services houses, state and public health, emotional health, social life, and financial matters. The process of fertilization and male and female anatomy are reviewed briefly. Safe and effective contraceptives (e.g., the pill, I.U.D., diaphragm, condom, chemical barriers, natural family planning) are described, including their advantages, disadvantages, and how they work. Less reliable birth control methods (i.e., withdrawal, douching, makeshift condoms) are also discussed. Sources of additional information on contraception are provided. Early signs of pregnancy are identified; sources of assistance are suggested for teenagers who discover or suspect that they are pregnant. (aje)

0100


Abstract: Diarrhea, a common occurrence among infants and young children, often results in a great loss of body fluids. To assist Native American parents in properly feeding the recovering infant, this booklet gives advice on both feeding and general care. Formula-fed/breastfed babies, vomitting, record sheets, recipes and other helpful hints comprise some of the topics addressed.

0102


Abstract: Designed to inform American Indian parents how to care for their infants and young children. Recommendations for formula-fed and breastfed babies, and general care are included.
information on managing pregnancy and coping with issues of maternity leave, child care, and getting back to work. The ideas and tips were gleaned from the author's personal experience and interviews with other women. Timing a pregnancy with regard to career objectives, job, a concern for desiring to have a child, and their lifestyle is discussed. An overview of pregnancy is provided: medical care, physical and emotional changes, the development of the fetus, common health problems and possible complications in pregnancy, labor and delivery. How to plan, negotiate, and implement maternity leave is discussed. Nutrition and exercise are important concerns during pregnancy. Personal aspects are also important, i.e., maintenance of a professional look via clothing, skin, and hair care. Suggestions are offered on choosing a pediatrician, deciding between breast and bottle-feeding, preparing the home, birth announcements and baby naming. The issue of child care is a crucial one - who should do it, where to find it, what type is best, and tax issues involved. Finally, preparing for the return to work is discussed. A bibliography & index found at the back of the book.

0106


Abstract: Criteria for nutritional risk, nutritional requirements of teenagers, and counseling strategies are explained. Four sample lesson plans, especially designed for teenagers and their learning activities, materials to meet stated objectives and evaluation activities, including a nutrition self assessment questionnaire. The large wall chart, "How a Baby Grows," describes and illustrates the monthly growth of the fetus and changes in the mother's body, and highlights appropriate health care measures. Two additional posters show photographs of teenagers and promote wise food choices, and good health habits.

0107


Abstract: The impact of a new baby on the life of a teenager is described in an easy-to-read style. Expectations, mood swings, lifestyle changes and coping mechanisms are discussed. Toys, pictures, and music are suggested to stimulate the baby's senses. The development of a caring, loving...
mother-child relationship is emphasized.


Abstract: Guidelines are provided for expectant women on how to have a healthy baby and still stay slim. While the theme of the material is directed toward the pregnant woman, sufficient scientific nutritional facts are covered to assist other people (including the pregnant woman's husband, families, and the general public) to achieve improved health. The guidelines are presented in practical language in a positive posture. Topics include: positive behavior modification toward weight control through diet; calculating non-pregnant weight; avoidance of junk foods; use of food substitutions; designing personal menus; and after-pregnancy dieting and exercises. (wz)


Abstract: Various aspects of the control of diabetes during pregnancy are presented in this easy-to-understand guide prepared by dietitians and nurses for the American Diabetes Association. Diabetes is defined and classes of diabetes are described. Normal body changes that occur during pregnancy and implications for diabetes treatment are discussed. Nutritional needs of the pregnant woman with diabetes are outlined in terms of required nutrients and foods that supply them. Exchange lists, which group foods together according to carbohydrate, fat, and protein content, are recommended for diet planning and a sample menu is provided for illustration. Advantages of and some common concerns about breast feeding are presented. Guidelines are provided for professionals working with pregnant women with diabetes and a comprehensive glossary of terms is included. (as)

Your premature baby the complete guide to premie care during that crucial first year / Robin Marantz Henig, with Anne B. Fletcher ; foreword by Benjamin Spock ; illustrations by Deborah Addison ; photographs by Jerry A. McCoy. --. Henig, Robin Marantz. ; Fletcher, Anne B. New York : Ballantine Books, c1983. Includes index. xxvi, 301 p., 8 p. of plates : ill. ; 22 cm. (NAL Call No.: DNAL RU250.H46 1983).
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