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The Tiniest Warrior of All, Nicola J. D. Maher, Oblio Press, 2005, 0973655410, 9780973655414, . .

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Fall Is Not Easy , Marty Kelley, 1998, , 32 pages. A tree tells why, out of all four seasons, autumn is the hardest..

The Arnold Lobel Book of Mother Goose A Treasury of More Than 300 Classic Nursery Rhymes, , Feb 11, 2003, , 176 pages. Knopf is proud to reissue the complete and unabridged Arnold Lobel-illustrated treasury of Mother Goose rhymes, originally published in 1986 as The Random House Book of Mother ....

When Your Past Is Hurting Your Present Getting Beyond Fears That Hold You Back, Sue Augustine, Aug 1, 2005, , 288 pages. Bestselling author Sue Augustine leads the reader along a clear, manageable path to reconciliation with a painful past. Relying on biblical principles and using her own heart ....

Katie's Premature Brother/el Hermano Prematuro de Katie A Coloring Book for Siblings of NICU Babies, Elizabeth Hawkins-Walsh, Jan 1, 2002, , 23 pages. After Katie goes to the hospital to visit her new premature baby brother, she looks forward to the day when he will come home..

Miracle Birth Stories of Very Premature Babies Little Thumbs Up!, Timothy Smith, Jan 1, 1999, Family & Relationships, 182 pages. The only book in which parents of extremely premature infants share their experiences and information--a heartwarming, realistic resource for parents..

Preemies The Essential Guide for Parents of Premature Babies, Dana Wechsler Linden, Emma Trenti Paroli, Mia Wechsler Doron, Aug 1, 2000, Family & Relationships, 578 pages. Two mothers of premature babies and a neonatologist offer parents a guide to overcoming the medical and psychological issues posed by premature birth..

Waiting for Baby Joe , Pat Lowery Collins, Jul 1, 1990, , 40 pages. Text and photographs describe what happens when Missy's brother Joe is born prematurely and needs special care in the hospital, disrupting family routines and causing Missy to ....

No Bigger Than My Teddy Bear , , Jan 1, 2004, Brothers, 30 pages. A little boy describes how the hospital staff provided care for his premature baby brother..

My Sister Is Like a Baby Bird , Amy Tiller, Feb 1, 2009, , 32 pages. "My sister is Like a Baby Bird. She has a thin, small body and a large head," says the child-narrator in Amy Tiller's little book with a big impact, My Sister Is Like a Baby ....

Coming to Term A Father's Story of Birth, Loss, and Survival, William H. Woodwell, Jan 1, 2001, Biography & Autobiography, 216 pages. In the course of a routine prenatal checkup Kim Woodwell

learned that she had a severe condition that would require doctors to deliver her twin girls in a matter of days. She ....

Evan Early , Rebecca Hogue Wojahn, May 30, 2006, , 32 pages. When Natalie's baby brother is born too soon, she tries to wait patiently to teach him everything he will need to know, but she misses her parents and begins to resent the time ....

The NICU Rollercoaster How to Set Up and Use an Online Blog to Help Survive the Ups, Downs, Agonies, and Joys of Your Baby's Stay, Nicole E. Zimmerman, Nicole E. Zimmerman And Edward J. Spragu, Jul 31, 2008, , 180 pages. .

Living Miracles Stories of Hope from Parents of Premature Babies, Kimberly Powell, Kim Wilson, Aug 18, 2001, Family & Relationships, 288 pages. A guide for parents of premature babies discusses the experiences of the parents of twenty premature babies and the stories of their ordeals, and provides helpful tips on ....

Heaven's Brightest Star , Kara M. Glad, Sep 1, 2007, Juvenile Fiction, 24 pages. This story is about a little girl named Katie, who is eager to become a big sister. Unfortunately, she quickly learns her new brother is a preemie, who is not strong enough to ....

Your premature baby everything you need to know about childbirth, treatment, and parenting, Frank P. Manginello, Theresa Foy DiGeronimo, Mar 25, 1998, Family & Relationships, 322 pages. Discusses the causes of premature childbirth, complications, hospital care, and home care.

Butterflies Journal , Peter Pauper Press, Jan 1, 2007, , 160 pages. 5? x 7?, bookbound, 160 pages, elastic band place holder. Debossed with gold foil; gloss accents. With cover art inspired by patterns from nature, this journal invites you to ....

When Poppy and Max Grow Up , Lindsey Gardiner, Aug 1, 2001, , 24 pages. For now, taking care of her dog Max is the best job in the world, but Poppy imagines being grown up and spinning like a ballet dancer, painting like an artist, and more. By the ....

This beautiful picture book is intended for the families of premature babies. It explains the Neonatal Intensive Care Unit environment in an honest yet gentle way. In the world of the Tiny Warrior, babies who sustain injuries during their battle are honoured as champions. The children who don't win their struggles are also commemorated for their bravery, thus providing a tool to help deal with bereavement

Their own tiny warrior was born in Toronto's Women's College Hospital in 2003. She weighed only 1lb 8oz at birth and spent nearly four months in a Neonatal Intensive Care Unit. During this time she made a couple of trips to The Hospital for Sick Children in Toronto, survived the SARS outbreak, and gave Winsome, her primary care nurse, a very hard time.

Our precious baby boy had to be delivered 3 months early to save my life and I experienced a horrible amount of guilt in addition to all the other feelings you have when you have a premie. This book, given to us by my father, was heaven sent. I read it to Christopher everyday during our visits with him at the hospital, it gave me hope and peace during a difficult time. We called Christopher our "Tiniest Warrior" from that time on and watched as he grew strong. This book is not just for children, it's a ray of sunshine in the life of any parent dealing with the emotions of having a premie.

This book is the best book for preemies and even for premie parents. When I got this book I was just amazed by how heart felt it was and the beautiful way the author tells the story of the NICU. My LO is only 4 and a half months (1 month adjusted) but we love to read this to her and even enjoy reading it ourselves. If you have a preemie or know someone who does, this would be a great book to buy.

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"Wow, someone has written our NICU story! Written by a pediatrician, this is a remarkable story of a preemie baby and the saving grace of a mother's touch. Day after day, the mother waits by the bedside as her preemie weakens. The doctors add more, complex machines for "Baby 2" and worry about all the long term effects of prematurity. Finally, when her mother is allowed to hold the almost lifeless baby, her gentle touch helps her grow. Despite handicaps due to her premature birth, the baby grows up to be a caring and productive adult, caring for preemies herself. Probably too frightening for young children, this is a great resource for professionals, older children and adults coping with prematurity. This hardcover book brings tears to my eyes, I can't wait to share it with my preemie son."

"A lovely picture book for children who have a preemie brother or sister in the NIUC. This book is straightforward and factual, telling the story of the growing preemie and her sister's visits. A nice touch for religious families, it reminds us of God's presence, even in the hospital. Accurate and reassuring, this preemie book is a nicely presented resource for hospitals, libraries and homes."

"A cute factual paperback for young children who have a prematurely born sibling in the hospital. This colorful children's picture book presents the NICU in a reassuring and informative manner, from the view of a young boy. Circumstances that children might encounter are well explained, such as handwashing, monitors, feeding, and visitations. In the end, the new baby comes home, still no bigger than his brother's Teddy Bear. A great resource for families waiting for their babies in the NICU, and for hospitals, libraries and support professionals."

"This preemie book is a wonderful resource for children who have lost a sibling due to premature birth. It is the story of little Katie, who is happily waiting to become a big sister. She is surprised and nervous when her little brother is born prematurely. She visits him in the NICU and shares a touch and a red balloon. Sadly her little brother dies, and the story concludes with her making him a sweet card. This story is accurate and well told from a child's perspective. A great resource for families, libraries, hospitals, therapists, social workers and support groups."

"A cute premise with a rather unusual presentation, this children's picture book presents the journeys of a preemie baby from conception to home in a mythical format. Parents with religious beliefs or who wish to present a factual story are likely to find it confusing. Parents looking for an indirect, gentle way of viewing the time in the NICU may find it fits the bill. It is nicely illustrated."

"This story for siblings of preemies illustrates the ways that the struggles of pre-term babies time in the hospital neonatal unit (NICU) can impact the whole family. When baby Evan is born prematurely his big sister Natalie makes a calendar recording his days in the NICU until he can come home to his family. Each day is colored with a different crayon indicating the highs and lows of his young life. Natalie also struggles with the loss of her mother's attention. Finally Natalie can touch her baby brother's little fingers, showing her love. The book includes several helpful pages of questions and answers children may have about preemies in the NICU."

Preemies: The Essential Guide for Parents of Premature Babies. Dana Wechsler Linden, Emma Trenti Paroli and Mia Wechsler Doron. Pocket Books, 2000. Written by a neonatologist and parents of premature infants, this book provides information from pregnancy, through the hospital experience, after discharge and into early childhood. Uses a question and answer format that allows parents to easily obtain information. (618.92 LIN)

Your Premature Baby and Child: Helpful Answers and Advice for Parents. Amy Tracy, Dianne Mahonet and Judy Bernbaum. Berkley Publishing Group, 1999. Addresses the emotional aspects of caring for a premature infant and detailed information regarding medical concerns, discharge, early development and early intervention. (618.92 TRA)

The Nursing Mother's Companion. Kathleen Huggins. Boston, MA: Harvard Common Press, 2005. Written by an experienced lactation consultant, this book provides a clear description of successful breastfeeding tips and practical information for tackling nursing problems. Addresses issues such as milk supply, pumping, positioning, drug safety, going back to work and soreness. Provides special attention to nursing the premature infant. (649.33 HUG)

The Womanly Art of Breastfeeding. La Leche League International. Plume, 2004. This book provides a step-by-step guide to the early months, common concerns, problems and weaning. Also includes specialized information related to nutrition, sleep issues, the working mother, and the father's role in breast-feeding. (649.33 WOM)

Believe in Katie Lynn. Bartholomew Resta, MD and Kitty Harvill. Nashville, TN: Eggman Publishing, Inc. 1995. (ISBN: A children's book in which a NICU baby doesn't thrive until her mother is allowed to hold her. This book describes the way NICUs used to be, not the way they are now. We recommend the book because the drawings may help children understand what a NICU looks like, and the sort of equipment that they will see if they visit. (ERES)

According to recent statistics, one in every eight babies in the developed world is born prematurely. In 2003, Nicola Maher gave birth to her daughter Imogen, who weighed only 1 lb 8 oz at birth, and who spent nearly four months in a Neonatal Intensive Care Unit. Ms Maher transformed her own personal experiences with Imogen and has presented us with a modern day fairy tale. The Tiniest Warrior of All explores the world of a baby born too soon, who battles the obstacles she meets along the way.

The current HIV epidemic is increasingly affecting Aboriginal people and women. While research continues to improve treatment, prevention is still the best way to keep the number of new cases from growing. Education is important, and children need to learn how to stay healthy as they grow older. This is the story of a rural First Nations family and community facing HIV. Of particular note is the way the authors have included insights into the influence of elders in the community and of traditional gatherings.

Imagine that Marilyn Monroe didn't die on August 5, 1962, and instead, offers advice and encouragement to women to live healthier, happier lives. I realize that this is a difficult concept to grasp, but once you get into the book, it all falls into place. The author, Diane Vines, brings Marilyn back as an observer of a group of women returning to college who get together once a week to talk about their lives, health and happiness. The fictional women discuss a wide range of topics, including dieting, eating disorders, diabetes, exercising, caregiving, PMS, sexual dysfunction and more. Marilyn and a virtual professor comment on these discussions—they give the reader factual health information and dispel the more popular misconceptions. A very entertaining read that can help motivate women to make healthy lifestyle changes.

Women and women's organizations have played an active role in protecting and enriching women's rights. With the growing influence of the fundamentalist movement in both Canada and the United States, women must continue to work hard to improve the lives of women. Advocating for rights is something organizations do well. But as an individual, it might feel overwhelming. This book can help. It speaks to women who aren't policy experts but who are living the issues that women's organizations speak so passionately about. Experts describe the issues and offer concrete, doable things to help, no matter how much or how little time we have to dedicate to these causes at any given moment. The essays are grouped together into sections, and the book begins with a chapter entitled, "Do It for Your Health." Not surprising, really, because we can't accomplish much without good health for our loved ones and ourselves.

A very basic, and very inaccurate, definition of Sjogren's syndrome is that of a disorder that causes dry eyes and a dry mouth. But as most sufferers will tell you, it's much more than that. Sjogren's syndrome is an autoimmune disorder that can lead to complications such as

profound fatigue, depression and lymphoma, and while it affects both women and men alike, perimenopausal women represent the highest-risk group. It is often misdiagnosed, and many health providers are not aware of all of its potential somatic effects. This book, complete with information on diagnosis, clinical aspects, tips and advice, acts as a resource for both patients with Sjogren's and the doctors who care for them.

The 9th International Women's Health Meeting was held in Toronto, from August 12th to 16th, 2002. The Meeting's themes included sexual and reproductive rights, violence against women (state and non-state) and environmental health. Working in English, French and Spanish, over 450 women from 62 countries attended. The essays included in this publication give voice to the work being done by women's health activists who attended the Meeting.

There is a definite need for a comprehensive view of women's sexual health and reproductive health written by women who understand the complexity of these issues. Luckily, there is this book, which deals not only with women's sexual health, but also looks at problems of libido, intercourse, young people and sex, contraception, sexual abuse and the use of complementary medicines. The editor has even included a unique chapter on women with special needs, covering in some detail the cultural and religious aspects of sexuality. The book is divided into three sections: Section One, "Women Today," explores the concept of sexuality and well being within physical, psychological and social dimensions; Section Two, "Fertility," examines issues surrounding female fertility; Section Three, "Women's Health Issues," concentrates on specific female health problems. Of special note: all the contributing authors are nurses who have been chosen for their skill, expertise and knowledge of their individual subjects.

Straight-talking and sympathetic, Robyn McGee's *Hungry for More* is not a book about dieting. It is about the obesity epidemic in the African American community and about the daily challenges Black women face economically, culturally and socially that contribute to disordered eating and body image; it is about the real dangers of gastric bypass surgery; finally, it is about the lifelong struggle that the author's sister had with obesity and depression, which led to her untimely death. *Hungry for More* takes a holistic approach to weight and the health, social and cultural implications of obesity. Full of informative medical facts, personal stories and frank examinations of how racism, abuse and depression contribute to poor body image, McGee conveys the importance of honouring yourself by making healthy lifestyle choices, starting slow and being patient, seeking help when you need it, and remembering that you are much more than a number on a scale. With the memory of her sister firmly in mind, McGee's message is that unless we change what's in our hearts and minds, no amount of surgery will make us feel whole.

Girls and young women who experience sexual abuse cannot be stereotyped. No one can tell from the outside whether or not you've been a victim. In 2002, children and youth accounted for 61% of reported sexual assault cases. Girls represented 79% of those cases. Furthermore, 54% of girls under the age of 16 have experienced some form of unwanted sexual attention. 24% of these have experienced sexual assault, and 17% have experienced incest. And many of these girls never share their stories—they remain hidden and voiceless. Until now. In this work, the author offers us a glimpse into the worlds of teenaged girls and young women who are abuse survivors. These young women tell their stories of incest, date rape, acquaintance rape, and mentor abuse. The stories deserve to be heard. The truth hurts, but it also heals.

Earth and creation, as we know it, was born when Sky Woman fell from the stars through a hole in the sky. Since then, Indigenous women have inherited her legacy—resourcefulness, resilience and the will to keep falling and moving forward. They fall to better ground because of the many women who have gone before them. This book gathers memoirs, poetry, fiction and visual arts from nearly 40 writers and artists from 22 Indigenous nations across Canada, the United States, Mexico, the Pacific Islands and Japan. These women, all from different generations, speak from the heart about the many Indigenous women who have shaped, moved or inspired them.

When Rosalind met Brian, she thought she was living a fairytale romance. And she did, briefly, until things began to change. It didn't take long for her to find herself in a nightmare of verbal,

emotional, sexual and physical abuse. Eventually, she found the strength to move on and move out, but not without great loss. The author shares her experiences with us through her diaries from that time, including drawings that detail the warning signs of abuse and the psychology of abusers and victims. She's given us a graphic novel (or un-fairytale) that nevertheless has a happy ending.

A departure from its predecessor, *What to Eat When You're Expecting*, this book loses the whole-wheatier-than-thou attitude, and provides moms-to-be with a realistic approach to healthy nutrition throughout the nine months of pregnancy. Chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. The authors also offer 150 healthy recipes that feed mom and baby well, take little time to prepare, and are gentle on queasy stomachs.

This guide is the type of book that makes my librarian senses tingle. The Canadian Medical Association has designed a book that uses text and illustrations to explain how the body works, provide tools for interpreting symptoms, describe how and why diseases occur, and outlines the details of diagnostic tests and treatments. The layout and organization of the guide is clever and intuitive, and allows you to know what to expect if disease develops, to ask the right questions, and to actively take part in managing your health. A book for every household.

In 2004 a national project was undertaken that included consultations with women who live in many different rural or remote places throughout Canada—from the high arctic to the prairies to coastal regions and everywhere inbetween. Women who were part of the national project said that a plain-language kit would give them the information they need to make helpful changes in their communities. So the Prairie Women's Health Centre of Excellence created this useful tool. This is a kit designed to improve the health of rural, remote and northern women across Canada by making sure that women have a say in how health programs, plans and policies are developed. It provides summaries and background information about the national research project, as well as information for local communities to use in advocating for change.

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