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## Read Book Child Unborn The Nurturing

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**Nurturing the Unborn Child A Nine-Month Program for Soothing, Stimulating, and Communicating with Your Baby** [Open Road Media](#) Pregnancy can be a tense time for a mother and her partner, but Dr. Thomas Verny and Pamela Weintraub have outlined ways for parents to communicate with their child in order to relieve stress and create a lasting bond. **NURTURING THE UNBORN CHILD** diagrams a nine-month program involving such exercises as massage, music and dance to stimulate the relationship between parents and child. Through these techniques parents can learn how to analyze their fears during pregnancy and create ways to alleviate them permanently. **NURTURING THE UNBORN CHILD** is an essential guide to learning how to communicate with and stimulate your baby before it commences its journey to the outside world. **The World of the Unborn Nurturing Your Child Before Birth** [Putnam Publishing Group](#) Details ways for expectant parents to explore their feelings within the environment of a pregnancy-support group **Nurturing Your Baby's Soul A Spiritual Guide for Expectant Parents** [Summit University Press](#) Refreshing spiritual teaching on conception, pregnancy and childbirth. Learn about the journey of the soul and the intimate connection between parent and child during pregnancy and even before conception. Shows how to convey beauty and virtue to a baby's soul through meditation on music and art. **Pre-Parenting Nurturing Your Child from Conception** [Simon and Schuster](#) Explains how parents and caretakers can ensure that infant children reach their full potential by enhancing a child's skills to build language acquisition, intelligence, social skills, and emotional security. **Nurturing the Unborn Child** Pregnancy can be a tense time for a mother and her partner, but Dr. Thomas Verny and Pamela Weintraub have outlined ways for parents to communicate with their child in order to relieve stress and create a lasting bond. **NURTURING THE UNBORN CHILD** diagrams a nine-month program involving such exercises as massage, music and dance to stimulate the relationship between parents and child. Through these techniques parents can learn how to analyze their fears during pregnancy and create ways to alleviate them permanently. **NURTURING THE UNBORN CHILD** is an essential guide to learning how to communicate with and stimulate your baby before it commences its journey to the outside world. **Nurturing the Unborn Child A Nine-Month Program for Soothing, Stimulating, and Communicating With Your Baby** [Delta](#) **A Journey Into Being Knowing and Nurturing Our Children As Spirit** **UPDATED AND REVISED SECOND EDITION** From the author: When it comes to getting guidance about the arrival of new life the sources are plenty. Healthcare practitioners, books, magazines, websites, and well meaning friends and family members can all offer valuable information. But what about gaining insight about childbearing from a consciousness and spiritual perspective? When I was pregnant with my second child I sought a different type of guidance; one that spoke to the true depth of carrying another life inside me. As a spiritual person and empath I knew enough to understand that nothing is random. I wanted to learn about the soul of my unborn child and why I would be the one honored to be his or her parent. I craved to know the process of spirit uniting with physical body. When does it happen and can the mother sense it? Is it possible to communicate with the consciousness of your baby before birth? Can you be so attuned to your child that you can intuit their inner happenings on a vibrational level? I had nowhere to turn to for the answers to these deeper questions. So I began my quest to put it all together. It meant delving deep to make sound premises backed by available research and reliable observation. The nurse in me demanded empirical evidence, but I also wanted the warmth of personal accounts. **A Journey Into Being** is cumulation of medical, scientific, spiritual, and Eastern wisdom. It will take you where science meets spirituality on the transformational passage of the soul as it prepares for life, unites with the physical body, and undergoes birth. It will provide guidance on how to know and nurture a child's inner being. Once we view new life through the lens of spirit many questions and mystifying issues surrounding the arrival of new life will become clearer like: How do I nurture my child on a more intuitive level? Why are some babies more sensitive or reactive than others? Why do I feel like I've known my newborn all my life? How can I connect spiritually to my child during pregnancy? Was I chosen to be my child's parent? What is the true meaning of life/reality/consciousness How do we reconcile the idea of a just Higher Being when cruel things can happen to innocent children? **A Journey Into Being** is not just for those who are parents or wish to become parents. It can help anyone gain greater insight into the eternal nature of consciousness and explore the course of their own journey into physical being or of those they love. This book is my tribute to every precious child as each brings the promise of positive change for a more loving universe. **A Precious Life A Pregnancy Journal to Nurture the Spirit and Soul of You and Your Unborn Child** **Spirit Babies How to Communicate with the Child You're Meant to Have** [Delta](#) **Am I Meant to Become a Parent? Why Can't I Conceive? What Is My Unborn Child Trying to Tell Me?** In this

reassuring, supportive, and accessible book, leading clairvoyant and medium Walter Makichen offers guidance to prospective parents eager to create a warm, nurturing environment for their soon-to-be-conceived-or-born children. Applying the wisdom and insights he has gained through twenty years of communicating with these spirit babies, Makichen helps you resolve issues about starting a family...actively participate in the psychic process of creating a child...and move past your worries and fears about becoming parents. From the seven essential chakras that link our body, mind, and spirit to why pregnant women are superpsychic, you'll discover: \* How to create the energy that nurtures spirit babies \* How to understand how past lives and chakras relate to your unborn child \* The conception contract-what it is and what it means for you and your child \* How karmic pairings affect conception and pregnancy \* Why miscarriages occur and what they can signify Plus spirit babies and guardian angels...spirit babies and adoption...spirit babies and dreams...and much more Featuring inspirational examples of couples who are now happy parents, as well as breath exercises and healing meditations at the end of each chapter, Spirit Babies tells you everything you need to know to become the parent you were meant to be. **The Secret Life of the Unborn Child** [Dell](#) **YOU CAN GIVE YOUR BABY A GREATER CHANCE FOR HEALTH AND HAPPINESS—MONTHS BEFORE BIRTH!** A pioneering physician, Dr. Thomas Verny, gives startling new evidence based on two decades of medical research. Your unborn baby is: • Capable of learning • Able to warn you of medical problems you and your doctor may not be aware of • Able to hear and respond to voices and sounds—including music • Sensitive to his parents' feelings about him • Capable of responding to love • An active, feeling human being. The ways in which you respond to and care for your unborn child may affect his physical and emotional well-being for the rest of his life. The choices you make today about your child's birth may make a vital difference for years to come. You can prepare your unborn baby for a happy, healthy life. This remarkable book will show you how! A gift to every loving, caring parent. A book that will change the experience of pregnancy and childbirth forever! **Prenatal Parenting** [WilliamMr](#) Expectant mothers will enjoy this psychological guide to prenatal parenting, discovering the various stages of physical and mental development experienced by their unborn children. **Bond with Your Baby Before Birth How to Communicate with Your Unborn Child** [Health Communications, Inc.](#) The author offers her channeling techniques to help moms-to-be tap into the deep intuitive powers of pregnancy and meet their unborn child before birth. **Why Children Matter** [The Plough Publishing House](#) Raising a child has never been more challenging. If you ever doubt yourself or wonder if it is worth the heartache, read this little book. If you worry that your family will not weather life's storms or if you fear losing your children to the prevailing culture, read it again. **Why Children Matter** offers biblical wisdom and commonsense advice on how to hold a family together and raise children with character. Johann Christoph Arnold, a father, grandfather and pastor, has written eleven books, including three on parenting and children's education. As the fabric of family and society is torn apart, this book offers up concrete steps to encourage parents faced with difficult child-rearing decisions. **Origins How the Nine Months Before Birth Shape the Rest of Our Lives** [Simon and Schuster](#) Paul presents an in-depth examination of how personalities are formed by biological, social, and emotional factors. **The Nourishing Traditions Book of Baby & Child Care** [New Trends Pub Incorporated](#) Offers a guide to child rearing and child nutrition that focuses on a nutrient dense diet from pregnancy through childhood and natural treatments for childhood illnesses. **Parenting Begins Before Conception A Guide to Preparing Body, Mind, and Spirit For You and Your Future Child** [Inner Traditions / Bear & Co](#) Provides information on ways parents can promote a healthy and happy home even before their child is conceived or born. **Windows to the Womb Revealing the Conscious Baby from Conception to Birth** [North Atlantic Books](#) A pioneering birth psychologist combines a lifetime's worth of research with new findings to provide a fascinating look inside the minds of unborn children In the past, the invisible physical processes of fetal development were mysterious and largely unexplainable. But thanks to breakthroughs in embryology, interuterine photography, ultrasound, and other sensitive instruments of measurement, we can now make systematic observations inside the womb—and can see that fetuses are fully sentient, aware beings. In this new climate of appreciation for the surprising dimensions of fetal behavior, sensitivity, and intelligence, **Windows to the Womb** brings a host of new information to light about the transformative journey each one of us undergoes in the womb. Birth psychologist Dr. David Chamberlain describes the amazing construction of our physical bodies—the "ultimate architecture"—and draws parallels with the expansion of our minds as our brains and senses develop and grow. He also details new discoveries in embryonic and fetal research that support his own findings on the impact of the mother's emotional and physical state during pregnancy; the importance of bonding at the earliest stages; and the steps that expectant parents can take to ensure the most nurturing start in life for their children. **A Bella Grace Pregnancy A Book for Your Baby in the Womb** [Wheatmark, Inc.](#) You're having a baby! By now you're probably filled with excitement and nervous energy, wanting to get everything right and counting the days until your precious bundle arrives. "A Bella Grace Pregnancy" is a wonderful companion on this journey. Providing nurturing words and reflections that parents can read to their unborn child, this book helps both mother and father bond early with their baby. A journal at the back of the book provides space to record milestones and loving words. Congratulations, and enjoy. **About the Author** Amy Mullins LC, CHt, is a mind-body wellness practitioner and the mother of two. She is the founder of [BellaGraceWellness.com](#) in Phoenix, Arizona, encouraging healing and growth through alternative therapies and nurturing the body as a whole. Her work with women and children started in the childcare field, leading her to become a transformational life coach, certified hypnotherapist, and author. **Spiritual Pregnancy Develop, Nurture & Embrace the Journey to Motherhood** [Llewellyn Worldwide](#) Follow the Hero's Journey from Pregnancy to Motherhood Filled with unique insights into the spiritual nature of pregnancy, this compassionate guide takes you, the expectant mother, and your loved ones along a "hero's journey" of discovery. Each trimester correlates to a stage of the epic journey where emotional, spiritual, and physical connections heighten your awareness of yourself and your unborn child. Through these stages, the mundane and everyday are elevated to the sublime and transformative. With

their extensive training and experience in allopathic wellness and integrative medicine, Shawn A. Tassone and Kathryn M. Landherr have created a book full of guided meditations, journaling exercises, and spiritual traditions from a variety of cultures. *Spiritual Pregnancy* also includes yoga postures created by popular doula and pregnant-fit yoga instructor Jennifer (Wolfe) More for specific times throughout pregnancy. Praise: "Spiritual Pregnancy presents birth as the spiritual initiation it truly is. I highly recommend this deeply moving book."—Christiane Northrup, MD, New York Times bestselling author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* ". . . the information shared by the authors will show future mothers how to unify the two lives within them during pregnancy."—Bernie Siegel, MD, author of *Love, Medicine and Miracles* "Spiritual Pregnancy is the best guide I know on developing, nourishing, and sustaining [the mother-infant bond]."—Larry Dossey, MD, author of *Healing Words* "Expert integrative obstetricians, [the authors] guide you through the traditions of the ancients, and illuminate the vibrant path to your own heroine's journey." —Victoria Maizes, MD, Executive Director of Arizona Center for Integrative Medicine "From the practical to the profound, I'm confident you will find what you are looking for within this book's pages. I highly recommend it."—Tieraona Low Dog, MD, Fellowship Director at University of Arizona Center for Integrative Medicine "Spiritual Pregnancy does an incredible job at marrying the physical and the spiritual . . . It will be a great resource to anyone having a baby and it makes me proud to be an ob-gyn." — Jeniffer Ashton, MD, leading medical correspondent for ABC and ob-gyn physician *Transforming the Workforce for Children Birth Through Age 8 A Unifying Foundation* [National Academies Press](#) Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. *Transforming the Workforce for Children Birth Through Age 8* explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. *Transforming the Workforce for Children Birth Through Age 8* offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children. *How to Have a Smarter Baby* [Bantam](#) Explains the Infant Stimulation Program, a proven method for maximizing a baby's mental and physical development that takes no more than fifteen minutes a day and is used by health professionals throughout the United States *The Connected Child: Bring Hope and Healing to Your Adoptive Family* [McGraw Hill Professional](#) "An extremely useful parenting handbook... truly outstanding ... strongly recommended." --Library Journal (starred review) "A tremendous resource for parents and professionals alike." --Thomas Atwood, president and CEO, National Council for Adoption The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges. Welcoming these children into your family--and addressing their special needs--requires care, consideration, and compassion. Written by two research psychologists specializing in adoption and attachment, *The Connected Child* will help you: Build bonds of affection and trust with your adopted child Effectively deal with any learning or behavioral disorders Discipline your child with love without making him or her feel threatened "A must-read not only for adoptive parents, but for all families striving to correct and connect with their children." --Carol S. Kranowitz, author of *The Out-of-Sync Child* "Drs. Purvis and Cross have thrown a life preserver not only to those just entering uncharted waters, but also to those struggling to stay afloat." --Kathleen E. Morris, editor of *S. I. Focus* magazine "Truly an exceptional, innovative work . . . compassionate, accessible, and founded on a breadth of scientific knowledge and clinical expertise." --Susan Livingston Smith, program director, Evan B. Donaldson Adoption Institute "The Connected Child is the literary equivalent of an airline oxygen mask and instructions: place the mask over your own face first, then over the nose of your child. This book first assists the parent, saying, in effect, 'Calm down, you're not the first mom or dad in the world to face this hurdle, breathe deeply, then follow these simple steps.' The sense of not facing these issues alone--the relief that your child's behavior is not off the charts--is hugely comforting. Other children have behaved this way; other parents have responded thusly; welcome to the community of therapeutic and joyful adoptive families." --Melissa Fay Greene, author of *There is No Me Without You: One Woman's Odyssey to Rescue Africa's Children* Brain Health From Birth Nurturing Brain Development During Pregnancy and the First Year Raising a bright and happy child starts during pregnancy and early infancy, when small changes can have a big impact on brain development. By taking advantage of this golden window of opportunity--when millions of new brain cells are formed every single day--you can help support your child's IQ, language development, memory, attention span, and emotional regulation. Importantly, the same strategies that nurture these cognitive abilities can also help reduce the odds of autism and ADHD, conditions that now impact 1 in 10 children. Brain Health

from Birth is your guide to this new scientific frontier, explaining which key nutrients may be missing from your prenatal supplement, how to reduce the odds of preterm birth, what to look for in a formula, how to support your baby's microbiome, and much more. With contributions from leading obstetricians and pediatricians, science writer Rebecca Fett (author of the bestselling fertility book *It Starts with the Egg*) brings you practical advice you can start applying today, to help your baby thrive. *From First Kicks to First Steps Nurturing Your Baby's Development from Pregnancy Through the First Year of Life* [McGraw Hill Professional](#) Innovative ways parents can nurture their child's development even before birth Most expectant parents can't wait to get to know the mysterious little person who will be arriving. Now parents can find out what's really going on in there and start nurturing their baby's development during pregnancy with the help of *From First Kicks to First Steps*. Beautifully written by a pioneering pediatrician, this groundbreaking book focuses on the transition between pregnancy and the first year to help parents give their baby the very best start in life. Dr. Alan Greene answers such common parental concerns as: Do babies dream before birth? What can parents do during pregnancy to help their babies later in life? Can babies become better sleepers even before they're born? Does taking fluoride help or hurt? And much more! *The Importance of Fathers in the Healthy Development of Children* [Natural Family Living](#) *The Mothering Magazine Guide to Parenting* [Simon and Schuster](#) A practical, expansive guide to natural parenting features plentiful advice and instruction on how to raise intelligent, welladjusted children the natural way. Original. *The Yoga of Pregnancy Week by Week Connect with Your Unborn Child through the Mind, Body and Breath* [Simon and Schuster](#) Focusing on creating a conscious union with the growing baby in utero, this detailed guide introduces a practice of weekly meditations, yoga, and affirmations that reflect the developmental and physiological changes taking place both inside and outside the womb. The book enhances the experience of pregnancy and prepares mothers physically, emotionally, and spiritually for child birth and motherhood. Beginners to yoga as well as regular practitioners will learn unique approaches and proper techniques that initiate a healthful, purposeful connection with the mother's own body and with her unborn child. *The Birth Of A Mother How The Motherhood Experience Changes You Forever* [Basic Books](#) As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values. As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book. Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby. The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words. *The Nurturing Parenting Programs Parenting Advice for New Parents on Newborn Care and Raising Smart Kids; Simple Strategies on Nursing, Brain Development, Proper Care and Nurturing Your Newborn* [Createspace Independent Publishing Platform](#) This e-book will aims to provide parents, particularly new parents information, tips as well as advice on parenting specifically targeted for babies till they reach the age of 2 years old. These early years of development are the most crucial for the baby entering a new world filled with new things to learn and discover. What do you do as parents? Where do you begin? What do you feed the child? What advice should you follow? There are plenty of advice out there on how to take care of newborns- this book will aim to provide a holistic and universal guideline in helping parents get the whole parenting thing down to a pat. This book also includes a crucial but often overlooked aspect of parenting- the role of the father. How the father can help and be more inclusive with child-rearing and how the father helps the pregnant mother. Not only there, there is a topic that focuses solely on how the father helps with bonding with his child. We hope this book will give you easy and simple solutions as well as advice, tips and tricks to help with taking care and nurturing your newborn in the first few years of their lives. *The Eternal Mark of a Mom Shaping the World through the Heart of a Child* [NavPress](#) A nurturing mother is vital to the character and future of a child. But what is a nurturing mother? Linda Weber describes in detail how important it is for moms in all situations to focus on nurturing the hearts and souls of their children, and she shows them how to do so. By sharing encouraging true stories—including her own—and new research, Weber offers moms a detailed and updated rationale that defends the value of motherhood while urging women to embrace the value and power of their role. *Nurture A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body* [Chronicle Books](#) "What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." -Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything

from the beginning months of pregnancy to the baby's first weeks. This empowering book includes:

- Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment.
- More than 40 charming and helpful illustrations, charts, and lists can be found throughout.
- Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more.

Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

**Child Neglect A Guide for Prevention, Assessment, and Intervention** More Than Genes What Science Can Tell Us About Toxic Chemicals, Development, and the Risk to Our Children [Oxford University Press](#) We are all shaped by our genetic inheritance and by the environment we live in. Indeed, the argument about which of these two forces, nature or nurture, predominates has been raging for decades. But what about our very first environment--the prenatal world where we exist for nine months between conception and birth and where we are more vulnerable than at any other point in our lives? In **More Than Genes**, Dan Agin marshals new scientific evidence to argue that the fetal environment can be just as crucial as genetic hard-wiring or even later environment in determining our intelligence and behavior. Stress during pregnancy, for example, puts women at far greater risk of bearing children prone to anxiety disorders. Nutritional deprivation during early fetal development may elevate the risk of late onset schizophrenia. And exposure to a whole host of environmental toxins--methylmercury, polychlorinated biphenyls (PCBs), dioxins, pesticides, ionizing radiation, and most especially lead--as well as maternal use of alcohol, tobacco, marijuana, or cocaine can have impacts ranging from mild cognitive impairment to ADHD, autism, schizophrenia, and other mental disorders. Agin argues as well that differences in IQ among racial, ethnic, and socioeconomic groups are far more attributable to higher levels of stress and chemical toxicity in inner cities--which seep into the prenatal environment and compromise the health of the fetus--than to genetic inheritance. The good news is that the prenatal environment is malleable, and Agin suggests that if we can abandon the naive idea of "immaculate gestation," we can begin to protect fetal development properly. Cogently argued, thoroughly researched, and accessibly written, **More Than Genes** challenges many long-held assumptions and represents a huge step forward in our understanding of the origins of human intelligence and behavior.

**The Ethics of Pregnancy, Abortion and Childbirth Exploring Moral Choices in Childbearing** [Routledge](#) **The Ethics of Pregnancy, Abortion and Childbirth** addresses the unique moral questions raised by pregnancy and its intimate bodily nature. From assisted reproduction to abortion and 'vital conflict' resolution to more everyday concerns of the pregnant woman, this book argues for pregnancy as a close human relationship with the woman as guardian or custodian. Four approaches to pregnancy are explored: 'uni-personal', 'neighborly', 'maternal' and 'spousal'. The author challenges not only the view that there is only one moral subject to consider in pregnancy, but also the idea that the location of the fetus lacks all inherent, unique significance. It is argued that the pregnant woman is not a mere 'neighbor' or helpful stranger to the fetus but is rather already in a real familial relationship bringing real familial rights and obligations. If the status of the fetus is conclusive for at least some moral questions raised by pregnancy, so too are facts about its bodily relationship with, and presence in, the woman who supports it. This lucid, accessible and original book explores fundamental ethical issues in a rich and often neglected area of philosophy in ways of interest also to those from other disciplines.

**Bonding Before Birth Prenatal Nurturing for Your Baby** [Penguin](#) **Bonding Before Birth** combines up-to-the-minute research with enlightened and compassionate wisdom. This book explores what science knows about babies in the womb and explains why mother-baby bonding is so vital for the future well-being of mother, father, and baby. Dr. Miriam Stoppard writes about the feelings that expectant parents experience during the first, second and third trimesters and promotes the significance of rites of passage through pregnancy, from adjusting to the changes that parenthood brings to celebrating your future as a family. The emotional and psychological elements of pregnancy are often overlooked in favor of hard facts and scientific evidence. This book redresses the balance and turns its attention to the conflicting feelings of exhilaration and anxiety, dreams and fears that so often characterize the nine months of pregnancy and gives parents-to-be inspiring guidance through these uncharted waters.

**Nurturing Your Baby's Soul A Spiritual Guide for Expectant Parents** [SCB Distributors](#) "What can you do to increase your child's potential before he or she is born? And Is it possible to communicate with the soul of your unborn child? **Nurturing Your Baby's Soul** offers essential insights into the inner life of the unborn child. It gives practical spiritual techniques and meditations you can use to help develop your baby's unique gifts. This inspiring guide for spiritual parenting reveals how you can bond and communicate with your baby's soul before birth, prepare yourself spiritually for parenting, improve your relationships and spiritualize your marriage. It also explores how you can practice prayer, meditation and affirmations for the conception and protection of that special soul you want to bring into your life, how you can use sound, music and art to transform the body, mind and soul of your unborn child, and how you can help your child reach their highest potential and fulfill their life's mission. Includes charts, illustrations, recommended music selections, meditations, visualizations and affirmations."

**How to Build Your Baby's Brain A Parent's Guide to Using New Gene Science to Raise a Smart, Secure, and Successful Child** [Simon and Schuster](#) Your child's DNA is not destiny; you are at the helm, guiding their course. The truth is, nature and nurture are in a delicate dance—if one goes too fast, the other one falls. Science tells us that early childhood experiences have the capacity to structure and alter the brain. That means you didn't just supply your child's DNA—you're still

shaping it. And it's only by wielding this power that your child will activate their full potential. You are truly a gene therapist; manipulating and guiding your child's genetic makeup based on the experiences you create for them. Contrary to what modern parenting trends have told us, parenting is much simpler than we dared to imagine. Great parenting comes down to one mission: to be prepped and present for the windows of your child's development so that you can take full advantage of them and help your child become a smart, successful, self-sufficient adult. It doesn't require formal training or a fancy degree—all it takes is getting involved. Once parents learn how to flip the right gene "switches," they can expand the limits of their child's potential and lay the emotional and intellectual groundwork that allows them to seize opportunities for success fearlessly, naturally, and enthusiastically. With a PhD. in education and a second in psychology, and forty years of experience as an educator, Dr. Gross combines an understanding of childhood development with practical and realistic tools to teach parents how to best take advantage of their child's developmental windows. *How to Build Your Baby's Brain* translates the results from scientific studies about expanding consciousness and performance into day-to-day interaction between parents and children. *Vegetarian & Vegan Mother and Baby Guide* [Viva!](#) *Risking the Future Adolescent Sexuality, Pregnancy, and Childbearing* [National Academies Press](#) More than 1 million teenage girls in the United States become pregnant each year; nearly half give birth. Why do these young people, who are hardly more than children themselves, become parents? This volume reviews in detail the trends in and consequences of teenage sexual behavior and offers thoughtful insights on the issues of sexual initiation, contraception, pregnancy, abortion, adoption, and the well-being of adolescent families. It provides a systematic assessment of the impact of various programmatic approaches, both preventive and ameliorative, in light of the growing scientific understanding of the topic.