



API - Canton

Attachment Parenting International

January 2007 Newsletter

*This issue is dedicated in loving memory to Miles Harwell, a tiny boy
but a great blessing to all who knew him.*

API Bibliography: Recommended Books

The API Bibliography is a collection of books that each support one or more of the ideals of Attachment Parenting. It is presented as a resource to help families investigate, embark upon, or continue their personal journey of Attachment Parenting. No one book can offer a complete study of Attachment Parenting or of specific API Ideals. Different books offer alternative perspectives on the same concepts and may resonate more clearly for some families than others. For optimal support and inspiration, API highly recommends that families read multiple books listed in the API Bibliography, discuss concepts and tools with other Attachment Parenting families, and listen to their own instincts and intuition regarding the unique needs of their children and family. For more information about the API Bibliography please visit the website at www.attachmentparenting.org.

While these books contain valuable information, they may also include some passages that do not follow API Philosophy. For example, API does not support any reference to spanking or hurting children. Please use your own discretion in reading these books or in considering any parenting philosophy. The list that follows is by no means exhaustive and many books overlap in each of the areas. See the website for a more complete list.

*Denotes books that are in our own library and are available to borrow.

**Not in our library, but see Dedra if you wish to borrow.

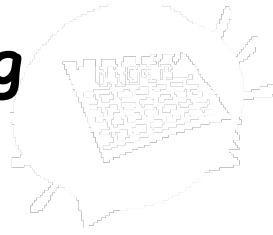
General Attachment Parenting Information:

**The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby* by Sears, William, MD, and Martha Sears, RN

**Attachment Parenting: Instinctive Care for Your Baby and Young Child* by Granju, Katie Allison, and Betsy Kennedy

(con't on p.2)

Upcoming Events



Jan. 25 - Evening AP Meeting
from 6 - 8 p.m. at The
Breastfeeding Center.

API-Canton meets the second
Tuesday morning of every month
from 10:00 a.m. - 12:00 at The
Breastfeeding Center in Massillon.

Contacts:

API-Canton Co-Leaders:

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Secretary & Newsletter Info:

Dedra Keoshian - dedrakeo@yahoo.com

Book & Sling Librarian:

Jennifer Hall - halljene@muc.edu



PLEASE
remember to
return any
slings or

books that you have
borrowed so that others
may borrow them.

****Our sling library is no
longer available.****

Membership Corner

Did You Know?

API memberships are tax-deductible!
So, if you joined last year, you will be able
to take an exemption on your taxes this
year! Here are the lucky families that can
get a little bit more on their return:

The Singree Family
The Dunnerstick Family
The Keoshian Family
The Corey/Hall Family
The Kemp Family
The Mullane Family

Welcome new members:
The Garrett Family



Websites:

Attachment Parenting International:
www.attachmentparenting.org

API-Canton Home Page:
<http://www.orgsites.com/oh/apicantoncircle/index.html>

API-Canton Discussion Forum:
<http://apicanton.org/index.php>

The Breastfeeding Center:
<http://www.thebreastfeedingcenter.com>
2800 Lincoln Way East (front door faces Elizabeth
Ave)
Massillon, OH
330-837-0220

(con't from p.1)

General Attachment Parenting Information Continued:

The Continuum Concept: In Search of Happiness Lost by Liedloff, Jean Addison

Hold on to Your Kids: Why Parents Need to Matter More Than Peers by Neufeld, Gordon, MD, and Gabor Maté

Ideal # 1: Preparation for Childbirth

The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth by Sears, William, MD, and Martha Sears, RN

A Guide to Effective Care in Pregnancy and Childbirth, 3rd Edition

The Pregnancy Book: Month-by-Month, Everything You Need to Know from America's Baby Experts by Sears, William, MD, and Martha Sears, RN

The Thinking Woman's Guide to a Better Birth by Goer, Henci

Ideal # 2: Emotional Responsiveness

**Connection Parenting: Parenting Through Connection Instead of Coercion, Through Love Instead of Fear, 2nd Edition* by Leo, Pam

Nonviolent Communication: A Language of Life: Create Your Life, Your Relationships, and Your World in Harmony with Your Values by Rosenberg, Marshall B.

Playful Parenting by Cohen, Lawrence J.

***Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason* by Kohn, Alfie

Why Love Matters: How Affection Shapes a Baby's Brain by Gerhardt, Sue

Ideal # 3: Breastfeed Your Baby

The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solution Guide to Breastfeeding from the Foremost Expert in North America by Newman, Jack, MD, and Teresa Pitman

**The Womanly Art of Breastfeeding, 7th Revised Edition* by La Leche League International

(con't on p.4)

Ideal # 4: Babywearing and Nurturing Touch

Becoming Attached: First Relationships and How They Shape Our Capacity to Love
by Karen, Robert

Bonding: Building the Foundations of Secure Attachment and Independence by Klaus, Marshall H., MD, et al.

A Secure Base: Parent-Child Attachment and Healthy Human Development by Bowlby, John

The Vital Touch: How Intimate Contact With Your Baby Leads to Happier, Healthier Development by Heller, Sharon

Ideal #5: Nighttime Parenting

**The Family Bed* by Thevenin, Tine

Good Nights: The Happy Parents' Guide to the Family Bed (and a Peaceful Night's Sleep!)
by Gordon, Jay, MD, and Maria Goodavage

**Nighttime Parenting: How to Get Your Baby And Child to Sleep* by Sears, William, MD

Sweet Dreams: A Pediatrician's Secrets for Baby's Good Night's Sleep by Fleiss, Paul, MD

Ideal #6: Avoid Frequent or Prolonged Separation

**The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two* by Sears, William, MD, and Martha Sears, RN

Being There: The Benefits of a Stay-At-Home Parent by Fox, Isabelle

Ideal #7: Use Positive Discipline

The Discipline Book: How to Have a Better Behaved Child from Birth to Age Ten by Sears, William, MD, and Martha Sears, RN

**How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Faber, Adele, and Elaine Mazlish

Ideal #8: Maintain Balance in Your Family Life

Everyday Blessings: The Inner Work of Mindful Parenting by Kabat-Zinn, Jon, and Myla Kabat-Zinn

Shelter for the Spirit: Create Your Own Haven in a Hectic World by Moran, Victoria