

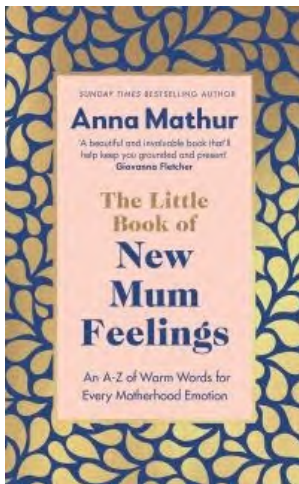
Reading Well for families book list

Click the book titles to reserve online (you will need [your borrower number and PIN](#)).

Becoming a family – your wellbeing

The Little Book of New Mum Feelings

Anna Mathur



The Little Book of New Mum Feelings' will share advice and support on issues that new mothers face, from A for Anger, to I for Insomnia, providing an empowering pep talk for those days when new mothers need it most. Psychotherapist and mother of three, Anna Mathur, will support readers through the rollercoaster of feelings that come with being a new mum and provide expert advice based on her own professional and personal experiences.

Mindful new mum: meditation, yoga, visualization, natural remedies, nutrition: a mind-body approach to the highs and lows of motherhood

Dr Caroline Boyd

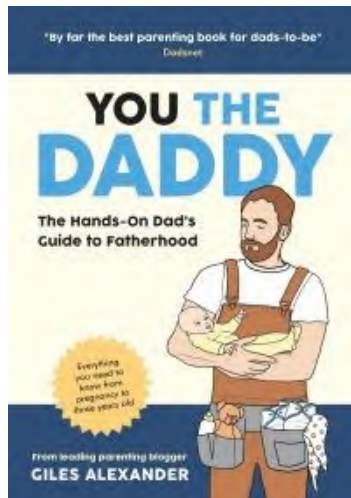


From birth to your baby's first steps, this book will support you to open your heart to the highs and lows of mothering and adjust to your new role. It offers everyday meditations and visualisations, postnatal yoga, natural remedies, and nutritional advice to help you care for yourself with the same love and commitment you give your precious baby.

Compassionate, evidence-based psychological ideas from clinical psychologist and mum, Dr Caroline Boyd, will ground you amid the storms, enhancing everyday connections to you, your baby, and the world around you both.

You the daddy: the hands-on dad's guide to fatherhood

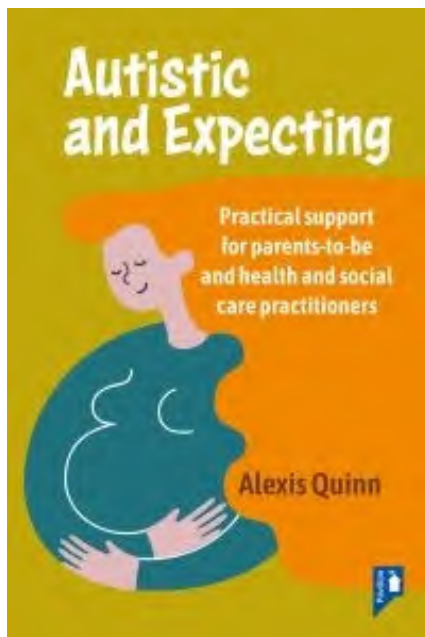
Giles Alexander



A modern-day parenting guide for dads-to-be, packed with insider tips, practical advice and honest accounts of dad life. Split into digestible chapters for readers who are short on time and need a helping hand, this book covers all the stages of pregnancy, birth and the early years of parenthood, up until your baby's three.

Autistic and expecting: Practical support for parents to be, and health and social care practitioners

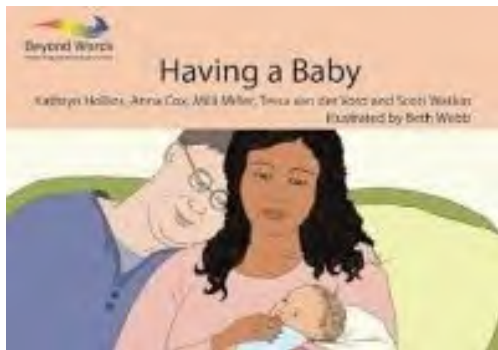
Alexis Quinn



'Autistic and Expecting' is the first book of its kind to be written specifically for autistic parents, whilst also providing essential reading for health and social care practitioners, enabling them to provide reasonably adjusted care with the best outcomes for autistic people and their babies. Written by an autistic mother who experienced a mental health crisis following a poorly supported pregnancy and childbirth, she gives voice to the experiences of many autistic parents in order to address the issues they collectively and uniquely face.

Having a baby

Kathryn Hollins, Anna Cox, Milli Miller, Tessa van der Vord, Scott Watkin; illustrated by Beth Webb



Having a baby is a big life change for everyone. This book shares stories about two families. We meet them on their journey through pregnancy, childbirth and the exciting first few days of getting to know their new baby. Parents-to-will find the stories helpful so they can think about what happens during pregnancy and childbirth. Mums and Dads will enjoy beginning to understand how

to find out what their new-born baby needs. The stories will also be useful for children, young people and adults so they can learn more about what is involved in being pregnant, becoming a parent and caring for a baby.

OMG it's twins: get your twins to their first birthday without losing your mind

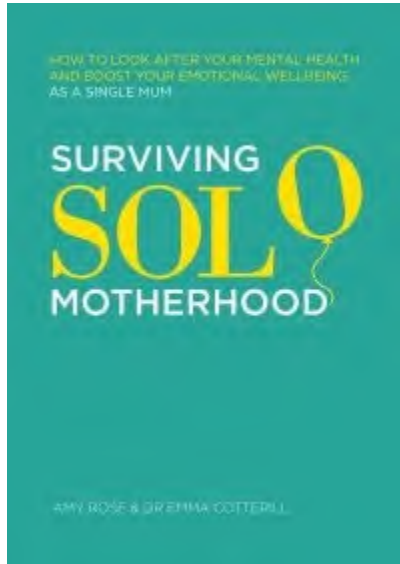
Alison Perry



As a twin mum herself, award-winning parenting blogger and podcaster Alison Perry has first-hand experience with the emotional rollercoaster of having two babies at once. This warm, reassuring book will guide you from the moment you find out, through the pregnancy, birth and beyond. Combining expert advice from midwives, psychotherapists, nutritionists, parenting experts and breastfeeding specialists and more with Alison's own experiences, as well as relatable anecdotes from other twin mums, it addresses topics including accepting your changing body, the logistics of feeding two babies, and wondering whether you will ever sleep again!

[Surviving solo motherhood: how to look after your mental health and boost your emotional wellbeing as a single mum](#)

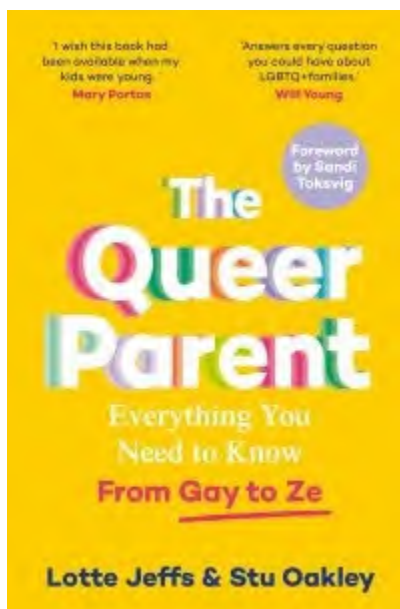
Amy Rose, Emma Cotterill



Whether you're single by choice or not, becoming a single mother is mentally exhausting. And in a world where negative stereotypes are still rife, it can be difficult to ask for help. This is where 'Surviving Solo Motherhood' steps in, offering emotional support to single mothers of any aged child. Journalist Amy Rose and clinical psychologist Dr Emma Cotterill draw upon the lived experiences of the single parent community and look closely at the effect single-parent life can have on your mental health. Each chapter focuses on a different emotional state, and includes personal, lived experience an array of single mothers from various backgrounds, as well as psychological support and tools.

[The queer parent: everything you need to know from gay to ze](#)

Lotte Jeffs, Stuart Oakley

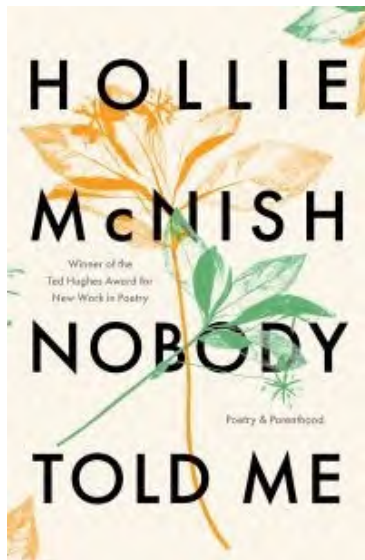


This informative, funny and empowering book from the hosts of the award-winning podcast *Some Families* is the must-have parenting toolkit for the LGBTQ+ community, their friends, family and allies, now with an introduction by Sandi Toksvig.

LGBTQ+ people have more options than ever before when it comes to starting a family, but a lack of both focused information and mainstream representation can leave parents, prospective parents, friends and relatives in the dark.

Nobody told me: Poetry and Parenthood

Hollie McNish

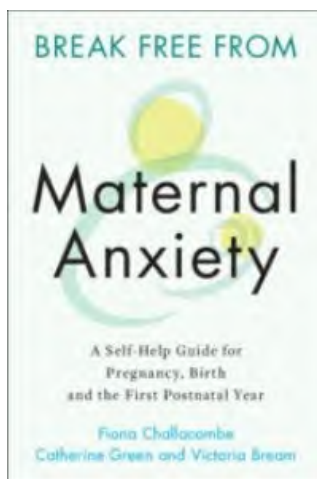


There were many things that Hollie McNish didn't know before she was pregnant. How her family and friends would react; that Mr Whippy would be off the menu; how quickly ice can melt on a stomach. These were on top of the many other things she didn't know about babies: how to stand while holding one; how to do a poetry gig with your baby as a member of the audience; how drum'n'bass can make a great lullaby. And that's before you even start on toddlers. How to answer a question like 'is the world a jigsaw?'; dealing with a ten-hour train ride together; and how children can be caregivers too. But Hollie learned. And she's still learning, slowly.

Mental health

Break free from maternal anxiety: a self-help guide for pregnancy, birth and the first postnatal year

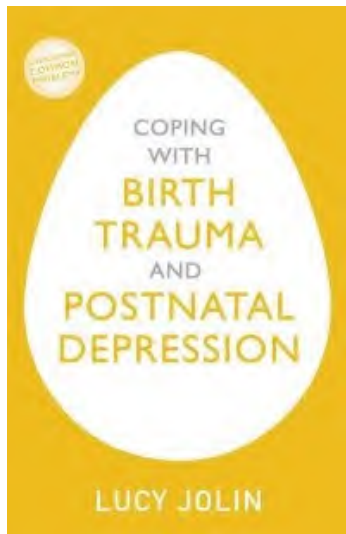
Fiona Challacombe



Severe anxiety affects a huge number of women in pregnancy and the postnatal period, making a challenging time even more difficult. You may be suffering from uncontrollable worries about pregnancy and birth, distressing intrusive thoughts of accidental or deliberate harm to the baby, or fears connected to traumatic experiences. This practical self-help guide provides an active route out of feeling anxious.

Coping with birth trauma and postnatal depression

Lucy Jolin

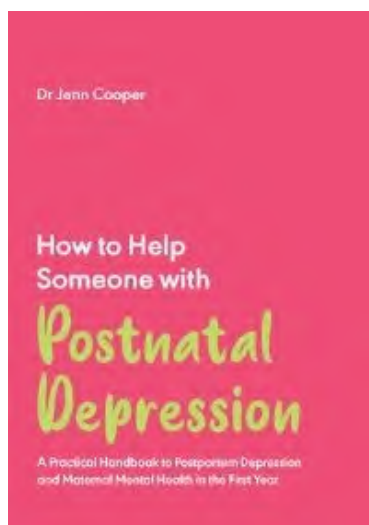


Children are wonderful. That's why we have them. But what about the negative feelings that are the flip side of motherhood? When you are bruised, battered or worse after the birth, and feel that life has been reduced to a cycle of feeding and changing, of lonely days and endless nights?

Many women feel traumatised by childbirth, with feelings of fear, guilt, anxiety, and symptoms such as flashbacks, nightmares and persistent memories of birth. This text explores how to cope with such feelings, and how to make a successful and happy adjustment to motherhood, even when it doesn't come naturally at first.

How to Help Someone with Post Natal Depression

Dr Jenn Cooper



If you are watching your partner, daughter, sister or friend struggle through postnatal depression (PND), it can leave you feeling powerless and unsure how best to help. This book shows you how to best support your loved one in this overwhelming and frightening time.

Specialist maternal mental health psychologist Dr Jenn Cooper first explains what PND is and what it might look like. In many cases, the initial challenge is identifying that your loved one is struggling with something more than the 'baby blues'.

Hello baby, goodbye intrusive thoughts: stop the spiral of anxiety and OCD to reclaim wellness on your motherhood journey

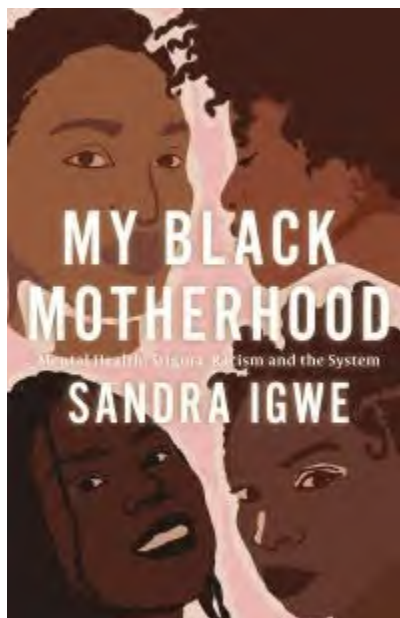
Jenny Yip



Many parents envision pregnancy and birth as occasions for celebratory joy, but it can also be a difficult and demanding experience that leads many women to physical exhaustion, mental fatigue, and ultimately, chronic burnout. While women are regularly screened for and educated about postpartum depression at prenatal and postnatal care visits, most are not screened for anxiety or obsessive-compulsive disorder (OCD). If you're experiencing anxiety or OCD, this gentle guide can help you find peace from worry, get unstuck from scary thoughts, and start focusing on the beautiful journey ahead of you.

My Black motherhood: mental health, stigma, racism and the system

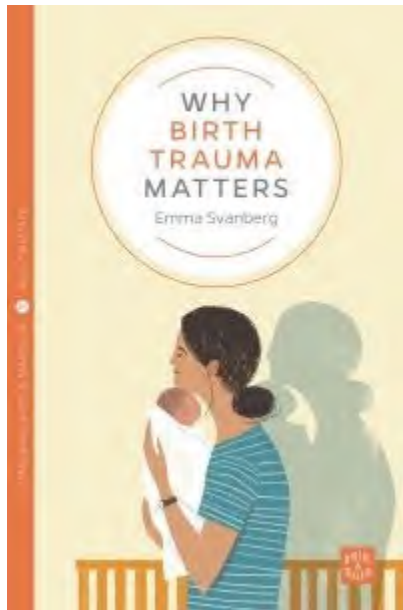
Sandre Igwe



Black women are at higher risk of developing postnatal depression but are the least likely to be identified as depressed. Sharing the voices of other mothers, Sandra examines how culture, racism, stigma and a lack of trust in services prevent women getting the help they need. Breaking open the conversation on motherhood, race, and mental health, she demands that Black women are listened to, believed, and understood.

Why Birth Trauma Matters

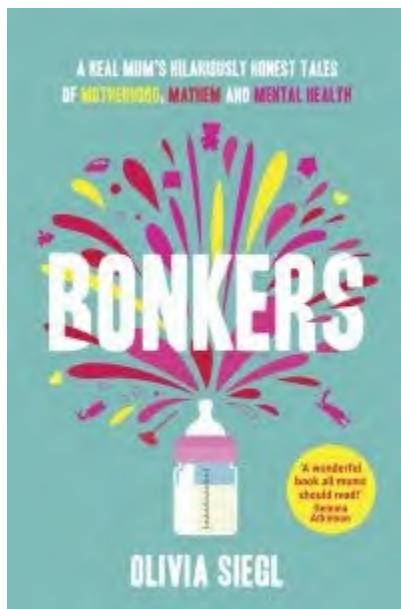
Emma Svanberg



Informative, pocket-sized guide to accompany women in their recovery from birth-related trauma. When we think about trauma and PTSD we tend to think about war and conflict. But around a third of women feel some part of their birth was traumatic. This experience can impact on their mental and physical health, their relationships and future plans. In *Why Birth Trauma Matters*, Dr Emma Svanberg, clinical psychologist and co-founder of Make Birth Better, explores what happens to those who go through a bad birth. She explains in detail how birth trauma occurs, examines the wide-ranging impact on all of those involved in birth, and looks at treatments and techniques to aid recovery.

Bonkers: health: a real mum's hilariously honest tales of motherhood, mayhem and mental health

Olivia Siegl



A non-judgemental guide to being a mum, which discusses motherhood and parenting in a fresh and fun way. From a mother of two who deals daily with the realities of modern motherhood. *A Real Mum's Hilariously Honest Tales of Motherhood, Mayhem and Mental Health* You see, pre-motherhood I had this image of the sort of motherhood I was going to have. Happy, confident and in total control, breezing through my perfect new mum life, clad in white linen with a smiley easy-going baby attached to my hip. But then, something happened.

What have I done? Motherhood, mental illness and me

Laura Dockrill

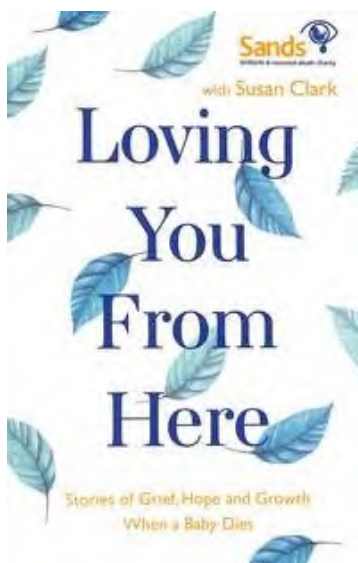


Laura Dockrill had an idyllic pregnancy and couldn't wait to meet her new baby. But as she went into labour things began to go wrong and Laura started to struggle. A traumatic birth, anxiety about the baby, sleep deprivation, a slow recovery - all these things piled up until Laura felt overwhelmed. As many as 8 out of 10 new mums struggle in the weeks after birth. In Laura's case these feelings escalated scarily quickly into post-partum psychosis. She became paranoid and delusional and had to be institutionalised for a fortnight without her baby. Throughout this time, she was haunted by a sense of: 'What have I done?'. Laura's experience was devastating but this is a hopeful book. Not only has Laura slowly recovered she has come out the other side stronger and more assured about parenting on her own terms.

Coping with loss

Loving you from here: stories of grief, hope and growth when a baby dies

Sands with Susan Clark



'Loving You From Here' explores the traumatic impact of losing a baby through stillbirth and neonatal death. It features the moving stories of multiple families; some affected recently, some decades ago, but still living with the loss. The book is a practical guide for grieving parents in the grips of tragedy, and those around them who want to be able to offer support.

This profound and insightful book will help everyone impacted by the loss of a baby - before, during or after birth - including those who have suffered an early or a late miscarriage and those who have had an ectopic pregnancy.

The worst girl gang ever: a survival guide to navigating miscarriage and pregnancy loss

Bex Gunn, Laura Buckingham.



Following pregnancy loss, it can feel like you've forgotten how to speak and need to learn a new language. You can tell your story to a room full of people but if no-one speaks this new language, they won't understand. They will try but ultimately, they won't fully grasp what you are saying.

This is us. This is our new language. It is a language built from pain, and it is a language we need to teach others. Welcome to our gang.

How to help someone after a miscarriage: a practical guide to supporting someone after a miscarriage, molar or ectopic pregnancy

Clare Foster



It is heartbreaking to learn that your loved one has experienced a miscarriage or molar or ectopic pregnancy. Be it a friend, child or your own partner, it can be hard to know what to say, or how best you can help. Should you mention the baby or avoid all topics that relate to children? How can you be there for your partner as they grieve, while dealing with your own emotions? What if you're pregnant and it's your best friend that has experienced a loss? What if you say the wrong thing? This accessible guide provides evidence-based advice on supporting someone after a miscarriage, ectopic or molar pregnancy.

No one talks about this stuff: twenty-two stories of almost parenthood

Kat Brown



No One Talks About This Stuff is a support group for almost-parents. A place to share their journeys of loss and limbo, to confront social pressure and to find courage in the darkness of tragedies which happen every day yet are brushed under the carpet.

This captivatingly beautiful, profound and honest anthology opens a much-needed conversation about society, family and honouring the missing children we will never forget.