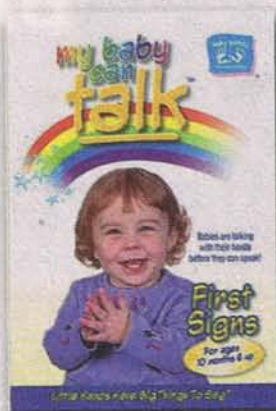


**KID WRANGLING:  
THE REAL GUIDE TO CARING FOR BABIES,  
TODDLERS AND LITTLE KIDS**

By Kaz Cooke

Ten Speed Press, 2004, \$19.95

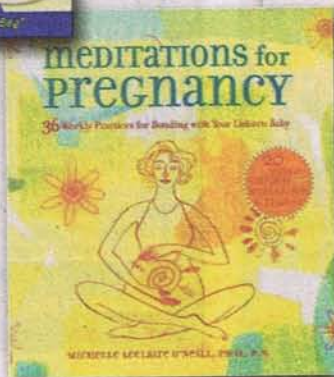
Don't let the heft of this volume fool you into thinking it's a tome. While filled with great advice and really just about everything you need to know to handle the first years, it's all written in hilarious tongue-in-cheek style. This book will help you to laugh when you find yourself cleaning up vomit (dog's or child's) from the middle of a mound of clean laundry — after nearly breaking your leg tripping over assorted toys in the room you used to think was reserved for company. Kaz Cooke might not tell you what to do in that situation, but her advice is solid for most baby- and toddler-related parenting questions.



**MY BABY  
CAN TALK**

Baby Hands  
Productions  
DVD, 45 minutes,  
\$19.95

Teaching your baby basic signs from American Sign Language has become so common, if you don't try, you'll probably be accused of depriving your baby of language. We don't think that's true, but it is a nifty idea — and enough babies are doing it, we're sure it works. In this video, each ASL sign is demonstrated both by a baby and an adult. It teaches the signs for the basic baby language that toddlers ages 10 months to 24 months need before they can say the words. This DVD is particularly helpful since it features a baby signing — and, as with spoken language, the signs babies make don't look exactly like their adult counterparts. Words presented include milk, book, car, cat, drink, eat and go.



**MEDITATIONS FOR PREGNANCY**

By Michelle LeClaire O'Neill

Andrews McMeel Publishing, 2004, \$14.95

Includes guided meditation CD

This little book written by a psychologist and pregnancy/birthing expert contains 36 meditations — one for each week of pregnancy — to help mothers relax and enjoy their pregnancy while bonding with their unborn child.

**FENG SHUI FOR THE NURSERY**

By Debra KeHer

Andrews McMeel Publishing, 2004, \$9.95

Feng shui is all the rage these days, and why not? You definitely want to design your nursery to attract positive energy and help your baby to be healthy, happy and wise. But you might not want to read a big, dense book about feng shui design. This one will do the trick for all but the most serious feng shui artists.

**FENG SHUI  
for the nursery**



**MOTHERWELL MATERNITY FITNESS PLAN**

By Bonnie Berk

Human Kinetics, 2005, \$17.95

A mix of yoga, Pilates and old-fashioned fitness advice written by the childbirth educator who developed this specialized program for expectant mothers and moms of newborns, the Motherwell program is not for the weak. This is a serious book that will seriously help you get ready for the birth experience and stay well, healthy and fit throughout pregnancy. Loaded with illustrations and descriptions of exercises, nutrition advice, breathing exercises, meditations, balancing exercises and more.

**MOZART FOR MY BABY**

Nurit Pacht

Sound Expectations

To be released in May

A virtuoso violinist, seven months pregnant, plays Mozart sonatas for violin and piano on an instrument made by Nicola Amati in 1678. A gift, you might say, to her unborn child — and soon, also, to yours. This lovely music may be presented for babies, but it's timeless, soothing and beautiful for moms, too. Find the recording at [www.soundexpectations.com](http://www.soundexpectations.com).

Ovulite

PERSONAL OVULATION MICROSCOPE

This little tool helps women to pinpoint the time during the month when they are most likely to become pregnant, using just their saliva and this little microscope. Ovulite is useful in two ways: To help you become pregnant if you want to be or to avoid getting pregnant if you don't. But don't count on this for either one. Think of it as guidance. Or inspiration.

