

"This is the perfect gift for any mom over thirty-five. If your girlfriends missed it, treat yourself to this reassuring and helpful been-there, done-that book of wisdom." —Valerie Davis Raskin, M.D., author of *Great Sex for Moms* and coauthor of *This Isn't What I Expected*



Midlife Motherhood

A Woman-to-Woman



Guide to Pregnancy
and Parenting



JANN BLACKSTONE-FORD, M.A.

Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting

Michael Seilmaier



Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting:

Midlife Motherhood Jann Blackstone-Ford, 2013-08-27 Hard won advice from women for women having children and becoming mothers at middle age The future doesn't frighten me but sometimes I wish there was help a type of midlife mom roadside assistance someone who would show up exactly when you need it and tell you how to handle the problem Janice Stewart mother at thirty nine to Joshua What's a woman to do when she's facing menopause toddlers and elder care all at the same time Offering humor warmth and frankness Midlife Motherhood is a handholding guide for the uninitiated providing insight on such thoughts as Common fears and concerns from Down's syndrome to being too old Fertility challenges and what to physically expect from pregnancy How to juggle postpartum demands parenting working caring for aging parents and all at once Getting back into shape Hot flashes and warm bottles coping with hormonal changes while caring for a new baby and more This is the perfect gift for any mom over thirty five If your girlfriends missed it treat yourself to this reassuring and helpful been there done that book of wisdom Valerie Davis Raskin M D author of Great Sex for Moms

Please Don't Let Me Be the Oldest Mom in the PTA Sharon O'Donnell, 2018-07-10 Motherhood is not what it used to be as more moms than ever before are having children later on in life This is the must have book for all moms who had a child after the age of 35 a group the medical profession not so kindly calls advanced maternal age Sharon O'Donnell writes about the humorous and poignant stories of having a child at 38 and how she discovered that breastfeeding and AARP membership aren't really all that far apart Sharon says being a mom of a certain age can be tough and rewarding and rather alarming when you realize that all the TV programs you watch have commercials for incontinence or the Scooter Store *Ready* Elizabeth Gregory, 2012-08-07 Over the past three decades skyrocketing numbers of women have chosen to start their families in their late thirties and early forties In 2005 ten times as many women had their first child between the ages of 35 and 39 as in 1975 and thirteen times as many had their first between 40 and 44 Women now have the option to define for themselves when they're ready for family rather than sticking to a schedule set by social convention As a society however we have yet to come to terms with the phenomenon of later motherhood and women who decide it makes sense for them to delay pregnancy often find themselves confronted with alarmist warnings about the dangers of waiting too long In *Ready* Elizabeth Gregory tracks the burgeoning trend of new later motherhood and demonstrates that for many women today waiting for family works best She provides compelling evidence of the benefits of having children later by birth or by adoption Gregory reveals that large numbers of women succeed in having children between 35 and 44 by the usual means one in seven kids born today has a mom in that age range and that many of those who don't succeed nonetheless find alternate routes to happy families via egg donation or adoption And they're glad they waited Without ignoring the complexities that older women may face in their quest to have children Gregory reveals the many advantages of waiting Stronger family focus Having achieved many of their personal and career goals new later moms feel ready to focus on family rather than trying to juggle priorities

More financial power New later moms have established careers and make higher salaries Greater self confidence New later moms have more career experience and their management skills translate directly into managing a household and advocating for their children More stable single parenting New later moms who are single have more resources High marriage rate On average 85 percent of new later moms are married lending stability to the family structure Longer lives Evidence indicates that new later moms actually live longer than moms who start their families earlier Based on in depth interviews with more than 100 new later moms and extensive collateral research Ready shatters the myths surrounding later motherhood Drawing on both the statistical evidence and the voices of the new later mothers themselves Gregory delivers surprising and welcome news that will revolutionize the way we think about motherhood

The Complete Book of International Adoption Dawn Davenport, 2008-12-10 The go to guide for everything you want to know about international adoption From the initial decision Is adoption right for you through returning home with your child How can you ease the transition The Complete Book of International Adoption takes parents step by step through the entire process of adopting a child from another country You will find An easy to understand analysis of the differences between domestic and international adoption Advice on choosing a country including 25 important factors to consider such as the waiting times involved and the estimated costs for each of the top placing countries with charts for easy comparison A detailed discussion of the potential health issues based on the latest research and interviews with doctors who specialize in international adoption Worksheets and a suggested system for preparing and organizing the extensive paperwork involved Parenting tips to enhance attachment and suggestions for addressing the issues that come up in raising an internationally adopted child Real parents stories and advice at every stage of the process Plus all of the information you need to select your agency plan financially prepare for the home study travel sensibly evaluate your child s health and integrate your new family More than just provide the facts The Complete Book of International Adoption also helps parents manage the emotional rollercoaster that comes with the territory Sensitive wise and often witty this book is a must have for any parent considering building their family through adoption From the Hips

Rebecca Odes, Ceridwen Morris, 2007-05-22 Drawing on the experiences of hundreds of real parents and the expertise of doctors midwives and other birth and baby pros this indispensable resource is filled with the most accurate and up to date information about having and caring for a baby including Decisions Decisions A judgment free breakdown of every major choice including prenatal testing natural vs medical childbirth circumcision breast or bottle feeding and work life options The Endless No What not to eat take and do when you re pregnant get the real facts behind the prohibitions I Want My Life Back Anxiety regret ambivalence and other rarely discussed postpartum emotions Parents and partners A look beyond the one size fits all approach to family with strategies for minimizing perfect parent pressure and managing your real life relationships through the changes Sorting Through the Voices A user friendly guide to the dueling gurus trendy techniques and conflicting theories that confuse new parents A forward thinking book that includes a wide range of voices and approaches From the

Hips reflects the many ways of being pregnant and parenting without suggesting that there is one right way

Other Kinds of Families Tammy Turner-Vorbeck, Monica Miller Marsh, 2007 This important book reconsiders the ways in which families are currently represented and addressed in school curriculum and culture It addresses such issues as the educational needs of gay and lesbian families the representation of adoption in children s literature and the experiences of homeless students and their families Includes questions for reflection and discussion at the end of each chapter Other Kinds of Families will help teachers to avoid making mistakes in their work with many different types of family diversity and will provide the knowledge and ideas important to working with all families Carl A Grant University of Wisconsin Madison Teachers researchers and policymakers will find thought provoking ideas engaging stories and practical strategies for including those who have typically been excluded from the conversation Sonia Nieto Professor Emerita University of Massachusetts Amherst Other Kinds of Families will enlarge your sense of humanity encourage you to rethink the meaning and importance of our most intimate relationships and change forever the way you see families everyone else s and your own William Ayers University of Illinois at Chicago

Subject Guide to Books in Print ,1996 The Wisdom of Menopause (4th Edition) Christiane Northrup, M.D., 2021-05-11 1 NEW YORK TIMES BESTSELLER The Bible of middle aged womanhood a masterwork The Atlantic Newly revised and updated for this fourth edition this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife and will continue to do so for generations to come As Dr Christiane Northrup explains the change is not simply a collection of physical symptoms to be fixed but a mind body revolution that brings the greatest opportunity for growth since adolescence The choices a woman makes now from the quality of her relationships to the quality of her diet have the power to secure vibrant health and well being for the rest of her life In this fourth edition Dr Northrup draws on the current research and medical advances in women s health including Up to date information on hormone testing and hormone therapy with new options and new research A whole new take on losing weight and training your mind to release extra pounds New insights on the relationship between thyroid Hashimoto s Disease and Epstein Bar Syndrome New less invasive and more effective fibroid treatments Which supplements are better than botox for keeping skin looking youthful How taking the supplement Pueraria mirifica can optimize many aspects of midlife health and wellness Why older women don t need the HPV vaccine With this trusted resource Dr Christiane Northrup shows that women can make menopause a time of personal empowerment emerging wiser healthier and stronger in both mind and body than ever before

Sex After Baby Kathleen Hamilton, 2007 After she had a baby at 39 Kathleen Hamilton s sexual desire dove overnight from Honey can we please have sex tonight I ve got a headache to nothing Zero Zip Nada It was an identity crisis None of the books and articles Kathleen could find came close to explaining why was lost her libido or how or when she might find it again No one around Kathleen talked openly about her experience balancing sex and motherhood until Kathleen asked Funny frank political and poignant Sex After Baby Why There Is None is Kathleen s quest to bring the surprise triple

orgasm back into her life Along the way the book reveals how Kathleen s questions about sex after baby among her friends and neighbours and favourite books brought her new unexpected understanding of women s sexuality and women s lives

The Complete Guide to Mental Health for Women Lauren Slater,Amy Banks,Jessica Henderson Daniel,2003-08-15 As women we know how important it is to take charge of our health care to be informed and proactive But too often we forget that our mental wellness is an integral part of our overall health The Complete Guide to Mental Health for Women is the definitive resource for women looking for answers to their mental health questions whether those questions concern a disorder like depression or adjusting to major life changes like motherhood or divorce Drawing on the latest thinking in psychiatry and psychology written for women of diverse backgrounds The Complete Guide to Mental Health for Women begins with Part One the life cycle helping women understand the major issues and biological changes associated with young adulthood middle age and old age Specific entries address the psychological importance of women s sexuality relationships motherhood childlessness trauma and illness and discuss how social contexts such as poverty and racism inevitably affect mental health Part Two explores specific mental disorders including those like postpartum depression related to times when women are particularly vulnerable to mental illness Part Three takes a closer look at biological treatments including the use of antidepressants and various types of psychotherapy from cognitive behavioral treatments to EMDR and beyond The Complete Guide to Mental Health for Women ends with a section on life enhancements because the activities that help us live fuller more vital lives are also essential to our mental health The Complete Guide to Mental Health for Women Draws on the knowledge and practical experience of more than fifty psychologists and psychiatrists Helps women think through the psychological challenges inherent in the life cycle from young adulthood through old age Focuses on key life issues from sexuality and relationships to trauma and racism Provides important information on mental disorders their biological treatments and psychotherapeutic interventions Includes a comprehensive list of psychotropic medications targeted reading suggestions crucial online resources and support groups The Complete Guide to Mental Health for Women covers what every woman should know about Aging What should I expect from menopause What do I need to know about the benefits and risks of hormone therapy Pregnancy How will becoming a mother change me How do I overcome postpartum depression Childlessness What if I don t want to be a mother Sexuality Is a female Viagra the solution to women s sexual complaints How does societal ambivalence about women s sexuality affect me Body Image and Eating Disorders Are all eating disorders a reaction to societal pressures to be thin Polypharmacy Why are some patients prescribed more than one type of psychotropic drug Is this overmedicating Finding a Psychotherapist How do I know if a therapist is right for me And how do I know what type of therapy I need Anger Why is it the most difficult emotion for many women to express EMDR What exactly is EMDR Is it a reputable therapy Depression and Anxiety What do I need to know about psychopharmaceuticals Does talk therapy help Complementary Treatments for Depression and Anxiety Does St John s Wort really work What else might help **New**

Books on Women and Feminism ,2003 Library Journal ,2006 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Towards Reproductive Certainty: Fertility and Genetics Beyond 1999: The Plenary Proceedings of the 11th World Congress** R. Jansen,D. Mortimer,1999-04-15 This is a forward looking clinical reference of definitive authority on today s headline controversies surrounding in vitro fertilization IVF and reproductive genetics Written by leading experts from medicine education psychology ethics counseling and other disciplines studying fertility and genetics the book contains nearly 70 chapters in seven sections The introductory section deals with biology business morality and society in IVF and reproductive genetics other sections focus on IVF outcomes personal ethics and business biology of the egg sperm and embryo implantation IVF and society and such 21st century topics as space travel and human reproduction the disappearing male and the future of motherhood Includes bibliographic references and index *The Savvy Woman's Guide to Menopause* Julia Schlam Edelman,2025-10-14 A practical guide to mastering menopause before during and beyond the change and thriving through the transition The Savvy Woman s Guide to Menopause is the definitive guide to navigating the physical mental and emotional changes associated with menopause With over 30 years of experience as a gynecologist and menopause clinician Dr Julia Edelman provides evidence based advice for managing symptoms and preventive health strategies through a variety of approaches including lifestyle adjustments hormonal and non hormonal treatments and alternative remedies This book empowers readers to understand the latest information about optimizing their health in midlife and beyond by addressing critical topics like cancer prevention and the impact of cultural medical and demographic factors on women s health as they relate to perimenopause menopause and postmenopause This guide features Practical strategies for managing hot flashes sleep disturbances mood changes memory challenges and other common menopause symptoms Comprehensive insights into hormonal and non hormonal treatments alternative remedies and precision medicine for personalized care Guidance on lifestyle choices and medical strategies to reduce the risk of cancer cardiovascular issues osteoporosis and diabetes Exploration of how age sex race and sexual orientation influence menopause experiences and treatment options Whether you re seeking relief from symptoms or looking to optimize your health during menopause and beyond this book offers insightful and compassionate guidance tailored to your unique journey Mothers as Keepers and Tellers of Origin Stories Kerri S. Kearney,2019-12-01 This collection presents diverse critical perspectives and discussion about the keeping or telling of children s originstories as a part of contemporary mothering labor The first two sections outline perspectives from mother authors about how they strategically craft complex origin stories for their child ren as well as how the telling and retelling of origin stories may be passed on as generational knowledge The third section discusses mothering and origin stories from multiple perspectives that of a father by adoption of single mothers positioning stories of absent fathers and a multi perspective chapter that includes a mother by adoption her adult child and her child s birthmother

Not Your Mother's Midlife Nancy Alspaugh, Marilyn Kentz, 2003-04-02 Provides ten practical recommendations to help women develop a confident and positive attitude to age with happiness rather than fear

Everything I Wish I Could Tell You about Midlife Mikala Albertson, MD, 2024-10-08 Guidance Reassurance Science Stories Practical tools Support Has this middle part of life left you wondering Is this it I thought it would get easier I thought I d have more figured out by now Something is wrong and I just can t put my finger on it Is it my thyroid Perimenopause Or is this just what midlife feels like Dr Mikala Albertson draws on her eighteen years in evidence based clinical practice as well as her own personal experience to offer real stories and current medical information on a wide range of topics common to women in their later thirties forties fifties and beyond Full of practical tools to empower you to care for and find healing in the body you actually have in this life you are actually living Everything I Wish I Could Tell You About Midlife digs deep into Preventive health and well being specific to YOU and your unique parameters Perimenopause mood disorders and body image as well as the harmful effects of cultural and societal expectations Co occurring life stressors like relationship issues caregiver expectations and shifting work motherhood roles Support systems purpose and healing in your one precious beautiful life Life is hard and today you may feel weary but there are steps you can take toward health growth and healing while discovering along the way There is beauty here too

The Psychology of Women's Health and Health Care Jo Campling, Paula Nicolson, Jane Ussher, 2016-07-27 The psychology of women s health is an area traditionally controlled by male orientated scientists psychologists and doctors Women by definition have been unquestioningly seen and treated as deviant from the male norm This model has been challenged by feminist historians and sociologists but not by psychologists who seem to have implicitly accepted the medical model and emphasised the pathology in women s behaviour and emotions In this book women s views and their experience of their own health and health care are taken seriously and analysed within a psychological and a feminist angle

Resources in Education ,1990

The Complete Idiot's Guide to a Healthy Relationship Judith Kuriansky, 2002 Reveals secrets for maintaining a good relationship with tips on keeping the passion alive coping with barriers recognizing a bad relationship and knowing when to call it quits

This book delves into Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting. Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting
 - Chapter 2: Essential Elements of Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting
 - Chapter 3: Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting in Everyday Life
 - Chapter 4: Midlife Motherhood A Woman To Woman Guide To Pregnancy And Parenting in Specific Contexts
 - Chapter 5: Conclusion
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