



## References and Resources

### Childbirth Education

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<http://www.arhp.org/publications-and-resources/patient-resources/fact-sheets>

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### Newborn Information

General newborn information: [www.thenewbornchannel.com](http://www.thenewbornchannel.com)

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*Whole Foods for Babies and Toddlers.* Margaret Kenda. Whole foods approach.

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*Emotionally Healthy Twins.* Joan Friedman. Explores challenges of parenting twins.