

## Help your child get ready to read

Babies of all ages love to watch and listen to the world around them. By sharing books, rhymes and songs, you are helping your baby take the important first steps towards language development and learning.

### Free programs and resources

Vancouver Island Regional Library offers:

- Babytime story telling\*
- Early literacy kits\*
- Free borrowing:
  - Picture books
  - Board books
  - DVDs
  - Music CDs
  - Online resources
  - and much more

If you need help making a selection, please ask a staff member for assistance.

\*Services may vary by library branch.

### How to get a free library card

If you live, go to school, or own property in the region served by Vancouver Island Regional Library, you qualify for a free library card; your baby can get his/her own card. Visit your nearest library branch or sign up online ([www.virl.bc.ca](http://www.virl.bc.ca), Join the Library).

Your library card entitles you to borrow or request materials free of charge from any of our 38 branch locations on Vancouver Island, Haida Gwaii, and Bella Coola on the Central Coast, as well as our 'virtual branch' ([www.virl.bc.ca](http://www.virl.bc.ca)).

## Vancouver Island Regional Library Branches

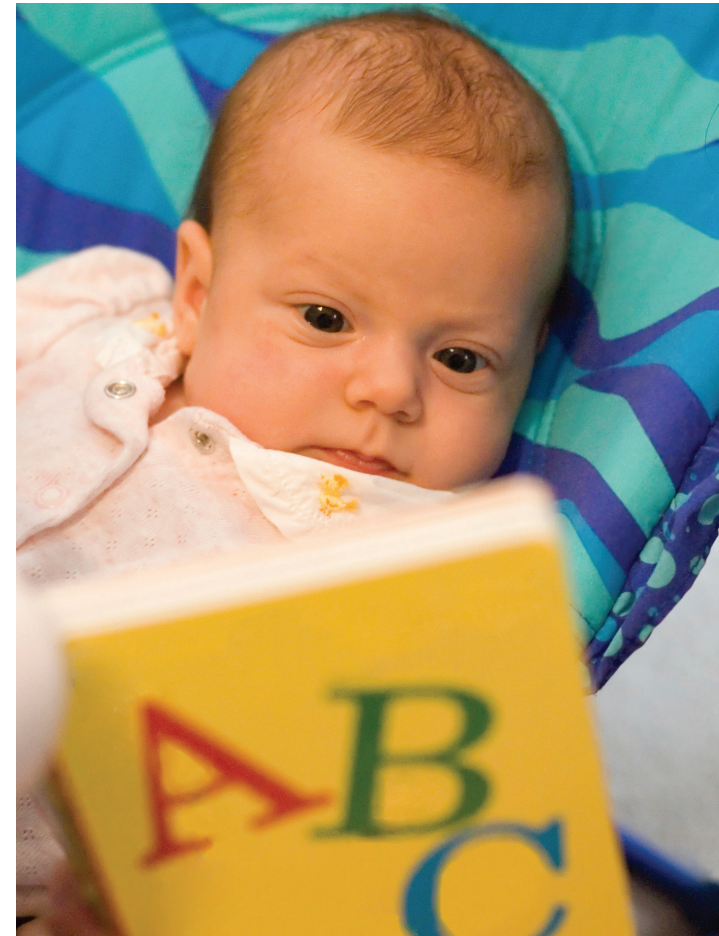
Bella Coola	250	799 • 5330
Bowser		757 • 9570
Campbell River		287 • 3655
Chemainus		246 • 9471
Comox		339 • 2971
Cortes Island		935 • 6566
Courtenay		334 • 3369
Cowichan (Duncan)		746 • 7661
Cowichan Lake		749 • 3431
Cumberland		336 • 8121
Gabriola Island		247 • 7878
Gold River		283 • 2502
Hornby Island		335 • 0044
Ladysmith		245 • 2322
Masset		626 • 3663
Nanaimo Harbourfront		753 • 1154
Nanaimo Wellington		758 • 5544
Parksville		248 • 3841
Port Alberni		723 • 9511
Port Alice		284 • 3554
Port Clements		557 • 4402
Port Hardy		949 • 6661
Port McNeill		956 • 3669
Port Renfrew		647 • 5423
Quadra Island		285 • 2216
Qualicum Beach		752 • 6121
Queen Charlotte		559 • 4518
Sandspit		637 • 2247
Sayward		282 • 5551
Sidney/North Saanich		656 • 0944
Sointula		973 • 6493
Sooke		642 • 3022
South Cowichan (Mill Bay)		743 • 5436
Tahsis		934 • 6621
Tofino		725 • 3713
Ucluelet		726 • 4642
Union Bay		335 • 2433
Woss		281 • 2263
Admin – Central Services		758 • 4697

### Vancouver Island Regional Library

Central Services, Box 3333, Nanaimo, BC V9R 5N3



# Taking care of baby



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See you at the library!

[www.virl.bc.ca](http://www.virl.bc.ca)

Strong Libraries ■ Strong Communities

Parenting is one of the most rewarding, yet challenging experiences of our lives. To help guide you along the way, you can find a wealth of free resources and programs at your local branch of Vancouver Island Regional Library. Here are some suggestions.

## Books

### General Guides

Brown, Sylvia

**Post-pregnancy handbook:** the only book that tells what the first year after childbirth is really all about – physically, emotionally, sexually

Cohen, Scott W.

**Eat, sleep, poop:** a complete common sense guide to your baby's first year

Douglas, Ann

**The mother of all parenting books:** an all-Canadian guide to raising a happy, healthy child from preschool through the preteens

Eden, Alvin N.

**Positive parenting:** raising healthy children from birth to three years

Murray, Linda

**The BabyCenter essential guide to your baby's first year:** expert advice and mom-to-mom wisdom from the most popular parenting website

Nee, Tekla S.

**The everything baby's first year book:** completely practical advice to get you and baby through the first 12 months

Newman, Jack & Pitman, Teresa

**The ultimate breastfeeding book of answers:** the most comprehensive problem-solving guide to breastfeeding from the foremost expert in North America

Sears, Robert

**Father's first steps:** 25 things every new dad should know

Wells, Erica & Regal, Lorraine

**The survival guide for rookie moms:** things you need to know that no one ever tells you

### Wellness and Fitness

Hogg, Tracy

**Secrets of the baby whisperer:** how to calm, connect, and communicate with your baby

Karp, Harvey

**The happiest baby on the block:** the new way to calm crying and help your baby sleep longer

Meredith, Sheena

**Your happy baby:** massage, yoga, aromatherapy, and other gentle ways to blissful babyhood

Pantley, Elizabeth

**The no-cry sleep solution:** gentle ways to help your baby sleep through the night

Parker, DeAnsin Goodson

**Yoga baby:** exercises to help you bond with your baby physically, emotionally, and spiritually

### Nutrition

Karmel, Annabel

**Top 100 baby purees:** 100 quick and easy meals for a healthy and happy baby

O'Donnell, Norah & Tracy, Geoff

**Baby love:** healthy, easy, delicious meals for your baby and toddler

Wagman, Jordan & Hillhouse, Jill

**Easy gourmet baby food:** 150 recipes for homemade goodness

### Games and Fun

Acredolo, Linda

**Baby minds:** brain-building games your baby will love

Blakemore, Caroline

**Baby read-aloud basics:** fun and interactive ways to help your little one discover the world of words

Dmitriev, Valentine

**Smart baby, clever child:** brain-building games, activities, and ideas to stimulate your baby's mind

Pitamic, Maja

**Child's play:** Montessori games and activities for your baby and toddler

Rowley, Barbara

**Baby days:** activities, ideas, and games for enjoying daily life with a child under three

### DVDs

**Baby's 1<sup>st</sup> months:** what do we do now?

**Happy signs day:** sign language for babies and toddlers

**Pregnancy:** from conception to caring for your newborn baby

### Magazines

*Mothering*, *Today's Parent* and *Parenting* are magazines available at many library branches.

### Other Information

We also have materials on topics such as single parenting, raising twins, teen parents, post-partum depression, raising the 'organic'/'green' baby, vaccines, recovering from caesareans, adoption, baby sign language, raising a vegetarian baby, and potty training. Search our online catalogue or ask for help to find information on these and other topics.