

Resources for TRANSITION TO PARENTHOOD AND SPECIAL NEEDS PARENTING

We live in a time of unprecedented access to information. We can ask almost any question and find an answer. When it comes to parenting, it can be overwhelming and confusing to sort through seemingly opposing information. This is especially true for parents navigating their child's medical challenges.

Below is a list of resources recommended by the providers at the UCLA Family Development Program. While this is not a comprehensive list, these books, websites, and podcasts offer sound advice that aligns with expert guidance.

***Early* by Sarah DiGreggorio**

Why we love it! ↪

In this book, Sarah DiGreggorio combines the history of neonatology and NICU science with her personal story as a NICU parent to help professionals and caregivers understand their experience more profoundly.

***Parenting From the Inside Out* by Mary Hartzell and Daniel Siegel**

Why we love it! ↪

In this book, Mary Hartzell and Daniel Siegel explore how our childhood experiences shape how we parent—something front of mind for many new parents.

***To Have and To Hold: Marriage, Motherhood, and the Modern Dilemma* by Molly Millwood**

Why we love it! ↪

Psychologist Molly Millwood's book tackles the psychological and relationship-related transformations of parenthood with honesty and wisdom.

***What No One Tells You: A Guide to Your Emotions From Pregnancy to Motherhood* by Alexandra Sacks and Catherine Birndorf**

Why we love it! ↪

This perinatal guidebook from reproductive psychiatrists Alexandra Sacks and Catherine Birndorf focuses on new moms' emotional and psychological experience.

Too Peas in a Podcast

Why we love it! ↪

Mandy and Kate, special needs moms who had babies in the NICU, host this sweet, supportive podcast especially for those whose parenting experience looks different from what they imagined.

