

Recommended reading

Finding good books and resources to read before, during or after fertility treatment can be a bit of a challenge. With this in mind, our counsellors have compiled a list of reading materials they recommend.

We have sorted this reading list by topic so if there are any topics not listed here that you would like reading recommendations for, please feel free to get in touch with our counselling team – any suggestions and ideas are always welcome.

Infertility experience

The Infertility Handbook, *Angela I. Hutchins*
Exisle Publishing

Trying to Conceive: True Stories of How Couples Overcame Infertility, *Michaela Ryan (Editor)*
Finch Publishing, Sydney, 2008

Inconceivable, *Ben Elton*, Bantam Press, London, 1999.
A fictional account of IVF and the basis for the film "Maybe Baby".

The Infertility Survival Guide, *Judith Daniluk*
New Harbinger Publications, California, 2001

Conquering Infertility, *Alice Domar*, Penguin, New York, 2002

Taking Charge of Your Infertility, *Kay Oke*
Melbourne IVF, 2000 (available through Melbourne IVF)

IVF & Beyond for Dummies, *Dr Karin Hammarberg*
Wiley Publishing Australia, 2010

Male infertility

How to Make Love to a Plastic Cup: A Guy's Guide to the World of Infertility, *Greg Wolfe*, Harper Collins, 2010

Swimming Upstream: The Struggle to Conceive
David Rawlings and Karen Looi, Peacock Publications
Adelaide, 2006

Adoption

Adoption New Zealand, *Sheryn Gillard-Glass and Jan England*, Harper Collins, Auckland, 2002

Moving on

Be Fertile with Your Infertility, *Christine Brannan and Winnie Duggan*, Bateson Publishing Ltd, Wellington, 2008



Secondary infertility

Wanting Another Child: Coping with Secondary Infertility
Harriet Fishman Simons, Jossey-Bass, San Francisco, 2007

Parenting an Only Child: The Joys and Challenges of Raising Your One and Only, *Susan Newman*, Doubleday/Broadway

Parenting after infertility

The Long Awaited Stork, *Ellen Sarasohn Glazer*
Lexington Books, New York, 1990

Donor conception

Building a Family with the Assistance of Donor Insemination
Ken Daniels, Dunmore Press, Palmerston North, 2004

Swimming Upstream: The Struggle to Conceive
David Rawlings and Karen Looi, Peacock Publications
Adelaide, 2006

Experiences of Donor Conception: Parents, Offspring and Donors Through the Years, *Caroline Lorbach*
Jessica Kingsley Publishers Ltd, London, 2003

Mommies, Daddies, Donors, Surrogates, *Diane Ehrensaft*
Guilford Press, New York, 2005

Recommended reading

“Telling and Talking” booklet series

Donor Conception Network

Guides for parents talking to children of different ages about their donor conception. Available for purchase through the Donor Conception Network website.

Website

<http://dcnetwork.org/>

The Donor Conception Network website contains information on donor conception for couples and individuals who are considering or have used donor conception and people who have been conceived using a donor.

Children’s books

My Only Child, There’s No One Like You

Picture book by *Dr Kevin Leman*

A Very Special Baby

Amanda MacLeod and Sam Taylor, Dreambaby, Napier

A 5 book series covering various topics including: donor sperm, donor egg, donor embryos, same sex couples using donor sperm and single women using donor sperm.

Purchase through Facebook page:

http://www.facebook.com/pages/Dreambaby-Books/163024940381248?v=info#info_edit_sections

Donor sperm

Let Me Explain: A Story about Donor Insemination

Jane T. Schnitter, Perspectives Press

My Story, Donor Conception Network

PO Box 7471, Nottingham NG 6ZR, United Kingdom, 1991

Donor egg

Sometimes it Takes Three to Make a Baby: Explaining Egg Donor Conception to Young Children, Kate Bourne

Melbourne IVF, 2002 (available through Melbourne IVF)

A Bun in the Oven: The Story of Conception via

Donor Egg, Anita Stokes, Print House, Hamilton, 2011

Our Story, Donor Conception Network, PO Box 7471, Nottingham NG 6ZR, United Kingdom

One parent family

Single Mothers by Choice: A Guidebook for Single Women Who Are Considering or Have Chosen Motherhood

Jane Mattes, L.C.S.W., Three Rivers Press

Going It Alone: The Single Woman’s Guide to Pregnancy and Birth, Natascha Mirosh and Geraldine Johns

New Holland Publishers, Auckland, 2003

Same gender parents

The Family Book, Todd Parr, Little, Brown and Company, New York, 2002

Experiences of Māori

He Kakano: A Collection of Māori experiences of Fertility and Infertility, Leanne Hiroti (Editor)

Te Atawhai o te Ao, 2011

The Gift of Children: Maori and Infertility

Edited by Paul Reynolds and Cheryl Smith, Huia, 2012

Miscarriage

Life After Baby Loss, Nicola Miller-Clendon

Tandem Press, Auckland, 2003

Baby Gone, Jenny Douché, Published by Jenny Douché

Coping with grief, anxiety and stress (general)

Coming to Grief: A Survival Guide to Grief and Loss

Pam Heaney, Longacre Press, 2002

When Happiness is Not Enough: Balancing Pleasure and Achievement in Your Life

Chris Skellett, Exisle Publishing (Australia), 2011

All Blacks Don’t Cry: A Story of Hope

John Kirwan, Penguin Books (NZ), 2010

Websites

www.skylight.org.nz/

The skylight website offers some useful stress and grief resources. The “About grief” page in the “Helpful articles” section contains some good articles including “When men grieve”.

www.calm.auckland.ac.nz/

Auckland University website (CALM - Computer Assisted Learning for the Mind) containing information on stress, anxiety and depression and how to cope.

www.depression.org.nz

A useful website providing information on depression and advice on finding a way through.

Contact us: www.fertilityassociates.co.nz • Phone 0800 10 28 28

- **Auckland** Level 3, 7 Ellerslie Racecourse Drive, Remuera
- **North Shore** Level 1, Suite 107, 119 Apollo Drive, Albany
- **Hamilton** Level 2, 62 Tristram Street, Hamilton
- **Wellington** Level 2, 205 Victoria Street, Te Aro
- **Christchurch** Level 1, Hiatt Chambers, 249 Papanui Road

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We also hold clinics in Whangarei, East Auckland, West Auckland, Tauranga, Gisborne, New Plymouth, Hawke’s Bay, Whanganui, Palmerston North, Lower Hutt, Nelson and Queenstown. Please call us or check our website for further details.