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]

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


**Swimming Upstream: The Struggle to Conceive**

Adoption


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**

**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

Donor conception

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

**Swimming Upstream: The Struggle to Conceive**

**Experiences of Donor Conception: Parents,Offspring and Donors Through the Years**, Caroline Lorbach

**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:

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]


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 Mirosch and Geraldine Johns

Same gender parents

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 Cherryl Smith, Huia, 2012

Miscearriage
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, Longacres Press, 2002

When Happiness is Not Enough: Balancing Pleasure and Achievement in Your Life
Chris Skellet, 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.

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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.