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*Ann Douglas*

THE MOTHER OF ALL BLOGS

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ANN @ PARENTCENTRAL.CA

ECLECTIC AND UNEXPECTED @
ETSYHISTORY OF MOTHERHOOD:
DIARIES, LETTERS, ETC.

American Women: Gateway to
Library of Congress
Canadiana.org
History of Private Life: Digital
History
Hearth -- Home Economics
Archive: Cornell University
A Woman's Place: CBC Archives
A Woman's Work is Never Done:
American Antiquarian Society
Rima Apple @ University of
Wisconsin, Madison
Women Working: Harvard
University

MOTHERHOOD AND MATERNAL
HEALTH RESEARCH AND ADVOCACY
ORGANIZATIONS

Association for Research on
Mothering
Centre for Research on Mothering

MOM UNIVERSITY: BRETTE SEMBER, PREGNANCY AND PARENTING AUTHOR

Thursday, September 21, 2006

Mom University is back with an interview with prolific author Brette Sember, who has written a number of books in the pregnancy and parenting category. Brette is passionate about writing giving voice to audiences whose needs for information have traditionally been ignored or under-served -- plus-sized pregnant women, gay and lesbian parents, adoptive parents, and so on.

Ann: Brette, first of all, I have to say that I've always found you to be a very inspiring person. Not only do you work really hard (look at that [list of books!](#)): you are the kind of writer who is supportive of other writers and who generously shares information about what it takes to be successful in this business. I really admire that.

Now let's talk pregnancy books. It seems to me that the baby boom in the pregnancy and baby book publishing category is still going strong. There are more titles than ever before. What types of books do you think expectant parents are looking for these days? What trends have you noticed over the past ten years or so?

Brette: I think that expectant parents are looking for two things, really. First, I think they want good solid, general books that tell them everything important about pregnancy or babies. Once they have that in hand, I think they want books that then specifically address their own particular needs, problems or issues - like pregnancy over 35, plus-size pregnancy, raising babies with special needs, and so on. I think the trend is for more and more specialized books. The problem is that publishers see these special needs as "niche" and are reluctant to publish books in those categories. I also think that pregnancy and baby books have got to be extremely user friendly and provide things you can't find online. It's very easy to just google whatever you want to know and not buy a book.

Ann: What are your favorite subtopics related to pregnancy, babies, and motherhood? Are there subjects that you find particularly fascinating?

Brette: Plus-size pregnancy is my number one. As a plus-size mom myself, I had so many questions and worries when I was pregnant about my weight and there was no information to be had. Fortunately I had a wonderful OB who was plus-size herself and was very reassuring; however, other medical personnel were not as nice.

Ann: I totally get that, Brette. Some people can be patronizing -- even nasty -- about the weight issue. Fortunately, there has been a lot of work done in this area in recent years. And there are more products/services/options available for plus-sized pregnant women.

Canadian Institute for Health Information: Giving Birth in Canada -- A Regional Profile
Canadian Institute for Health Information: Health Indicators 2006
Depression After Delivery
Emory University: Women's Mental Health Program
Families and Work Institute
Magee-Women's Research Institute
Motherisk
Motherisk: Current Studies
National Healthy Mothers, Healthy Babies
Perinatal Web.org: Wisconsin Association for Perinatal Care and the Perinatal Foundation
PerinatalWeb.org Handout: A Pregnant Woman's Wish List
PerinatalWeb.org Handout: When You Are Feeling Blue, Here Are Some Simple Things You Can Do
Postpartum Support International
Our Sisters' Place
Women's Health Concerns Clinic (PPD info)



PREGNANCY, CHILDBIRTH, CHILD HEALTH, PARENTING, CONSUMERISM, AND CHILD DEVELOPMENT INFORMATION/RESOURCES (IN PROGRESS)

American Academy of Pediatrics
Breastfeeding: Centers for Disease Control and Prevention
Canadian Paediatric Society
Canadian Women's Health Network
CAPP Canada
Centre for a New American Dream
Child and Family Webguide (Tufts University)
Childbirth and Postpartum Professionals Association
DONA International
Growing Healthy Canadians
i buy different.org
Invest in Kids
La Leche League
Lamaze International
Media Awareness Network
Parenting Library
Pregnancy Library

When I had my second child, I put up an ad on the bulletin board at a local parent-child drop-in center asking if anyone had plus-sized maternity clothes. I remember saying something about how I was going to be naked soon if I didn't find some good plus-sized maternity clothes fast! Luckily plus-sized moms today have so many more options when it comes to clothing. And pregnancy books are finally "getting" the fact that plus-sized moms have babies -- and sex lives! -- too. (When John Sussman and I wrote the first edition of our book [The Unofficial Guide to Having a Baby](#) in 1999, it was considered ground-breaking to include information about plus-sized pregnancy. Times have changed!) But I interrupted you! Go on with what you were saying....

Brette: I also love pregnancy chick lit. There are only a few books in this category, but one of my favorites is actually becoming [a tv series](#) this fall ([Notes from the Underbelly](#) by Risa Green). I have created an Amazon Listmania list with my favorite books in this category. I think it's a chick lit sub-category that is going to continue to grow, as women who absorbed chick lit in their early 20s become moms.

Ann: What other topics do you enjoy writing about?

Brette: I like to write about a wide variety of topics. It keeps things fresh for me. I have a business book coming out, [The Essential Supervisor's Handbook](#), which was a nice change for me. Having worked as an attorney before becoming a writer, I was able to draw on my experiences as a boss.

One of the things that motivates me as a writer is finding people or interest groups who need information and have a hard time getting it. This is what spurred my plus-size pregnancy, but is also the basis for the gay rights and senior rights books I have written.

I also like to write about books. I did a children's book review column for several years and it was great fun. Some day, when my kids are older, I hope to do more travel writing.

Ann: What is your best career advice for writers/authors?

Brette: Finding a specific niche in which you can specialize is very important. It gives you some footing and separates you from the crowd. It may seem contradictory, but at the same time that you are establishing yourself as an expert in one field, I think it's important to diversify and try other things. If you write only about fitness, for example, there are times when you simply run out of things to write about. That usually changes, as the market changes, lifestyles change, and research comes out, but it takes time for new pathways in a particular niche to emerge. Instead of twiddling your thumbs, find other areas.

Ann : Brette, that's excellent advice. Thanks for dropping by to talk writing and motherhood.

Brette Sember is a mom of two and author of over 25 books, including [Your Plus-Sized Pregnancy: The Ultimate Guide for the Full-Figured Expectant Mom](#) and [Your Practical Pregnancy Planner: Everything You Need to Know about the Financial and Legal Aspects of Preparing for Your New Baby](#). Her web sites are

Zerotothree.org
Breastfeeding (World Health
Organization)



CHANGE THE WORLD

43 Folders
41 Things
Betsy's Blog
Canada Helps.org
Center for a New American Dream
Change This
Conal Elliott: Some of my Favorite
Quotes
Dictionary of the History of Ideas
FDU Magazine: The Seven Golden
Rules of Leadership
Frugal for Life
i buy different
Lifehacker.com
Matthew 16:26 (on soul/values)
Martha Beck's columns in Oprah
magazine
MindHacks: Why Email is
Addictive -- and What to Do About
It
Miss Abigail: Time Warp Advice
The New Homemaker
One Woman. One Blog.
The Pew Charitable Trusts
Quiet American: One Minute
Vacation
The Random Acts of Kindness
Foundation
Social Justice Think Tanks
Social Justice Wiki
Stand Up for Mental Health

PARENTING ZINES, WEBSITES, AND SMALLER/REGIONAL MAGAZINES

Adoption Today
Adoptive Families
Akron Family
Atlanta Parent
Austin Family
Austinmama.com
Baby Guide
Baby Map: Seattle
Baby Steps Magazine (iVillage)
Baby Toronto
Baton Rouge Parents Magazine
Baby Vibe: Westcoast and Calgary
Baltimore's Child
Bay Area Parent: Editor's Blog
Bay State Parent

[Your Plus Sized Pregnancy.com](#) and [BretteSember.com](#). Brette recently spoke
at the Connecticut Coast Writer's Retreat in Milford, Connecticut.

[pregnancy](#) [motherhood](#) [moms](#) [pregnancy authors](#)

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BC Parent
The Birth Ecology Project: Journal
Birmingham Parent
Black Woman and Child
The Boston Parents' Paper:
Editor's Blog
Brain, Child
Baton Rouge Parents Magazine
Calgary's Child
CanadianParents.com
Carolina Parent
Charlotte Parent
Chesapeake Family
Chicago Parent
City Parent
CoolMomPicks.com
Colorado Parent
Connecticut Family Today Online
Connecticut Parent Magazine
Dallas Child
Edmonton's Child
Exceptional Parent Magazine
Fredericksburg Parent
Family -- New Jersey
Family Man Online
Fort Worth Child
Gay Parent Mag.com
Georgia Family
Grand Rapids Family Magazine
Healthy Kids.com
Herizons
Hudson Valley Parent
Hipmama.com
Houston Family Magazine
Imperfect Parent
Indy's Child
Iowa Parent
Island Parent
Kansas City Parent
Kidz on the Coast
L.A. Family
L.A. Parent: Mommy Moments
Blog
Lexington Family
Life With Kids: Oakville,
Burlington, Hamilton, Milton,
Mississauga
Literarymama.com
Little Rock Family
Memphis Parent
Metroparentmagazine.com
Mamazine.com
Mamasink.com
Maryland Family
MetroKids.com
Metro Family Magazine
Miami Family Magazine
Montessori Life
The Mom Salon
Montreal Families

Montreal Pour Enfants
Mombo.org
Nashville Parent (Parent World)
New Jersey Family
Newsday's Parents and Kids Long
Island
New York Family Guide
New York Metro Parents
Northumberland Kids
OC Family Magazine
Ottawababy.ca
Palmetto Parent
Parent Hacks
Parent Guide: Canada-Wide
Parent Map (Seattle)
Parenting News @
ParentingLibrary.com
Peterborough Kids
Pittsburgh Parent
Portland Parent
Pregnancy and Baby
Puget Sound Parent
Salon.com: Life
San Antonio: Our Kids
San Diego Family
Savvymom.ca
Space Coast Parent
Seattle's Child
She Finds Mom
She Know.com
South Florida Parenting
Staten Island Parent
Sydney's Child
Toledo Parent
Tomama.com
Toronto: The Little Paper
Treasure Valley Family
Twins Magazine
Urban Baby and Toddler
Urbanmoms.ca
Urbanmoms.com
Washington Parent
Westchester Family
Westcoast Families
The Whole Mom
Wichita Family
Windsor Parent
Winnipeg Parent
Yo' Mama
York Region Baby
*** Find more at Parenting
Publications of America



**LARGE CIRCULATION PARENTING
PUBLICATIONS/WEBSITES:
U.S., UK, AND CANADIAN
MAINSTREAM AND ALTERNATIVE**

American Baby
BabyCenter.com
BabyCentre.ca
Baby Talk
Brain, Child
Conceive Magazine
Child
Canadian Family
Family Education.com
FamilyFun.com
Fit Pregnancy
Junior Magazine
Mothering
Parents
Parents Canada
Parenting
Todaysparent.com
Vegetarianbaby.com
Wondertime.com
Workingmother.com



**MOM-TO-MOM NETWORKS AND
PARENT-TO-PARENT
ORGANIZATIONS (PLUS LOTS OF
TORONTO PARENTING
DIRECTORIES)
EMAIL**

IF I MISSED YOU

BC Mainland Moms
Berkeley Parents Network
Blogger: Mommy and Family |
Technology and Web
Canadianbabies.ca
Cingo
ClubMom.com
Dot Moms
Family Site
Help, We've Got Kids
Kidding Around Toronto
Life With Kids.ca
Maya's Mom
Minti
Mom2Many.com
Momcentral.com
Mommybloggers.com
Mommy Club (Calgary)
Mommy Buzz
Momrades.com
The Motherboard
The Motherhood
Mothers Acting Up
Mothersbookbag.org
MothersClick.com
Mothers and More
National Association of Mothers'
Centers

Postcards From Holland
ParentsConnect
ParentSource.ca (Durham Region)
Pregnancy and Baby
T.O. Mama
WeeWelcome
Toronto Women's Bookstore



**MOTHERHOOD WRITERS:
AUTHORS, COLUMNISTS, ETC.
(VERY MUCH IN PROGRESS)**

Naomi Aldort
Amy Baskin and Heather Fawcett
(More Than a Mom)
Georgie Binks
Joan Blades and Kristen
Rowe-Finkbeiner (Motherhood
Manifesto)
Martha Bockenbrough
(Mommychronicles.com)
Gayle Brandeis
Karen Brody (Birth: The Play
Andi Buchanan
Carole Groobman (Force of
Nature)
Ann Douglas
Denise Davy
Rebecca Eckler
Jen Strayer Eyer (Neurotic Mom)
Faulkner Fox
Andrea Gordon
Ariel Gore
Katie Allison Granju
Rachel Gurevich
Bethany Hiitola
Marrit Ingam
Anne Lamott
Jennifer Lauck
Bee Lavender
Christa M. Miller
Mimi Smartyants
Miriam Peskowitz
Louise Pohle-Bjolin (aka Manic
Mama)
Patricia Pearson
Dorianne Sager
Brette Sember
Paula Spencer
Tracy Thompson
Amy Tiemann
Ayelet Waldman (on being a
bipolar mom)
Robin Eliss Weiss: Birth Activist
Blog



MOM UNIVERSITY ARCHIVES: INTERVIEWS

Mom University: Andrea Buchanan, Mother Shock and LiteraryMama.com
Mom University: Katie Allison Granju, Attachment Parenting
Mom University: Ayun Halliday, The Big Rumpus
Mom University: Kim Lane, AustinMama.com
Mom University: Ericka Lutz, Fiction and Non-Fiction Writer
Mom University: Jen Lawrence (a.k.a. T.O. Mama), MUBAR
Mom University: Karen Nordahl, Fit to Deliver
Mom University: Dawn Friedman, This Woman's Work
Mom University: Debra Gilbert Rosenberg on Mother Guilt
Mom University: Virginia Collins, Doula, Childbirth Educator, Bereavement Counsellor
Mom University: Brette Sember, Pregnancy and Parenting Author



MOM BLOGS

About Miche
A Little Pregnant
A Mama's Rant
A Peek Inside the Fish Bowl
Arch Words
Ask Moxie
A Work in Progress
Babylune
Baldo
Babyfruit
Beanie Baby
Been There
Bite My Cookie
Blog Pourri
Blurbomat
BlogHer
Boston Mommy
BusyMom.net
Chez Miscarriage
CityMama
Citizen Beta
Dooce
Domestic Vernacular
Esperanza

Expectant Waiting
Falling Down is Also a Gift
Finslippy
Fonticulus
Good Enough Mama
Imponderability of Everyday Life
Is it a Sweater Yet
Generation Exhausted
Half Changed World
Hello Josephine
Housewife Chronicles
I Blinked, You Grew
It Ain't All Mary Poppins
Jenn's Journal
Jen the Mom
Julia: Here Be Hippogriffs
Life of 'Pie
Life is Good at the Beach
Limberlime
Magnificent Octopus
Martinis for Milk
Maternal Journal
Mandajuce
Mimi Smartypants
The Mommy Blog
Mommybloggers
Mommy Needs Coffee
Meagan Francis' blog
Midlife Mama
Milkbreath and Me
Milkfactory
Milliner's Dream
Mimilou
Mom and Pop Culture
Mombie
Mom Brain
Momfidence
Mom in the Mirror
Momapalooza
Mommy Matters
Mommy With An Attitude
Mommy Writer Blog: Bethany
Hitola
Mom Writes
Mother-in-Chief
Mother Shock
Mother Talkers
MUBAR (Mothered Up Beyond All
Recognition
Musings of a Crunchy, Domestic
Goddess
The Naked Ovary
Not Quite Sure
Notes from the Cookie Jar
The Nutmeg News
Phantom Scribbler
One Weird Mother
Plain Jane Mom
Postcards from the Mothership
Pregnancy Weekly

Ramblings of a SAHM
Radical Mama
Radmama
Rookie Moms
Secret Agent Josephine
Sharbean
Sherocious
So Close
Suburban Bliss
The Life and Times of This New Mommy
The Poop
The Welblog
Three Kid Circus
This Mom
This Woman's Work
Tripping the Life Unbalanced
Uncommon Misconception
Untangling Knots
Under the Ponderosa
Very Mom
Where We're Going Now
Wonder Mom



DAD BLOGS

Blue Sloth
Daddy Dialectic
Dad Talk
Familyman Online
F-Bomb
Laid-Off Dad
Metro Dad
The Poop
Rebel Dad
Woodge



PREGNANCY LOSS, INFANT DEATH, INFERTILITY, AND SUBSEQUENT PREGNANCY

A Place to Remember
American Fertility Association
American Society for Reproductive Medicine
American Press Institute: Medical/Health News/Journals
Another Child (Secondary Infertility)
Babyfruit
Bereaved Families of Ontario
The Childbirth Experience: Bereavement Links
Conceive Magazine (read my

column on the very back page)
Canadian Foundation for the
Study of Infant Deaths
Centering Corporation
Canadian Paediatric Society
Guidelines on Perinatal Loss
CLIMB Center for Loss in Multiple
Birth
The Compassionate Friends
Family Grief Study from Finland
First Candle: 2005 Conference
Proceedings
Untangling Knots: The Geology of
Karla
Having-a-baby.com: Pregnancy
Loss Articles
Ihr.com: Infertility Resources
March of Dimes: Stillbirth
Medline Plus: High Risk Pregnancy
MISS Foundation: Research
National Library of Medicine's
PubMed Database
National SHARE Office
No Longer Living in October's
Shadow
Perinatal Bereavement Services
Ontario
Pregnancy After Miscarriage
e-mail list
Subsequent Pregnancy After a
Loss Support e-mail list
Pregnancy After Loss: Surviving a
Subsequent Pregnancy
National SIDS Resource Center
Storknet: Pregnancy/Infant Loss
Grief Support Question of the
Month
Trying Again (subsequent
pregnancy)
Resolve.org
Sidelines.org
Stirrup Queens and Sperm Palace
Jesters (Infertility Resources)
Wintergreen Press
The Unofficial Guide to Having a
Baby by Ann Douglas and John R.
Sussman, MD -- Book Excerpt on
Miscarriage, Stillbirth, Neonatal
Death, Grief
WebMD Chat: Pregnancy After a
Loss



WRITERLY RESOURCES

AAR Online: Moral Rights Protect
Authors
American Society of Journalists

[and Authors](#)
[Association of Authors' Representatives](#)
[Authors Guild](#)
[Author Incubator](#)
[A Worm's Eye View: Andrew Brown Goes Offline](#)
[Back Story](#)
[Be a Happy and Successful Author](#)
[Book Angst](#)
[Book Lust](#)
[Book Ninja](#)
[Book Slut](#)
[Booksquare](#)
[Buzz, Balls, and Hype](#)
[Confessions of an Idiosyncratic Mind](#)
[Cup of Chicha](#)
[Deanna Carlyle: How a Publisher's Sales Force Can Make or Break Your Book](#)
[Deanna Carlyle: How Come My Advance is So Low?](#)
[Ivan Hoffman: The Protection of Book Titles](#)
[Ivan Hoffman: Royalty Calculations in Book Contracts](#)
[Joyce Maynard" For Writers: Making Writing"](#)
[Keri Smith: Seven Steps to Getting Published](#)
[Just One More Book \(Favorite Kids' Books](#)
[Kremer on Marketing Books](#)
[LibraryThing.com](#)
[Mamasink.com](#)
[Maud Newton](#)
[Media Bistro: Galley Cat](#)
[Media Bistro](#)
[Mediachannel.org: The Standard Book Contract](#)
[National Book Awards: Steven King's Speech](#)
[Murder She Writes](#)
[National Novel Writing Month](#)
[National Writers Union](#)
[NOLO: Trademarks and Copyrights](#)
[NOLO: Should You License or Assign Your Art?](#)
[Periodical Writers Association of Canada](#)
[Publishers Marketplace](#)
[Publishers Weekly](#)
[Quill and Quire](#)
[Raising a Writer](#)
[Readerville.com](#)
[Regret The Error](#)
[Renegade Writer: Tips](#)
[Salon.com: Books](#)
[Speakernetnews.com](#)

[Stalking Kelly Ripa](#)
[Terry Bragg: Walk Away From a Bad Deal](#)
[Writers Guild of America](#)
[Why Every Author Needs a Blog](#)
[Writers Union of Canada](#)



FABULOUS ARTISTS

[Bea's Diary](#)
[Book Lust](#)
[Laura Coyle](#)
[Everyday Matters](#)
[Drawn.ca](#)
[Fat Lil Wytch](#)
[Julia Gilmore](#)
[Loobylu](#)
[Monicamoody.com](#)
[Michael Nobbs](#)
[Penelope Illustration](#)
[Secret Agent Josephine](#)
[Keri Smith](#)
[Ward-o-Matic](#)



BEST REASONS TO BE CANADIAN (NOT RANKED IN ANY ORDER)

[Anne of Green Gables](#)
[Banff](#)
[Cahoots](#)
[Canadian history](#)
[Canadian humour](#)
[Canadian creativity](#)
[Canadian literature \(a.k.a. Canlit\)](#)
[Canadian music](#)
[CBC Radio](#)
[Corner Gas](#)
[Cottaging](#)
[Journal for Research on Mothering](#)
[Mr. Dressup](#)
[Maple trees](#)
[Rex Murphy](#)
[Rick Mercer](#)
[Sarah Harmer](#)
[Snow](#)
[The Walrus](#)



PROJECTS AND CAUSES

[Charitable Giving Wish List](#)
[Friends of Canadian Broadcasting](#)
[Help for Holly](#)
[BlogHers Act](#)
[BlogHers Act Canada](#)



ABOUT ANN DOUGLAS

BOOKS BY ANN DOUGLAS

[The Mother of All Bookstores](#)
[The Mother of All Books](#)
(US editions)
[Mother of All Solutions Series](#)
[The Mother of All Books Series](#)
(Canadian)
[Full Book List: Pregnancy, Parenting, Etc.](#)
[Bio](#)
[Book Writing FAQ](#)
[Article and Tipsheet Archive](#)
[Podcast Interviews](#)
[E-mail Ann](#) or
[E-mail Florence \(The Mother of All Assistants\)](#)



YAHOO PARENTING!



[Putting Parenting Under the Microscope](#)
[Green Halloween: Start Thinking About Eco-Friendly Alternatives to Scary Halloween Waste](#)
[You Oughta Be in Pictures](#)
[Baby Must Haves vs. Baby Nice to Haves: How to Tell the Difference](#)
[Prevent Your Kids from Getting E-Conned](#)
[Love You Like Velcro: Grownup Kids Who Won't Leave Home -- Or Won't Stay Away](#)
[Confessions of a Dangerously Cluttered Mind](#)
[The Truth About Bullying](#)
[Back-to-School Insanity Season](#)
[Rock, Paper, School Supplies: It's All About the School Supplies](#)
[Monopoly: The Girls' Rules](#)

[A Toy Story: The Toy Recalls](#)
[Stealth Vegetables](#)
[To Snap or Not to Snap](#)
[Yummy or Slummy?](#)
[Reality TV Check](#)
[Summer Juggle](#)

AMAZON BLOG: ANN DOUGLAS

[Hold Off on Buying a Real Live Franklin the Turtle Until Your Baby, Toddler, or Preschooler is a Little Older](#)
[Unresolved Trauma Can Boomerang Back into the Lives of New Moms](#)
[Academic Duct Tape for Parents Whose Kids Need a Bit of Extra Support](#)
["But Mom, I Need It"](#)
[Tuning Into Channel Mom](#)

ETC

[One Woman One Blog](#)



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