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Parent Trust for Washington Children's *Pregnancy, Childbirth & the Newborn* Book Is Honored With Three 2009 Awards

SEATTLE, WA – August 10, 2009 –

Parent Trust for Washington Children's childbirth education book, ***Pregnancy, Childbirth, and the Newborn: The Complete Guide***, recently won three new awards, one each from National Parenting Publications, iParenting Media, and Living Now Book Awards.

Parent Trust for Washington Children is well known for its life-changing parent education and family support programs serving thousands of children and families in the State of Washington. Expectant and new parents are also familiar with Parent Trust's Great Starts classes, which are attended by thousands of parents each year in the Puget Sound area. As part of its efforts to get parents off to a great start, Parent Trust's childbirth educators, Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham & April Bolding authored ***Pregnancy, Childbirth, and the Newborn: The Complete Guide (PCN)***. With over a million copies sold, it is a well-respected and definitive text on giving birth.

This year, the **National Parenting Publications** awarded the PCN a **Gold Award** in their parenting resources category. National Parenting Publications wrote, "Our testers loved this book's positive, realistic and thorough approach to preparing new parents for their birth experience. It encourages questions, offers alternatives and empowers parents-to-be to make decisions based on accurate, balanced research and personal choice."

Parent Trust is also an honored recipient of an iParenting Media Award and a Living Now Book Award. **iParenting Media** awarded the PCN a **2009 Best Products** award in their book category. **Living Now Awards** honored the PCN with a **2009 Bronze Award** in their family category.

The PCN is one of the most comprehensive childbirth books available, containing clear, concise information on pregnancy, birth, the postpartum period, and how to care for a newborn. Up-to-date information and informative pictures leave readers feeling more knowledgeable and less apprehensive about having a baby.

"This book is authoritative without feeling overwhelming. It keeps the woman and her family in focus and provides a range of options. If expectant parents could have one book, this would be the one." – Trish Booth, M.A., L.C.C.E., F.A.C.C.E. childbirth education consultants, Manlius, NY

"The single best book for understanding pregnancy and birth." - Carol Jones, C.N.M., Director of Midwifery, Virginia Mason Clinic, Seattle, WA



Pregnancy, Childbirth and the Newborn is only one of Parent Trust's popular childbirth education and early parenting books and DVD's. Other titles include: *The Simple Guide to Having a Baby*, *Guía sencilla para tener un bebé*, *Having a Baby: Workbook*, *The Guide for Expectant Fathers*, and the *Speak Up When You're Down* DVD.

Founded in 1978, Parent Trust is dedicated to teaching families skills to promote early learning, improving family bonding, develop new family and life management skills for both parents and children, and prevent child abuse and neglect.

To learn more about Parent Trust and its parent education and family support programs, visit www.parenttrust.org. To learn more about Parent Trust's childbirth education and early parenting materials, visit www.parenttrust.org/web-store/books.

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