

# BOOKS TO INSPIRE

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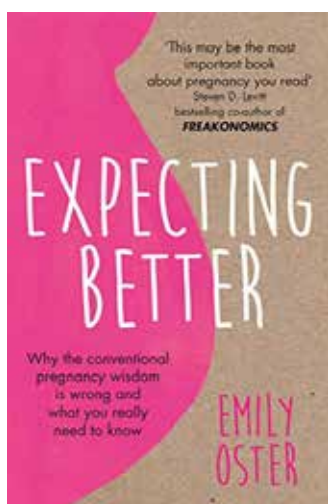
## WHAT ARE GERMS

by Katie Daynes and illustrated by Marta Alvarez Miguens

From the flu, to RSV, to COVID, parents and educators have been challenged with preventing and controlling the spread of germs and illnesses these past three years. 'What Are Germs' is a colorful and educational look at good and bad germs and the roles they play in our world and in our bodies' ability to fight illnesses. The illustrations are bright and the information is engaging and interesting. It's a conversation starter for the youngest tots and can spark curiosity in slightly older children to dive deeper into the world of germs.

Rather than using fear, the 'Lift the Flap: Question and Answers' format is a fun way to teach children about the realities of both pesky and helpful microorganisms. More importantly, it provides the opportunity to problem-solve and find solutions, empowering children to do their part to keep their bodies as well as our communities healthy.

*Published by Usborne Books in September 2017. Author Katie Daynes has developed some of Usborne Books' most popular series, 'See Inside' and 'Lift the Flap: Question and Answers'. Daynes has been writing non-fiction children's books for decades, and through her books it's obvious that she has a gift for questioning the world through the eyes of a child. 'What are Germs' is suitable for ages 3-8. A hardcover copy and more Usborne Books can be found in the Children's Corner of the Neilson Hays Library.*



## EXPECTING BETTER

by Emily Oster

Like most first-time mothers, Emily Oster felt overwhelmed by the often conflicting statistics and opinions flooding in from well-meaning friends, family, and healthcare professionals. Lucky for us, Oster is a very curious economist and she went into full research and writing mode when crafting this book. 'Expecting Better' is a refreshing book that explains, and at times challenges the rationale behind conventional wisdom and some fear-mongering myths.

Oster's findings are presented in a clear and easy-to-read format as her writing style is refreshingly straightforward. The book is broken down into five parts: conception, first, second, and third trimesters, labor and delivery. She covers everything in maternal and prenatal health, from the two-week wait, caffeine intake, and postpartum recovery. 'Expecting Better' is a quick, meaningful, and eye-opening read for even the most exhausted pregnant or postpartum mom.

*First published by Penguin in June 2014 and fully revised in 2021, 'Expecting Better' has topped numerous bestselling charts. Oster's other notable works include two more data-driven books: 'Cribsheet' which covers a child's first year of life and 'The Family Firm' focusing on the early school years. Hardcover copies can be found in the non-fiction section of the Neilson Hays Library.*

### About the Author

Angela Chen is a Neilson Hays Library Board Member and Children's Program Chair.

The Neilson Hays Library is Thailand's premier English-language library. The Children's Program offers Saturday Story Time, a cozy Children's Corner, and special holiday events. Adult programs include concerts, art exhibitions, book clubs, and book sales. Located in a beautiful historic building with a garden and cafe on site: 195 Surawong Road, Bangkok 10500, Thailand. Follow us on Instagram and Facebook