

To make things easier for parents and caregivers to find the information they need, we have organized the parenting shelf into 10 browsing categories:

General, Pregnancy, Development, Physical Health, Mental Health, Disabilities, Family, Education, Life Skills, and Technology.

The books in this section are generally for adults. For children's books about these topics, please feel free to browse the "Growing Up" picture book section (yellow), children's non-fiction, or ask a librarian for assistance.

You may also find a few books upstairs in the adult non-fiction section.

For more ways to learn and grow together with your child, check out our Toy Library and Activity Kits.

Star Map



Your guide to the parenting shelf

Why the change?

Parenting is complicated. Finding the right books shouldn't be. While most non-fiction books are cataloged according to the Dewey Decimal System, which assigns a call number between 000 and 999 according to the subject, parenting books cover such a range of topics that they don't neatly fit with everything else, making it hard to get what you need. We wanted to make the parenting section easy to use, because we know that searching high and low for the exact right book is not what you want to be doing with your valuable time.

How it works

The parenting shelf is broken up into 10 browsing categories, and each book is assigned a call number using letters and numbers. The letters stand for the category, and the numbers for topics within that category. Each category also has its own color, designated with a star on the spine, to make it easy to know where to look.

Here are the categories.

General Parenting (GE) ~ Yellow

01-General guides, trends, styles, & advice

Pregnancy (PR) ~ Light Green

01-Parent-focused health, body changes, "What to expect when you're expecting"
02-Prenatal care, pregnancy diet
03-Childbirth, post-natal care
04-Breastfeeding
05-Fertility
06-Pregnancy loss, miscarriage, infant death

Development (DE) ~ Dark Green

01-Physical & mental milestones, range of ages (ex. babies & toddlers together)
02-Babies
03-Toddlers & preschoolers
04-Potty-training, bed-wetting
05-School-aged children
06-Tweens, teens, puberty, & sex
07-Gender specific
08-Communication (delays, speech therapy, baby sign language, etc.)

Physical Health (PH) ~ Teal

01-General whole-health guides, medicine, common illnesses & injuries
02-Sleep
03-Allergies, asthma
04-Major medical issues
05-Hospitals, preparing for surgery/other procedures
06-Nutrition, picky eaters, cookbooks
07-Special diets, childhood obesity, food allergies, specialty cookbooks
08-Other physical health topics (ex. yoga, dentistry, massage)

Mental Health (MH) ~ Blue

01-General mental health
02-Personality traits & issues
03-Anxiety, worry, stress
04-Depression & other mental illnesses
05-Grief, death
06-Trauma, violence
07-Safe touch
08-Bullying

Family (FA) ~ Purple

01-General family dynamics, roles, traditional & LGBT+ families
02-Siblings, birth order
03-Adoption, foster care
04-Raising twins/multiples
05-Single parenting
06-Non-traditional parenting (ex. grandparents/extended family as parents)
07-Supporting/accepting LGBT+ children
08-Divorce, separated/absent parents

Disabilities (DS) ~ Lavender

01-General disabilities & special needs
02-General mental/learning disabilities
03-General physical disabilities
04-ADD/ADHD
05-Autism
06-Down Syndrome
07-Blindness & vision impairment
08-Deafness & hearing impairment

Education (ED) ~ Red

01-General education
02-Reading, literacy, writing, book lists
03-Math & Science
04-Music, Art, other subjects
05-Homeschooling
06-Workbooks, lesson plans
07-Games, learning through play

Life Skills (LS) ~ Orange

01-Money
02-Self-discipline
03-Lifestyle choices
04-Safety, first aid
05-Manners

Technology (TE) ~ Pink

01-Technological literacy & skills
02-Internet safety
03-Social media
04-Effects of technology on children
05-Parenting with technology issues

Still confused?

Ask a librarian for help. We're more than happy to help you find what you're looking for, even if it's not on our shelves.

More than books

The library has free classes and activities for children of all ages and periodically hosts parenting programs. We also have a variety of toys and games to check out in our Toy Library, as well as Activity Kits. Don't forget to check out all of our electronic resources, including ebooks, audiobooks, movies, and magazines, all for free with your library card using these free apps: Overdrive/Libby, Hoopla, Kanopy, and RBDigital.

