

## **BOOK LIST FOR PREGNANCY, BIRTH, AND CHILDCARE**

There are many wonderful resources out there to help you get ready and feel prepared for your birth. Below is a list of some of the resources that we like. Please feel free to add to our list if you see something that we are missing! It is our hope that you bring all your non-emergent questions to each visit so that we can address all your issues and concerns as your pregnancy progresses. Whether you intend an 'all natural' birth or a planned cesarean section, it is important for you to make informed birth choices. By reading, asking questions of us, and taking childbirth classes you can be an active participant in the planning for the birth of your child. We are always here to answer and clarify any questions or concerns that you may have!

**Your Best Birth** -- Rikki Lake

**Ina May's Guide to Childbirth** -- Ina May Gaskin

**The Womanly Art of Breastfeeding** -- La Leche League Intl

**Ina May's Guide to Breastfeeding** -- Ina May Gaskin **Childbirth Without Fear** -- Dr Grantley Dick-Read

**The Whole Pregnancy Handbook** -- Joel Evans MD

**Gentle Birth Choices** -- Barbara Harper RN

**An Easier Childbirth: A Mother's Guide for Birthing Normally** -- Gayle Peterson PhD

**Pregnancy, Childbirth, and the Newborn** -- Penny Simkin

**Women's Bodies, Women's Wisdom** -- Christine Northrup, MD

**The Business of Being Born** -- Rikki Lake, DVD (available on Netflix)