

Recommended Books and Websites

Pregnancy and Birth

Websites:

www.childbirthconnection.org

www.evidencebasedbirth.com

www.americanpregnancy.org

www.birthbythenumbers.org (if you like stats & data, this is for you)

www.midwife.org for information on midwifery care for women

<http://www.midwife.org/Share-With-Women> The American College of Nurse-Midwives *Share with Women* educational series covers many topics.

Please print out the Perineal Massage handout and start doing this twice a day starting at least by 36 weeks to help decrease risk of tearing.

Books:

Our Bodies Ourselves: Pregnancy and Birth

Midwifery Guide for Expectant Parents: A Modern Guide for Choosing the Birth That's Right for You

The Mama Natural Week-to-Week Guide to Pregnancy and Childbirth

Pregnancy, Childbirth, and the Newborn: The Complete Guide (4th Ed)

Ina May's Guide to Childbirth

The Thinking Woman's Guide to a Better Birth

Heart and Hands: A Midwife's Guide to Pregnancy and Birth (5th Ed)

The Birth Partner- Revised 4th Edition (for partners)

Expecting Better

Birthing from Within

Birth without Fear

The Official Lamaze Guide

Hypnobirthing: The Mongan Method

Breastfeeding Support

Websites:

www.kellymom.com (easy to use evidence-based information)

www.kentcountybreastfeeding.org (for local resources and support)

Books:

The Womanly Art of Breastfeeding (Le Leche League International 8th Ed)

Ina May's Guide to Breastfeeding

The Ultimate Breastfeeding Book of Answers (by Jack Newman & Teresa Pitman)

Dr. Jack Newman's Guide to Breastfeeding

We recommend the following website to help you understand and cope with your baby's crying:

www.purplecrying.com

Kids books about midwives

Mama Midwife: A Birth Adventure

The Midwife's Visit

The Majestic Midwife