

## Recommended Books and Websites

### Pregnancy and Birth

#### **Websites:**

[www.childbirthconnection.org](http://www.childbirthconnection.org)

[www.evidencebasedbirth.com](http://www.evidencebasedbirth.com)

[www.americanpregnancy.org](http://www.americanpregnancy.org) (among other great information, this website has good explanations of genetic screening tests)

[www.birthbythenumbers.org](http://www.birthbythenumbers.org)

<http://www.scienceandsensibility.org/the-roadmap-of-labor-a-framework-for-teaching-about-normal-labor/>

[www.midwife.org](http://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.**

<http://www.uofmhealth.org/health-library/topic/11082> for a list of pregnancy topics

#### **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 (4<sup>th</sup> 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 (5<sup>th</sup> Ed)

The Birth Partner- Revised 4<sup>th</sup> Edition (for partners)

Birthing from Within

Birth without Fear

The Official Lamaze Guide

Hypnobirthing: The Mongan Method

### **Breastfeeding Support**

#### **Websites:**

[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca) (go to services, then click on info sheets)

[www.kellymom.com](http://www.kellymom.com) (easy to use evidence-based information)

[www.kentcountybreastfeeding.org](http://www.kentcountybreastfeeding.org) (for local resources and support)

[www.womenshealth.gov/publications/our-publications/breastfeeding-guide/](http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/)

#### **Books:**

The Womanly Art of Breastfeeding (Le Leche League International 8<sup>th</sup> 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](http://www.purplecrying.com)