

Handouts for Repeat Clients

THE FOLLOWING UPDATED HANDOUT IS PROVIDED FOR YOUR USE:

Reading List (on back of this page)

THE FOLLOWING REVISED HANDOUTS NEED TO BE COMPLETED AND BROUGHT TO YOUR APPOINTMENT OR MAILED TO **B**E**S**T**
AT: **1716 SARAZEN DRIVE; ALHAMBRA, CA 91803**

Birth Information Questionnaire

Medical and Personal History

Epidural Agreement

Letter of Agreement (If not already sent with retainer fee to hold your space)

THE FOLLOWING HANDOUTS ARE PROVIDED ON MY WEBSITE:

Relaxation CD with Instructions

Birth Preparedness Checklist

When to Call Your Doula (contact information)

What to Pack for the Hospital

Tips for Partner

Signs of Labor

Labor Phone List

Timing Your Contractions (also available for your Palm Pilot or Visor)

Surfing Through Labor

Birth Plan Tips

Baby Poop Chart

Letter of Agreement (extra copy)

A SECOND PRENATAL VISIT IS GENERALLY NOT NEEDED FOR A REPEAT CLIENT, BUT IS AVAILABLE AT YOUR REQUEST. OPTIONS INCLUDE:



Videos

Practice using the birth ball

Demonstration of how your baby fits through your pelvis

Hypnosis or Relaxation practice

Join you at a Doctor's appointment, Childbirth or yoga class, pregnancy photo session

Birthing from Within artwork session

Recommended Reading

BIRTH

- Ina May's Guide to Childbirth* by Ina May Gaskin [Wonderful, empowering birth stories and information -- a must read!]
- The Thinking Woman's Guide to a Better Birth* by Henci Goer [Research based information -- hospital birth preparation.]
- Pushed* by Jennifer Block [good up-to-date information]
- Creating Your Birth Plan* Marsden Wagner, M.D., M.S. [all the information you need to balance science and nature]
- Birthing From Within* by Pam England & Rob Horowitz [It honors nature and helps a woman find her own way to go with nature and her body.]
- Hey! Who's Having This Baby Anyway?* by Breck Hawk [Easy to read and understand - a midwife's perspective.]
- HypnoBirthing A Celebration of Life* by Marie F. Mongan [Using Self HypnoTherapy techniques to prepare for labor.]
- Active Birth* by Janet Balakas [Inspiring and in-depth treatment of natural birth, in or out of hospital. Tells how yoga can prepare you for birth, and how to use it during labor.]
- Pregnancy, Childbirth and the Newborn* by Simkin, Whalley and Keppler. [Excellent all-round book; with helpful ideas for labor, what to expect from the baby and a basic guide to breastfeeding. Not patronizing like some books.]
- Easing Labor Pain* by Adrienne Lieberman [Every possible comfort measure is covered in detail, from breathing and relaxation to TENS units, hypnosis and epidural analgesia.]
- The Birth Partner* by Penny Simkin [Everything you need to know to help a woman through childbirth. Labor, comfort measures, medical procedures, and more from the partner's point of view.]
- Mind Over Labor* by Carl Jones [Visualizations for labor; ways to use the power of your mind to help you through contractions.]

BREASTFEEDING

- Bestfeeding* by Renfrew, Fisher and Arms [Simple and natural guide to breastfeeding. Pictures help you get the right positioning; focuses on success rather than problems.]
- The Nursing Mother's Companion* by Kathleen Huggins [Great reference book, but don't sit down and read it, as you will feel overwhelmed with what "could" happen.]

BABY CARE (Most Parents Wish They Had Read Fewer Books on Pregnancy and More on Baby Care)

- The Happiest Baby on the Block* by Dr. Harvey Karp [The 5 S's -- works like magic.]
- The Baby Book* by William and Martha Sears [Gentle and reassuring -- the best baby book on the market.]
- Your Baby and Child* by Penelope Leach [Many parents rely on this book; common-sense, down-to earth approach with an emphasis on child development.]

POSTPARTUM

- After the Baby's Birth* by Robin Lim [A slightly alternative, holistic approach to healing body and mind.]
- The Year After Childbirth* by Sheila Kitzinger [This book begins where most leave off; gives support and reassurance.]

SIBLINGS

- From One Child to Two* by Judy Dunn [Having a second baby is different, from the very beginning! How pregnancy and birth change, how to break the news and prepare for your first child's reaction, coping with demands on your marriage, burnout, and sibling rivalry.]
- Siblings without Rivalry* by Bager and Mazlish [Explains the reasons behind sibling rivalry with compassion and humor. Teaches skills to help your children get along. Practical guidelines for fostering wholesome relationships.]