

# 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.]
- 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* [Great information in an easy to read format.]
- 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.]
- The Portable Pediatrician by *Laura Nathanson* [More mainstream guide to caring for a baby, month by month.]

## 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, Fun to read, too.]