

SELECTED PRENATAL READING – my favorites

*The Birth Book* – William Sears, MD and Martha Sears RN

Supportive of natural childbirth from a medical perspective. Includes information to help you through healthy pregnancy and prepare for labor.

*The Female Pelvis – Anatomy & Exercises* – Blandine Calais-Germain

Sheds light on how something so big can fit through such a small hole without complications. This book has great visuals and really will help you understand more fully the female anatomy. This book is not only helpful in preparation for delivery but will be useful to help you get your “body back” after baby is born.

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

Inspirational and educational about general process of childbirth. This book has a very “earthy” perspective which encourages completely natural childbirth but is not overbearing.

*Bountiful, Beautiful, Blissful* – Gurmukh

Addresses spirituality and inspiration to help you tune in to the of miracle of pregnancy and birth and connect more fully with your baby.

*Natural Childbirth the Bradley Way* – Susan McCutcheon

Great book to help you prepare mentally, physically and emotionally for what you may face in childbirth.

*Sit Up and Take Notice! Positioning Yourself for a Better Birth* – Pauline Scott

The name says it all.

*The Thinking Woman's Guide to a Better Birth* – Henci Goer

Strongly supports natural childbirth. If you want motivation to NOT use drugs, this is for you!

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*The Baby Book* – William Sears, MD

My baby bible!

*Smart Medicine for a Healthier Child*

– Janet Zand, ND, L.Ac, Robert Roundtree, MD, Rachel Walton, MSN, CRNP

Natural and conventional treatments for infants and children.

*Homeopathy for Pregnancy, Birth, and Your Baby's First Year* – Miranda Castro

Alternatives to conventional treatments for everything from breech babies, fussiness, illnesses

Didnt read yet but looks good:

Body, Soul and Baby

Tracy W. Gaudet, MD

A Doctors Guide to Complete Pregnancy Experience from Preconception to Postpartum