

This is a list of books and DVD's I have that I lend out to my clients. Some of these are out dated but still have some relevent information. Always talk to your Healthcare Provider before starting any new regimen of exercise or taking any herbs or supplements or using any alternative therapies. These are for information only and don't necessarily reflect me point of view.

Books:

Active Birth, The New Approach to Giving Birth Naturally, Revised Edition. By Janet Balaskas, 1992. *I recommend this book for its easy, understandable way it explains labor and birth. I also like the yoga exercises for strengthening muscles you will use during labor.*

An Adoration of Babies, Compiled by Gail Harvey, Designed by Liz Trovato.

The Art of Giving Birth, With Chanting, Breathing, and Movement. Includes Music CD to Accompany Birth. By Frederick Leboyer, MD, Author of the groundbreaking "Birth Without Violence." 2006

Baby Basics, Your Month to Month Guide to a Healthy Pregnancy

Beginnings: Pregnancy, Birth and Beyond, Fourth Edition, Developed by Allina Hospitals and Clinics, 2003.

Birth, Healthcare, by Dr. Miriam Stoppard, 1998.

The Birth Book, Everything You Need to Know to Have a Safe and Satisfying Birth, by William Sears, M.D. And Martha Sears, R.N., 1994.

The Birth of a Mother, How the Motherhood Experience Changes You Forever, By Daniel N. Stern, MD and Nadia Bruschiweiller-Stern MD.

The Birth Partner, Everything You Need to Know to Help a Woman Through Childbirth, Second Edition, by Penny Simkin, P.T., 2001. *This is the book I use and take with me to births to reference anything that comes up.*

Birthing From Within, An Extra-Ordinary Guide To Childbirth Preparation, by Pam England CNM, MA and Rob Horowitz PH. D., 2001.

Body, Soul, and Baby, A Doctor's Guide To The Complete Pregnancy Experience, From Preconception to Postpartum. By The Director of the Duke Center for Integrative Medicine, Tracy W. Gaudet, MD, 2007.

Calm Birth-New Method for Conscious Childbirth, by Robert Bruce Newman, 2003.

Celebrating Motherhood, A Comforting Companion for Every Expecting Mother, by Andrea Alban Gosline, Lisa Burnett Bossi, Amy Mahler Beanland, 2002.

Cesarean Recovery, by Chrissie Gallagher-Mundy, 2004.

A Child is Born, 1977. *This book is out dated but has wonderful photo's of baby in the womb at different stages before birth.*

Childbirth, Your Choices For Managing Pain, Everything You Need to Know to Make an Informed Decision Before Labor Starts, by Gillian Van Hasselt, M.D., 1995.

The Complete Book of Pregnancy and Childbirth, Week by Week, Month by Month The Most Comprehensive and Authoritative Guide for Expectant Parents, by Sheila Kitzinger, 2003.

Creating A Joyful Birth Experience, by Lucia Capacchione, Ph.D., A.T.R. And Sandra Bardsley, R.N., F.A.C.C.E., 1994.

Creating Your Birth Plan, The Definitive Guide to a Safe and Empowering Birth, by Marsden Wagner, M.D., M.S., 2006. *This is a good book to help you review all the interventions and procedures that may happen while at the hospital, to you and your baby. Even if you don't write out a birth plan, it will give you a good over view of what to expect.*

The Doula Advantage, Your Complete Guide to Having an Empowered and Positive Birth with the Help of a Professional Childbirth Assistant, by Rachel Gureviech, 2003.

The Doula Book, How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth, Second Edition, by Marshall H. Klaus, M.D., John H. Kennell, M.D., and Phyllis H. Klaus, C.S.W., M.F.T., 2002.

The Doula Guide to Birth, Secrets Every Pregnant Woman Should Know, by Ananda Lowe, Rachel Zimmerman, 2009.

Easing Labor Pain, by Adrienne B. Lieberman, 1992.

The Essential Over 35 Pregnancy Guide, Everything You Need To Know About Becoming A Mother Later In Life, by Ellen Rose Lavin, Ph.D., with Samuel H. Wood, M.D., 1998.

The Expectant Father, Facts, Tips, and Advice for Dads-to-Be, Second Edition, by Armin A. Brott and Jennifer Ash, 2001.

Expecting Change, The Emotional Journey Through Pregnancy, by Ellen Sue Stern, 1986.

Gentle Birth Choices, Book and DVD, by Barbara Harper, R.N., 2006. *I recommend this book and DVD.*

The Gentle Greeting, An Obstetrician's Complete Guide to Planning a Loving Pregnancy and Birth Experience, by Ronald L. Cole, M.D., 1998.

Giving Birth, A Journey into the World of Mothers and Midwives, by Catherine Taylor, 2002.

Dr. Guttmacher's Pregnancy, Birth & Family Planning. Completely Revised and Updated for the 21st Century by Ronnie Lichtman, C.N.M., Ph.D., Lynn Louise Simpson, M.D., F.A.C.O.G., Allan Rosenfield, M.D., F.A.C.O.G., 2003, 880 pages.

Hard Labor, For every woman who has ever wondered what it's like to give birth. For every mother whose memories of childbirth remain vivid. The truth about having babies in America. Dramatic

Stories of Real Women and Their Babies. The information you need to make informed choices about childbirth, by Susan L. Diamond, R.N., B.S.N., 1996.

Heart & Hands, 4th Edition, A Midwife's Guide to Pregnancy and Birth, by Elizabeth Davis.

Husband-Coached Childbirth, by Robert A. Bradley, M.D., Revised Edition, 1974.

HypnoBirthing, The Mongan Method, The breakthrough approach to safer, easier, more comfortable birthing, 3rd Edition, by Marie F. Mongan, M.Ed., M.Hy., 2005. *CD included of Relaxation and Birth Rehearsal Imagery.*

Immaculate Deception II, Myth, Magic, & Birth, by Suzanne Arms, 1996.

Ina May's Guide To Childbirth, by Ina May Gaskin, 2003.

Journey Into Motherhood, Inspirational Stories of Natural Birth, by Sheri L. Menelli, 2005. *I have enjoyed reading these birth stories. I recommend this book. A fun read.*

Labor and Birth, A Guide for You, Second Edition, by Linda Todd, illustrated by Vivien Cohen, 1986.

The Labor Progress Handbook, Second Edition, by Penny Simkin & Ruth Ancheta, 2007.

Magical Beginnings, Enchanted Lives, A Holistic Guide To Pregnancy & Childbirth, by Deepak Chopra M.D., David Simon M.D., Vicki Abrams, C.C.E., I.B.C.L.C., 2005.

Mayo Clinic Complete Book of Pregnancy and Baby's First Year, Robert V. Johnson, M.D., 1994.

Mayo Clinic Guide to a Healthy Pregnancy, Medical answers you need from the name you trust, Roger W. Harms, M.D., 2004.

The Mother of All Pregnancy Books, The Ultimate Guide to Conception, Birth, and Everything in Between, by Ann Douglas, 2002.

The Mother-to-Mother Postpartum Depression Support Book, Real Stories from Women Who Lived Through It and Recovered, by Sandra Poulin, 2006.

Mothering The Mother, How a Doula Can Help You Have a Shorter, Easier, and Healthier Birth, by Marshall H. Klaus, M.D., John H. Kennell, M.D., and Phyllis H. Klaus, M.Ed., C.S.W., 1993.

Mothering The New Mother, Women's Feeling & Needs After Childbirth, A Support & Resource Guide, by Sally Placksin, 2000.

The Natural Childbirth Book, by Joyce Milburn and Lynnette Smith, 1981.

Natural Pregnancy, A practical holistic guide to well being from conception to birth, by Janet Balaskas, 1990. *This is a simple book but very good at what it conveys. There is meditations, yoga postures, massage your partner can do, as well as some natural therapies, and holistic self-help remedies for specific ailments. Very good drawings of yoga and massage.*

The Natural Pregnancy Book, Herbs, Nutrition, and other Holistic Choices, by Aviva Fill Romm, 1997.

The Nurturing Touch at Birth, A Labor Support Handbook, by Paulina Perez, 2006.

Painless Childbirth, An Empowering Journey Through Pregnancy and Birth, by Giuditta Tornetta, 2008.

Planning for Pregnancy, Birth, and Beyond, Third Edition, The American College of Obstetricians and Gynecologists, 1995.

Pregnancy, Childbirth and the Newborn, The Complete Guide, Expanded and Updated, by Penny Simkin, P.T., Janet Whalley, R.N., B.S.N., Ann Keppler, R.N., M.N. Of the Childbirth Education Association of Seattle, 2001.

Pregnancy, The Natural Way, Complementary Therapies for Pregnancy, Organized Trimester by Trimester, by Zita West, 2001.

Preparation for Birth, The Complete Guide to the Lamaze Method, The first complete guide for couples to the most popular method of natural childbirth, by Beverly Savage and Dianna Simkin, 1987.

Rediscovering Birth, by Sheila Kitzinger, 2000.

Special Women, The Role of the Professional Labor Assistant, by Paulina Perez & Cheryl Snedeker, Second Edition, 1994.

Spiritual Midwifery, Fourth Edition, by Ina May Gaskin, 2002. *A great read. Wonderful stories of birth on a communal farm.*

The Thinking Woman's Guide to a Better Birth. Includes clear, comprehensive information on cesareans, inducing labor, IVs, epidurals, home births, midwives, and obstetricians, hospital births, birth centers, alternatives to high-tech birth, by Henci Goer, 1999. *I recommend this book. Good information.*

The Water Birth Book, from the world-renowned natural childbirth pioneer Janet Balaskas, 2004.

What to Expect When You're Expecting, by Arlene Eisenberg, Heidi E. Murkoff, and Sandee E. Hathaway, B.S.N., 1991.

Your Best Birth, Know All Your Options, Discover the Natural Choices, and Take Back the Birth Experience. By Ricki Lake and Abby Epstein, 2009. *Ricki and Abby wrote this book after they made the movie "The Business of Being Born." It is the extension of the movie and is a good book.*

Your Pregnancy and Birth, Fourth Edition, From the American College of Obstetricians and Gynecologists, 2005.

Your Pregnancy and Newborn Journey, Teens Parenting, by Jeanne Warren Lindsay, Jean Brunelli, P.H.N., 1992.

Your Pregnancy Questions and Answers, by Glade B. Curtis, M.D., F.A.C.O.G., 1995.

Books on Breastfeeding

Breastfeeding A Mother's Gift, by Pamela K. Wiggins, I.B.C.L.C., 1998.

Commonsense Breastfeeding, A Practical Guide To The Pleasures, Problems, and Solutions, by Diane M. Reukauf and Mary Anne Trause, Ph.D., 1987.

The Complete Book Of Breastfeeding, Third Edition, by Marvin S. Eiger, M.D. & Sally Wendkos Olds, 1999.

New Mother's Guide To Breastfeeding, American Academy of Pediatrics, 2002.

The Nursing Mother's Companion, 20th Anniversary Edition Completely Revised and Updated, by Kathleen Huggins, R.N., M.S., 2005. *This is the one I recommend. The other books on breastfeeding I have are good but this one is the most thorough and up to date.*

The Womanly Art of Breastfeeding, 35th Anniversary Edition, La Leche League International, The World's Foremost Authority On Breastfeeding, 1991.

Books Of Interest

Aromatherapy For Women, A Practical Guide to Essential Oils for Health and Beauty, by Maggie Tisserand, 1996. *I have used this book for using essential oils during labor.*

Babies Remember Birth, And Other Extraordinary Scientific Discoveries About the Mind and the Personality of Your Newborn, by David Chamberlain, Ph.D., 1988. *This is an older book but still has relevant information.*

Baby Catcher, Chronicles of a Modern Midwife, by Peggy Vincent, 2003. *This is the story of a midwife and I found it enjoyable to read.*

Baby OM, Yoga for Mothers and Babies, by Laura Staton and Sarah Perron, 2002. *Great pictures. I recommend this book.*

Being Born: The Doula's Role, by Jewel Hernandez a Certified Doula, 2008. *This is a book for children. It helps them understand what the doula does when Mommy has her baby. It has wonderful pictures and simple words to describe the doula.*

Belly Laughs, The Naked Truth About Pregnancy and Childbirth, by Jenny McCarthy, 2004. *Jenny uses humor to laugh about all the negative stuff associated with pregnancy. I'm not sure I like the focus to be on all that is wrong with pregnancy, but you may find humor to get past the negative and get on to the positive.*

Birth, The Surprising History of How We Are Born, by Tina Cassidy, 2006. *I really enjoyed this book. Some if it was a bit hard to read but at the same time very interesting to know how woman have handled birth through the ages.*

The Birth House, A Novel, by Ami McKay, 2006. I enjoyed this book also. A relaxing read.

The Book, Speaking of Woman's Health, 1999.

The Book of Pregnancy, 2006. *This is a wonderful illustrated book containing old wives' tales, Quotes, superstitions, poems, traditions, recipes, home remedies, crafts, activities, facts, about pregnancy.*

Born in The USA, How a Broken Maternity System Must Be Fixed To Put Women and Children First, by Marsden Wagner, M.D., M.S., 2006.

Cradle and All, Women Writers On Pregnancy and Birth, Edited by Laura Chester, 1998.

Circumcision Exposed, Rethinking a Medical and Cultural Tradition, by Billy Ray Boyd, 1998. *Even though this book is 12 years old it is still full of good information. Search the internet to find up-to-date information.*

The Earliest Relationship, Parents, Infants, and the Drama of Early Attachment, by T. Berry Brazelton, M.D. and Bertrand G. Cramer, M.D., 1990. *When I was a young mother Dr. Brazelton had a show on TV, and I just loved him. He was a very gentle man and told new mothers how to bond and love their babies. This book may be a little outdated but the information is still relevant.*

The Happiest Toddler on the Block, The New Way to Stop the Daily Battle of Wills and Raise a Secure and Well-Behaved One-to-Four-Year-Old, by Harvey Karp, M.D., 2004.

Infant Massage, A Handbook for Loving Parents, by Vimala McClure, Founder of the International Association of Infant Massage, 2000.

Natural Healing for the Pregnant Woman, A New Approach to Pregnancy and Childbirth with Comprehensive Information on: relieving the common discomforts and complaints of pregnancy; using nutritional supplements, herbs, homeopathy, acupressure, and other natural therapies; avoiding unnecessary drugs and surgical procedures; easing pain and increasing energy; enhancing emotional serenity; achieving optimum health for you and your baby. By Elizabeth Burch, N.D., and Judith Sachs, 1997.

Placenta: The Gift of Life, The Role of the Placenta in Different Cultures, and How to Prepare and Use it as Medicine, by Cornelia Enning, edited by Cheryl K. Smith, 2007.

Pushed: The Painful Truth About Childbirth and Modern Maternity Care, by Jennifer Block, 2006.

Releasing the Mother Goddess, Embrace Pregnancy and Childbirth with Physical, Emotional, and Spiritual Power, by Gail Carr Feldman, Ph.D., and Eve Adams, 2003.

Silent Sorrow, Pregnancy Loss, Guidance and Support for You and Your Family, by Ingrid Kohn, M.S.W. and Perry-Lynn Moffitt with Isabelle A. Wilkins, M.D., 1992.

The Tao of Motherhood, Merges Eastern Mysticism with Western Practicality. A quick fix of deep wisdom. By Vimala McClure, 1994.

Three In a Bed, The Healthy Joys & Remarkable Benefits of Sharing Your Bed With Your Baby, by Deborah Jackson, 1989. *This book is outdated, and there is a lot more up-to-date information about co-sleeping and bed sharing. This book is good though, to give us history about bed sharing.*

Welcome to the World, A Celebration of Birth and Babies from Many Cultures, Compiled by Nikki Siegen-Smith. *Poems with wonderful photographs of moms and babies from around the world.*

When A Baby Dies: A Handbook For Healing And Helping, by Rana K. Limbo and Sara Rich Wheeler, 1987.

Wise Woman Herbal Childbearing Year, By Susun S. Wee, 1986.

WARNING: Check with your doctor before taking any supplements, herbs, or anything of a medical nature.

DVDs

Birth As We Know It, Director Elena Tonetti-Vladimirova shares her experiences as a co-creator of the Conscious Birth movement in Russia during the early 1980's. This stunningly beautiful movie features eleven natural births, including home birth, water birth, birth of twins, breech delivery and an astounding self-birth by Tatiana Sargunas-world renowned Spiritual Midwife. The midwife community calls this film the most profound and comprehensive guide to conscious birth in the world.

The Business of Being Born, A Documentary From Executive Producer Ricki Lake and From Director Abby Epstein. This movie chronicles Ricki's home birth and Abby's birth in the hospital. *It is worth watching.* 84 minutes.

Doula's Making a Difference, 14 minutes.

A Doula Story, On The Front Lines of Teen Pregnancy. Chronicles one remarkable woman's fierce commitment to help young women caught in the most trying of circumstances-pregnant, frightened and alone.

Labor Simulator, Bringing Childbirth Theory to Life. From back of case: "Birth Zone's **Labor Simulator** is a unique tool for childbirth educators that uses sound to represent contractions. Changes in the length, spacing, and intensity of the sound reflect how contractions progress in a real labor. This offers a vivid way for pregnant moms and their partners to grasp what a typical labor is like, bringing childbirth theory to life." Running time 120 minutes. 2006

Orgasmic Birth, The Best-Kept Secret. A documentary that examines the intimate nature of birth and the powerful role it plays in women's lives when they are permitted to experience it fully. 85 minutes. *Don't let the title of this documentary scare you. This isn't necessarily about having an orgasm during labor, but more about finding pleasure in the experience of labor and birth. I highly recommend watching this.*

Pregnant in America, A Nation's Miscarriage. "Pregnant in America is an inside look into the truth about what is happening in maternity wards that many hospitals, doctors, and insurance companies don't want you to know about. But it is not just another radical right wing documentary made by an angry filmmaker. It is an inspirational story of a young couple who decided to have their baby at home and the obstacles they faced along the way." Taken from the back of the DVD. 106 minutes.

Prenatal Pilates, Building length, strength, and power before pregnancy, through pregnancy and

beyond. 56 minutes.

Small Wonders Childbirth Education, Your Positive Birth Experience! Includes 6 classes with a relaxation exercise and a positive birth affirmation at the end of each class. Also includes beautifully depicted Birth Stories and interviews with Health Professionals whose work focuses on pregnancy and birth. These classes are taught by Dee Sheridan, RN, CCE, CD. 2010

What Babies Want, An Exploration of the Consciousness of Infants, A Documentary by Debby Takikawa, Narrated by Noah Wyle, 58 minutes. *I recommend watching this.*

Working Women in Labor. Woven together with beautiful music and captivating photographs. The video artfully illustrates the positive role that doulas play in birth. 21 minutes. Also on the same DVD; In the Doula Spirit. Birth leaders, activists, teachers and working doulas were asked, "What advice would you give to a new doula?" 17 minutes.

Yoga for your Pregnancy, Your guide to prenatal fitness and a healthy birth, with Kristen Eykel, Practice 1 is Energizing and Strengthening, 30 minutes. Practice 2 is Relaxing and Rejuvenation, 15 minutes. Plus an interview with Lamaze instructor Carol Penn-Erskine.

VHS Videos

Lamaze, You And Your Baby, 2002 Edition, Featuring, "Begin With Love", hosted by Oprah Winfrey.

I Am Your Child, The First Years Last Forever, Hosted by Rob Reiner.

I Am Your Child, Your Healthy Baby, Hosted by Phylicia Rashad.