

Recommended Reading and Website List

Alphabetically by title

Pregnancy & Childbirth

- **Active Birth**
Janet Balaskas
- **Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation**
Pam England and Rob Horowitz
- **Gentle Birth Choices**
Barbara Harper and Suzanne Arms
- **Hypnobirthing: The Mongan Method: A natural approach to a safe, easier, more comfortable birthing, 3rd edition**
Marie F. Mongan
- **Ina May's Guide to Childbirth**
Ina May Gaskin
- **Pregnancy, Childbirth and the Newborn: The Complete Guide**
Penny Simkin, Janet Whalley, and Ann Keppler
- **Rediscovering Birth**
Sheila Kitzinger
- **The Birth Book**
William and Martha Sears
- **The Birth Partner, 2nd Edition**
Penny Simkin
- **The Expectant Father: Facts, Tips, and Advice for Dads-to-be, 2nd edition**
Armin A. Brott
- **The Thinking Woman's Guide to a Better Birth**
Henci Goer and Rhonda Wheeler

- www.mymidwife.org
- www.childbirthconnection.org
- www.birthnetwork.org
- www.marchofdimes.com
- www.babycenter.com
- www.center4cby.com
- www.cdc.gov

Breastfeeding

- **Breastfeeding Your Baby**
Sheila Kitzinger
- **The Breastfeeding Book**
William and Martha Sears

- **The Ultimate Breastfeeding Book of Answers Revised and Updated: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America**
Jack Md Newman and Theresa Pitman
- **The Womanly Art of Breastfeeding**
La Leche League International
- www.lalecheleague.org
- www.drjacknewman.com

Child Care/Parenting

- **And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives**
John Phd Gottman and Julie Schwartz Gottman
- **The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two**
William Sears, Martha Sears, Robert Sears, and James Sears
- www.aap.org
- www.zerotothree.org
- www.migreatparents.org
- www.askdrsears.com
- www.attachmentparenting.com

Postpartum Depression

- www.postpartumdads.org
- www.depressionafterdelivery.com

See your Midwife or other topic handouts for additional resources.