Childbirth International
Reading List
Last Updated November 2015
Table Of Contents

ALTERNATIVES TO HOSPITAL BIRTH 3
ANATOMY AND PHYSIOLOGY 7
BIRTH, CULTURE AND SOCIETY 9
BIRTH POLITICS 13
BREASTFEEDING 16
BREASTFEEDING POLITICS 22
CESAREAN AND VBAC 25
CHILDBIRTH EDUCATION 27
COMMUNICATION AND COUNSELING 29
DECISION MAKING 31
DEPRESSION 32
DISABILITY AND ABNORMALITY 34
DOULA SUPPORT 37
EVIDENCE-BASED CARE 39
FATHERHOOD 42
FERTILITY AND INFERTILITY 43
GRIEF AND LOSS 46
LABOR AND BIRTH 48
MIDWIVE’S TALES 52
PARENTING AND POSTPARTUM 56
PREGNANCY 60
PRENATAL TESTING 62
OTHER LANGUAGES 64
SLEEP SOLUTIONS 69
We've specified the edition for many of the books listed. It is recommended to read this edition but not essential – if the only copy you can access, such as through a public library, is an older edition of the same book this is fine.

ALTERNATIVES TO HOSPITAL BIRTH

The Essential Homebirth Guide: For Families Planning or Considering Birthing at Home

**Author:** Jane E. Drichta, Jodilyn Owen, and Dr. Christianne Northrup  
**Format:** Kindle and Paperback  
**Published:** 2013  
**Editorial Review:** “Homebirth is the gold standard by which all birth can be measured. This book is one of the most important books to come out this year. It addresses exactly what women want and need to know about this way of birthing. Birth is a human rights issue and homebirth gives both mother and baby back what rightfully belongs to them, their birth. This book is chock full of current information we have learned about birth in the past few decades. With a good midwife and this book in their hands, families are on the road to a miraculous birth experience.” – *Jan Tritten, Editor, Midwifery Today*

The Home Birth Advantage

**Author:** Mayer Eisenstein  
**Format:** Paperback  
**Published:** 2000  
**Amazon Description:** This book challenges America's traditional hospital based birth system, the system which has placed the United States at the bottom of the list of industrialized nations with regard to healthy babies and healthy mothers. Dr. Eisenstein explains that birth, for the majority of women, may even be safer without the routine hospital procedures: electronic fetal monitoring, episiotomy, IVs, epidurals, etc.

Unassisted Childbirth

**Author:** Laura Kaplan Shanley  
**Format:** Kindle, Hardcover and Paperback  
**Published:** 2012  
**Editorial Review:** “Although I am personally an advocate of planned, midwife-attended home birth, I also believe that we must make conceptual and legal room in the technocracy for those women who choose to fully claim their power as birth-givers by going it alone. This is a very brave book and Laura Kaplan Shanley is a remarkable and courageous woman.” – *Robbie Davis-Floyd, Ph.D. author of Birth as an American Rite of Passage*
Unhindered Childbirth: wisdom for the passage of unassisted birth

Author: Sarah M. Haydock  
Format: Kindle and Paperback  
Published: 2014  
Amazon Description: Giving birth without hindrance is beautiful, passionate, and life-changing – an intense and empowering rite of passage into motherhood. The wisdom we need for this journey through birth is ancestral – it lives in our cells, our hearts, our souls. It is time that we take back this power, for ourselves and for our children. Our bodies know birth! Unhindered Childbirth is a passionate guidebook to our intuitive knowledge; a template for discovering our innate birthing strength; a channel to inspire a vibrant pregnancy, an ecstatic childbirth, and a beautiful transition into motherhood. Inside this book, you’ll find wisdom & guidance for pregnancy & unhindered childbirth, in-depth herbal remedies for acute issues of pregnancy, childbirth, and postpartum, postpartum wisdom from cultures around the world, two stories of ecstatic, unhindered, unassisted births, and inspiration for experiencing pregnancy and childbirth as peaceful, beautiful, and sacred rites of passage into motherhood.

Home Births: Stories to inspire and inform

Author: Abigail Cairns  
Format: Paperback  
Published: 2006  
Amazon Description: As well as exploding some common misconceptions about who chooses home birth and why, the book provides real life, down-to-earth descriptions of the experience from the point of view of the people most closely involved. The book will hold particular interest for men, as more than a quarter of the contributions have been provided by fathers. Anyone reading these vivid, intimate, and emotional accounts will understand why so many of those who choose home birth become passionate advocates of parental choice and non-medical childbirth. As one contributor comments with satisfaction, “Two hours after the birth we were left alone at home: the three of us, a bottle of bubbly and the cat.”

Home Birth: A Practical Guide

Author: Nicky Wesson  
Format: Kindle and Paperback  
Published: 2006  
Amazon Description: A perfect balance of practical information and personal stories, Home Birth is essential reading for couples considering the alternative to a hospital birth. Childbirth Educator Wesson shows how having your baby in your own home can be the most fulfilling thing you’ll ever do. While some information is UK-based, much of the book is also relevant to US readers.
Home Births: The Report of the 1994 Confidential Enquiry by the National Birthday Trust Fund

Editor: Geoffrey Chamberlain & Ann Wraight  
Format: Hardcover  
Published: 1997  
Amazon Description: This is the report of the 1994 confidential enquiry by the National Birthday Trust Fund (UK). It is an informative and comprehensive study of births intended to take place at home, shows that planned birth at home is a safe option, that the women who are being selected for home births are appropriate, and that midwives manage home births well and competently. The book contains twelve chapters, a glossary, and appendices of the questionnaires used in the study. Though published primarily for a U.K. readership, its data is of interest to medical researchers and policy-makers everywhere.

Successful Home Birth and Midwifery: The Dutch Model

Editor: Eva Abraham-Van der Mark  
Format: Hardcover  
Published: 1993  
Amazon Description: It astounds the western world that such a highly industrialized nation as the Netherlands, with all the resources of modern medicine and technology, has a marked preference for home birth assisted by midwives. Van der Mark examines Dutch attitudes and practices surrounding birth from a sociohistorical point of view, explaining the importance of ideological consensus, the private nature of the Dutch family, the high regard for comfort and well being, and the professional development of midwives as trained and licensed practitioners. This volume will be welcomed by those convinced of the value of low-intervention home birth, but it will also be of interest to practitioners who must rely on technological procedures to manage the birth process. Since the Dutch hold one of the world records of pregnancy outcome statistics, readers will be interested in the Dutch midwifery model described here by various contributors.

Women, Power, and Childbirth: A Case Study of a Free-Standing Birth Center

Editor: Kathleen Doherty Turkel  
Format: Kindle and Hardcover  
Published: 1995  
Amazon Description: Based on her 12 year study of a free-standing birth center, Turkel analyzes the medical model of childbirth in contrast to the midwifery model. In the medical model of birth, women are defined as patients and birth takes place in hospitals where women have little, if any, control over their experience. The midwifery model views birth as a healthy process where midwives act as teachers and guides for women during pregnancy and birth, helping women and their families to shape and define their experience.
to meet their needs and expectations. Under existing legal and cultural circumstances, free-standing birth centers face a dilemma. They must continually accommodate the medical model while trying to maintain the midwifery model and give women an option to home birth or to hospital birth.
ANATOMY AND PHYSIOLOGY

Heart and Hands, Fifth Edition: A Midwife's Guide to Pregnancy and Birth

Author: Elizabeth Davis  
Format: Kindle and Paperback  
Published: 2012  
CBI Review: A more spiritual approach to childbirth with some very good information about natural approaches to problems in pregnancy and childbirth. Not as thorough as the other texts on the physiological aspects of childbirth but a nice addition to your library.

Anatomy and Physiology for Midwives, Third Edition

Author: Jane Coad & Melvyn Dunstall  
Format: eTextbook and Paperback  
Published: 2011  
Amazon Description: Building upon the success of the first edition, this book provides a thorough review of anatomy and physiology applicable to midwifery. This edition ties theory to practice more closely, and updates all research-based information and references for further reading. From first principles to current research, it utilizes case studies for reflection. This comprehensive and well-illustrated textbook is an essential resource for all students of midwifery.

Mayes’ Midwifery: A Textbook for Midwives, 14th Edition

Author: Christine Henderson & Susan MacDonald  
Format: eTextbook (buy or rent) and Paperback  
Published: 2012  
CBI Review: An excellent and very comprehensive midwifery text. Very thorough on the different physiological aspects of childbirth. Not suitable for general reading but a good reference text.

Myles Textbook for Midwives, 16th Edition

Author: Diane M. Fraser & Maggie M. Cooper  
Format: Kindle and Paperback  
Published: 2014  
Amazon Description: The new edition of this market-leading textbook builds on the strengths of the previous edition. Completely updated and revised, it provides the most up-to-date perspectives and research on a complete range of the theoretical, practical, and background concepts with
which modern midwives should be familiar. In addition, it offers numerous summary boxes and flowcharts and provides clear guidance on how to critically appraise valuable research.

The New Midwifery: Science and Sensitivity in Practice, Second Edition

**Author:** Lesley Ann Page BA MSc PhD RM RN & Rona McCandlish BA(Hons) MSc(Epid) RGN RMN RM  
**Format:** Kindle and Paperback  
**Published:** 2006  
**Other Languages:** Japanese  
**CBI Review:** A more affordable midwifery text, this book is a good resource with a midwifery perspective. It is not as thorough on the physiological aspects of pregnancy and birth as the others are but a good choice if price is an issue.
BIRTH, CULTURE AND SOCIETY

Rediscovering Birth

Author: Sheila Kitzinger
Format: Kindle, Hardcover and Paperback
Published: 2011
Amazon Description: For thousands of years women have given birth among people they know in a place they know well. Knowledge is shared between the participants and birth is a social event. In this new, revised edition of her classic book, Sheila Kitzinger explores the universal experience of pregnancy and birth. She looks closely at the place of birth, what is done to help women in childbirth and examines the bond traditionally formed between mothers and midwives.

Ethnography of Fertility and Birth

Author: Carol P. MacCormack
Format: Paperback
Published: 1994
CBI Review: An interesting insight into the cultural aspects of childbirth in several different cultures. Well researched although a little heavy to read in places.
Amazon Description: Birth is a life-crisis rite of passage, intense with danger and emotion. This provocative collection combines anthropological and medical insights about the process of human reproduction, giving readers substantive information about better fertility and birth care for all women. The contributors have conducted detailed observation in eight countries throughout the world. This comparative perspective helps readers reflect on the “cultural drift” toward rather industrialized hospital birth. It also helps readers re-imagine human reproduction holistically within an integrated mind-body-spirit framework.

Mother and Child: Visions of Parenting from Indigenous Cultures

Author: Jan Reynolds
Format: Paperback
Published: 1996
Editorial Reviews: “The photographs are remarkable for their intimacy and beauty, but what is important about her books is Jan Reynolds’s sincere sense of the majesty of the world’s people. By sharing an empathetic and unsentimental glimpse of them, she gives us all a great gift.” –The New York Times
“Reynolds’ respect for both the indigenous peoples and the land itself is evident as she shares her discovery of how a deep connection with the natural world strengthens the primal nature
of the mother-child bond. . . . This little book is a treasure. A delight to look at, a pleasure to read—and to share with your children.” –The Wellspring Guide

Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent

Author: Meredith Small  
Format: Kindle, Paperback and Hardcover  
Published: 1999  
Amazon Review: Small asserts that our ideas about how to raise our kids are as much a result of our culture as our biology, and that, in fact, many of the values we place on child-rearing practices are based in culture rather than biology. Small writes, “Every act by parents, every goal that molds that act, has a foundation in what is appropriate for that particular culture. In this sense, no parenting style is ‘right’ and no style is ‘wrong.’ It is appropriate or inappropriate only according to the culture.”  
Our Babies, Ourselves is a wonderful read for anyone interested in the social sciences, and will be especially meaningful to those swept up in the wild adventure of parenting.

Mother Nature: Maternal Instincts and How They Shape the Human Species

Author: Sarah Hrdy  
Format: Hardcover, Paperback and Audio Download  
Published: 2000  
Amazon Review: Hrdy's passion for this material is evident, and she is deeply aware of the personal stake she has here as a woman, a mother, and a professional. This highly accomplished author relies on her own extensive research background as well as the works of others in multiple disciplines (anthropology, primatology, sociobiology, psychology, and even literature). Despite the exhaustive documentation given to her conclusions (as witness the 140-plus-page notes and bibliography sections), the book unfolds in an exceptionally lucid, readable, and often humorous manner. It is a truly compelling read, highly recommended.

Kids: How Biology and Culture Shape the Way We Raise Young Children

Author: Meredith Small  
Format: Hardcover and Paperback  
Published: 2002  
Editorial Review: “Where her previous book explored the way culture shapes parenting during an infant’s first year, this sequel examines the impact of culture on children’s development of language, knowledge, moral reasoning, social roles and gender identity. She observes some disparities between
“expert” and parental knowledge: apparently child development researchers assume “that kids all over the world are essentially the same,” yet even among parents in the West, “[t]here is no consensus on the nature of the child.” Although Small’s book is admirably ambitious, it is science lite and may frustrate any reader who has given serious thought to its subject.” – Publishers Weekly

A World of Babies: Imagined Childcare Guides for Seven Societies

Editor: Judy S. DeLoache & Alma Gottlieb
Format: Hardcover and Paperback
Published: 2000

Editorial Review: “This unusual compilation makes for much more fascinating reading than would a strict narrative about international child-rearing practices. The editors (Univ. of Illinois, Urbana-Champaign) present seven societies by way of fictional childcare manuals in the manner of Dr. Spock’s Baby and Child Care. Some of the imaginary advisers cited are based on real people (e.g., grandmothers) whom new parents might consult. In some cases, the authors present their own field studies while cautioning that these are “in no way intended to advise members of these societies on how to raise their children.” The point is not to prescribe from the conceit of Western society but to report how different cultures view child rearing.” – Library Journal

Negotiating Reproductive Rights

Editor: Rosalind Petchesky, Karen Judd & IRRRAG
Format: Hardcover and Paperback
Published: 1998

Editorial Review: “This is an extraordinary book – the result of a carefully nurtured process of cross-cultural collaboration and consultation. As such, it is a unique resource on one of the most challenging and contentious social issues of our time. The voices and experiences of women, their strengths and diversity, are captured here.” – Adrienne Germaine, International Women’s Health Coalition

Childbirth in the Global Village: Implications for Midwifery Education and Practice

Author: Dawn Hillier
Format: Kindle, Hardcover and Paperback
Published: 2003

Amazon Description: In this new book, Dawn Hillier compares the experiences of mothers and midwives in America and England with those in Africa and Malaysia. Through vivid descriptions of actual births and careful examination of the local, national and international contexts in which they take place, she explores the roles of culture, policy and the academy in the
promotion of political ideals about how human beings should come into this world. *Childbirth in the Global Village* will resonate with the experiences of midwives everywhere and makes a strong case for redesigning the midwifery curriculum to reflect the interconnectedness of childbirth, midwifery education and practice around the globe.

**Birth in Four Cultures: A Crosscultural Investigation of Childbirth in Yucatan, Holland, Sweden, and the United States**

*Author:* Brigitte Jordan & Robbie Davis-Floyd  
*Format:* Kindle, Hardcover and Paperback  
*Published:* 1992  
*CBI Review:* An interesting comparison of childbirth in four different cultures – Yucatan, The Netherlands, Sweden and the USA.  
*Amazon Description:* While the process of childbirth is, in some sense, everywhere the same, it is also everywhere different in that each culture has produced a birthing system that is strikingly dissimilar from the others. Based on her fieldwork in the United States, Sweden, Holland, and Yucatan, Jordan develops a framework for the discussion and investigation of different birthing systems. Illustrated with useful examples and lively anecdotes from Jordan's own fieldwork, the Fourth Edition of this innovative comparative ethnography brings the reader to a deeper understanding of childbirth as a culturally grounded, biosocially mediated, and interactionally achieved event.

**Childbirth and Authoritative Knowledge: Cross-Cultural Perspectives**

*Author:* Robbie E. Davis-Floyd  
*Format:* Hardcover and Paperback  
*Published:* 1997  
*CBI Review:* A series of essays on childbirth across cultures. Interesting, although sometimes heavy reading.  
*Amazon Description:* This benchmark collection of cross-cultural essays on reproduction and childbirth extends and enriches the work of Brigitte Jordan, who helped generate and define the field of the anthropology of birth. The authors' focus on authoritative knowledge – the knowledge that counts, on the basis of which decisions are made and actions taken – highlights the vast differences between birthing systems that give authority of knowing to women and their communities and those that invest it in experts and machines.
BIRTH POLITICS

Birth Crisis

Author: Sheila Kitzinger
Format: Kindle, Hardcover and Paperback
Published: 2006
Amazon Description: When a woman is denied all choice – feels as if she has been swallowed up by a vast machine and spat out at the other end with a baby – how can she come to terms with that ordeal? Birth Crisis draws on mothers’ voices and real-life experiences to explore the suffering after childbirth which has, until now, been brushed under the carpet. It is a fascinating and useful resource for student and practicing midwives, all health professionals, and women and their families who want to learn how to overcome a traumatic birth.

Pushed: The Painful Truth About Childbirth and Modern Maternity Care

Author: Jennifer Block
Format: Kindle, Hardcover and Paperback
Published: 2008
Editorial Review: “Block shows how, in transforming childbirth into a business, hospitals have turned “procedures and devices developed for the treatment of abnormality” into routine practice, performed for no reason than “speeding up and ordering an unpredictable…process.” Block looks into a growing contingent of parents-to-be exploring alternatives to the hospital and the attendant likelihood of medical intervention-by seeking out birthing centers and options for home-birth. Unfortunately, obstacles to these alternatives remain considerable-laws across the U.S. criminalizing or severely restricting the practice of midwifery have led the trained care providers to practice underground in many states-while tort reform has done next to nothing to lower malpractice insurance rates or improve hospital birthing policies. This provocative, highly readable expose raises questions of great consequence for anyone planning to have a baby in U.S., as well as those interested or involved in women’s health care.” – Publishers Weekly

Birth: The Surprising History of How We Are Born

Author: Tina Cassidy
Format: Kindle, Hardcover, Paperback and Audio CD
Published: 2007
Editorial Review: “Anyone who has taken a prenatal education class in the last decade can detail much of what Boston Globe reporter Cassidy documents about birthing battles in her enjoyable new book. What she so cogently adds is a history of Western practices and attitudes surrounding birth, from the “God-sibs” (or “gossips”) who sat by a woman's bed in Europe
and early America to the scheduled cesarean of today. The book is well written and will be an important eye-opener to many. Cassidy works hard to remain neutral, but a preference for the discourse of “natural” birth creeps in.” – Publishers Weekly

**Born in the USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First**

**Author:** Marsden Wagner  
**Format:** Kindle, Hardcover and Paperback  
**Published:** 2008  
**Amazon Description:** In this rare, behind-the-scenes look at what goes on in hospitals across the country, a longtime medical insider and international authority on childbirth assesses the flawed American maternity care system, powerfully demonstrating how it fails to deliver safe, effective care for both mothers and babies. Written for mothers and fathers, obstetricians, nurses, midwives, scientists, insurance professionals, and anyone contemplating having a child, this passionate exposé documents how, in the most expensive maternity care system in the world, women have lost control over childbirth and what the disturbing results of this phenomenon have been. Born in the USA examines issues including midwifery and the safety of out-of-hospital birth, how the process of becoming a doctor can adversely affect both practitioners and their patients, and why there has been a rise in the use of risky but doctor-friendly interventions, including the use of Cytotec, a drug that has not been approved by the FDA for pregnant women. Most importantly, this gripping investigation, supported by many troubling personal stories, explores how women can reclaim the childbirth experience for the betterment of themselves and their children.

**Vaginal Politics: A Midwife Story**

**Author:** Judy Lee & Bette L. Waters  
**Format:** Paperback  
**Published:** 2003  
**Editorial Review:** “You won't want to miss Judy's account of courage, community activism and persistence in the face of medical opposition in her years of struggle as the only home birth midwife in a small town in New Mexico.” – Ina May Gaskin, CPM Author of Spiritual Midwifery and Ina May's Guide to Childbirth  

“A stunning and frightening real-life tale about the politics of women’s healthcare. This is a must read for all of us, whether we are healthcare providers or consumers.” – Elizabeth Bethel, PhD. Community Initiatives, Inc.
Birth as an American Rite of Passage

Author: Robbie E. David-Floyd
Format: Kindle, Hardcover and Paperback
Published: 2004

Amazon Description: Davis-Floyd has written a brilliant feminist analysis of childbirth rites of passage in American culture. These rites, she argues, take away women's power over their bodies, naturally designed to bring life into the world, and for no physiological reason give it to the medical system. She believes that society, intimidated by women's ability to give birth, has designed obstetrical rituals that are far more complex than natural childbirth itself in order to deliver what is from nature into culture. “In this way,” she writes, “society symbolically demonstrates ownership of its product.” This beautiful book, full of insightful interviews with women on a range of birth experiences and with an extensive bibliography, is a wonderful addition to the growing literature on the anthropology of the body and the theoretical debates over mind/body and nature/culture dichotomies. Essential for all anthropology and women's studies collections and medical school libraries and highly recommended for public libraries.

The Politics of Birth

Author: Sheila Kitzinger
Format: Paperback
Published: 2005

Amazon Description: The Politics of Birth explores ways in which we learn about birth, how we talk and feel about it, assumptions that professional caregivers may make, and the roles and skills of midwives. Topics include home birth and water birth; the use of drugs in childbirth; obstetric and nursing interventions which are often used routinely; Cesarean sections; pressures that care-givers are under, and the choices presented to women that are more apparent than real. Throughout, the author draws on research-based evidence to present both an holistic yet grounded examination of topical issues surrounding pregnancy and childbirth. This is not a “how to” book. The aim of The Politics of Birth is to help the reader develop deeper insight and understanding of how a technocratic birth culture shapes our ideas about birth and obstetric practice.
BREASTFEEDING


Author: Jack Newman M.D. & Teresa Pitman
Format: Paperback
Published: 2006

Amazon Description: Although breastfeeding is the natural and healthy way to nourish your baby, it’s not always easy. Many new mothers are scared away from nursing because of difficulty getting started and lack of information about what to do when things don’t go as planned. In this fully revised and updated edition of The Ultimate Breastfeeding Book of Answers, two of today’s foremost lactation experts help new mothers overcome their fears, doubts, and practical concerns about one of the most special ways a mother can bond with her baby.

The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning

Author: Martha & William Sears
Format: Hardcover and Paperback
Published: 2000

Amazon Description: In recent years there has been a resurgence of interest in breastfeeding. Yet first-time mothers often lack the support and the knowledge they need. Many of the available books fail to address the practical challenges that confront many women (especially women who work outside the home) when they choose to breastfeed. For these women, The Breastfeeding Book is a godsend with comprehensive, reassuring, authoritative information on: how to get started, increasing your milk supply, breastfeeding in absentia, and making sure that your nursing baby gets the nutrition he/she needs. Taking a realistic, contemporary approach, the Sears’ bring an age-old practice completely up to date.

The Nursing Mother’s Companion – Sixth Edition

Author: Kathleen Huggins
Format: Paperback
Published: 2007
Other Languages: Spanish
CBI Review: An easy to read, informative book, covering the basics of breastfeeding with good tips and ideas for resolving problems.
So That’s What They’re for: Breastfeeding Basics

Author: Janet Tamaro  
Format: Paperback  
Published: 1998  
CBI Review: A very light-hearted book with excellent information. This book will have you smiling all the way through.  
Amazon Description: Filling the gap left in a market glutted with dated or dry books on breastfeeding, *So That’s What They’re For!* lends support and encouragement to those wondering whether they should try breastfeeding, for pregnant women who are sure they will breastfeed and for new moms who are having trouble and are considering stopping. With hilarious anecdotes and wonderful illustrations, this comprehensive guide offers a supportive, pragmatic view from the real world.

Fresh Milk: The Secret Life of Breasts

Author: Fiona Giles  
Format: Paperback  
Published: 2003  
CBI Review: A very different book on breastfeeding, Fiona looks at the cultural and social aspects of breasts and breastfeeding, without taking itself too seriously. A fun and interesting book to read.

Breastfeeding Your Baby: Revised Edition

Author: Sheila Kitzinger  
Format: Hardcover and Paperback  
Published: 1998  
Other Languages: Spanish  
CBI Review: Sheila's books are always a joy to read. With beautiful pictures, an easy to read layout, and great tips, this is an excellent addition to your library.

Bestfeeding: How to Breastfeed Your Baby

Author: Mary Renfrew, Chloe Fisher & Suzanne Arms  
Format: Kindle and Paperback  
Published: 2004  
CBI Review: This is one of the best books on breastfeeding available. Great pictures on latching help women to really understand good positioning.  
Amazon Description: For more than a decade, *Bestfeeding* has been recognized by midwives, doctors, and nursing mothers as the definitive word on breastfeeding. The culmination of 60-plus years of hands-on
experience from three dedicated and internationally respected authors, this newly updated classic blends academic knowledge, clinical expertise, and practical skills to educate first-time and experienced mothers alike. Mothers will find precisely the information they need to help their babies grow and thrive—physically and emotionally—as a result of breastfeeding. The book answers all questions a new mother may have, and it is fully illustrated with dozens of helpful photos and drawings that demonstrate all the dos and don'ts of breastfeeding. In addition to the basics, mothers will find tried-and-true solutions to both common and more unusual problems, as well as remedies for babies with special needs. With its sensitive and informed advice, *Bestfeeding* is a supportive reminder of what women have always known: that breastfeeding is, quite simply, the best way to nourish a baby.

**Dr. Jack Newman’s Guide to Breastfeeding**

**Author:** Jack Newman and Teresa Pitman  
**Format:** Kindle, Hardcover and Paperback  
**Published:** 2009 (the Kindle version was published in 2014)  
**Amazon Description:** Breastfeeding is healthy and natural, but it's not always easy. Dr. Jack Newman, a leading authority on infant care, and Teresa Pitman, former executive director of La Leche League Canada, have the answers that many new mothers are looking for. From achieving a good “latch” to dealing with jaundiced or colicky babies to coping with breast pain and surgeries, *Dr. Jack Newman’s Guide to Breastfeeding* includes information on every question a nursing mother could have. If you're expecting, nursing your newborn or wondering about when to wean your toddler, this is the guide you need, for your first baby or your fourth.

**The Womanly Art of Breastfeeding**

**Author:** Diane Weissinger, Diana West and Teresa Pitman (La Leche League International)  
**Format:** Paperback  
**Published:** 2010  
**Amazon Description:** It's no secret that breastfeeding is the normal, healthy way to nourish and nurture your baby. Dedicated to supporting nursing and expectant mothers, the internationally respected La Leche League has set the standard for educating and empowering mothers in this natural art for generations. Now their classic bestselling guide has been retooled, refocused, and updated for today's mothers and lifestyles. Working mothers, stay-at-home moms, single moms, and mothers of multiples will all benefit from the book's range of nursing advice, stories, and information—from preparing for breastfeeding during pregnancy to feeding cues, from nursing positions to expressing and storing breast milk.
Hirkani’s Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working

Editor: Jennifer Hicks (Published by La Leche League International)
Format: Paperback
Published: 2005
Amazon Description: Hirkani’s Daughters is a compilation of inspirational stories written by mothers from around the world who have overcome various obstacles to continue breastfeeding and working. They too are finding their own ways around the gates people have shut before them. And they, too, are excited, scared and missing their children. Some of the stories share Hirkani’s drama; others speak with a quiet calm. At their core, they are all stories of women evaluating their options through trepidation and a beating heart, and in the end bravely taking the path that works best for their families.

Defining your Own Success: Breastfeeding After Breast Reduction Surgery

Author: Diana West
Format: Hardcover and Paperback
Published: 2001
Amazon Description: This book was written to enable mothers who have had breast reduction surgery to breastfeed their babies. Although written directly to the mother who wishes to breastfeed after reduction, this book is also a valuable resource for health care professionals – surgeons, physicians, midwives, pediatrics and maternity nurses and lactation consultants. This first of its kind publication addresses questions and myths whether it’s possible to breastfeed after breast reduction surgery.

Birth and Breastfeeding: Rediscovering the Needs of Women During Pregnancy and Childbirth

Author: Michel Odent
Format: Kindle and Paperback
Published: 2008
Editorial Review: “Provocative and compelling. A book you'll want to discuss even before you finish reading it.” “Should be compulsory reading for mothers, midwives, doctors, and, not least, hospital administrators.” - Marian Thompson, president emeritus and co-founder, La Leche League, International
“Should be compulsory reading for mothers, midwives, doctors, and, not least, hospital administrators.” – Esther Culpin, former director La Leche League, Great Britain
Healthy Mother, Better Breastfeeding

Author: Francesca Naish & Janette Roberts
Format: Hardcover
Published: 2002
CBI Review: This book was recommended as an addition by a CBI student and is written by two Australian authors with a strong focus on nutrition and its effect on the mother/baby dyad.
Amazon Description: Francesca Naish and Janette Roberts have helped thousands of couples to have healthy babies with their guides to natural conception, pregnancy, and birth and bonding. Now they provide all the answers to successful breastfeeding using their tried-and-true natural methods, including: – Where it all begins – trusting your maternal instinct – Why 'breast is best' for baby and for you – Better breastfeeding practices, including successful attachment and positioning – How to improve your milk supply – Natural remedies for common problems: cracked nipples, mastitis, blocked ducts, colic, reflux, food allergies, biting – To wean or not to wean – Contraception during breastfeeding – An invaluable resources list, and much, much more.

Breastfeeding Management For The Clinician: Using the Evidence

Author: Marcia Walker
Format: Paperback (buy or rent)
Published: 2013
Amazon Description: Now in its third edition, Breastfeeding Management for the Clinician: Using the Evidence is a trusted compendium on breastfeeding for the practicing clinician. It provides a research-based approach to breastfeeding care by including literature reviews while covering the incidence, etiology, risk factors, prevention, prognosis and implications, interventions, expected outcomes, care plans, and clinical algorithms. Expanded to include new approaches to solving common and uncommon breastfeeding problems, the Third Edition discusses the political and social landscape of breastfeeding including new state and Federal laws and policies related to breastfeeding. Also explained and clarified are new revelations about infant sucking mechanics as seen under ultrasound presented as a combination of vacuum and compression. Breastfeeding Management for the Clinician: Using the Evidence, Third Edition provides both the problem solving approach busy clinicians need to resolve issues encountered in everyday practice and the evidence-based foundation they need to impact positive change in the workplace.
Ina May's Guide to Breastfeeding

Author: Ina May Gaskin
Format: Kindle, Paperback, Audio Download and Audio CD
Published: 2009

Amazon Description: *Ina May's Guide to Breastfeeding* is filled with helpful advice, medical facts, and real-life stories that will help you understand how and why breastfeeding works and how you can use it to more deeply connect with your baby and your own body. Whether you're planning to nurse for the first time or are looking for the latest, most up-to-date expert advice available, you couldn't hope to find a better guide than Ina May.
BREASTFEEDING POLITICS

Mother’s Milk: Breastfeeding Controversies in American Culture

Author: Bernice Hausman  
Format: Kindle, Hardcover and Paperback  
Published: 2003  
Amazon Description: *Mother’s Milk* examines why nursing a baby is an ideologically charged experience in contemporary culture. Drawing upon medical studies, feminist scholarship, anthropological literature, and an intimate knowledge of breastfeeding itself, Bernice Hausman demonstrates what is at stake in mothers’ infant feeding choices–economically, socially, and in terms of women’s rights. Breastfeeding controversies, she argues, reveal social tensions around the meaning of women’s bodies, the authority of science, and the value of maternity in American culture. A provocative and multi-faceted work, *Mother’s Milk* will be of interest to anyone concerned with the politics of women’s embodiment.

Breasts: A Natural and Unnatural History

Author: Florence Williams  
Format: Kindle, Hardcover, Paperback and Audio CD  
Published: 2013  
Amazon Description: In this informative and highly entertaining account, intrepid science reporter Florence Williams sets out to uncover the latest scientific findings from the fields of anthropology, biology, and medicine. Her investigation follows the life cycle of the breast from puberty to pregnancy to menopause, taking her from a plastic surgeon’s office where she learns about the importance of cup size in Texas to the laboratory where she discovers the presence of environmental toxins in her own breast milk. The result is a fascinating exploration of where breasts came from, where they have ended up, and what we can do to save them.

Milk, Money and Madness: The Culture and Politics of Breastfeeding

Author: Naomi Baumslag, M.D. & Dia L. Michels  
Format: Hardcover  
Published: 2003  
Amazon Description: Breastfeeding is a beautiful process. It involves the participation of both mother and child and cannot be duplicated by a glass bottle and rubber nipple. So why is it continuing to decline all over the world? In Milk, Money, and Madness, Baumslag and Michels examine the issue of breastfeeding, clearly drawing a line between fact and fiction. They show how a product created to help sick children and foundlings was
transformed into a powerful international industry with revenues of $22 million a day. They investigate how an intimate and self-affirming life experience that is responsible for.

At the Breast: Ideologies of Breastfeeding and Motherhood in the Contemporary United States

**Author:** Linda M. Blum  
**Format:** Hardcover and Paperback  
**Published:** 2000  
**Amazon Review:** In our ironic, “postfeminist” age few experiences inspire the kind of passions that breastfeeding does. For advocates, breastfeeding is both the only way to supply babies with proper nutrition and the “bond” that cements the mother/child relationship. Mother’s milk remains “natural” in a world of genetically modified produce and corporate health care. But is it a realistic option for all women? And can a well-intentioned insistence on the necessity of breastfeeding become just another way to cast some women as bad mothers?

The Politics of Breastfeeding: When Breasts are Bad for Business

**Author:** Gabrielle Palmer  
**Format:** Kindle and Paperback  
**Published:** 2009  
**Amazon Description:** Fully explores the political, economic, and social implications of bottle feeding versus breastfeeding. One customer review stated “I didn't understand breastfeeding advocacy until I read this book. Gabrielle Palmer covers all the bases on why we need to protect future generations from the mass marketing of infant formula, and how those products have become so prevalent throughout our society and the world.”

Social History of Wet Nursing in America: From Breast to Bottle

**Author:** Janet Golden  
**Format:** Hardcover and Paperback  
**Published:** 2001  
**Amazon Description:** Examines the intersection of medical science, social theory, and cultural practices as they shaped relations among wet nurses, physicians, and families from the colonial period through the twentieth century. Janet Golden's study contributes to our understanding of the cultural authority of medical science, the role of physicians in shaping child rearing practices, the social construction of motherhood, and the profound dilemmas of class and culture that played out in the private space of the nursery.
Anthropology of Breast-Feeding: Natural Law or Social Construct

Editor: Vanessa A. Maher
Format: Hardcover and Paperback
Published: 1992

Amazon Description: On the whole, the debates surrounding the issues of breast-feeding – often reflecting ethnographic and ill-informed medical and demographic approaches – have failed to treat the deeper issues. The significance of breast-feeding reaches far beyond its biological function; in fact, the authors of this volume argue, there is nothing `natural' about breast-feeding itself. On the contrary, attitudes and practices are socially determined, and breast-feeding has to be seen as an essential element in the cultural construction of sexuality. The highly original focus of this volume throws new light on gender and on social relationships in general.
CESAREAN AND VBAC

Don’t Cut Me Again! True Stories about Vaginal Birth After Cesarean (VBAC)

Author: Angela J. Hoy
Format: Kindle and Paperback
Published: 2013
Amazon Description: Across the country and the world, women are being forced to undergo major abdominal surgery against their wishes, often for the convenience and profits of the doctors and hospitals. Yes, a c-section is often billed at much higher rates than a vaginal delivery! Would it surprise you to know that many doctors do, in fact, support VBAC’s in healthy women, but are instead allowing the hospital and their own insurance company to dictate the medical care you’re about to receive? That’s right! Your doctor's insurance company, not your physician, may be directing your care right now! In these pages, you'll read true stories from women who refused to submit to the medical community's threats and fear-tactics. These courageous moms instinctively knew what was best for their babies and themselves and, after having a prior c-section, they successfully birthed their babies vaginally.

Birthing Normally After a Cesarean or Two

Author: Hélène Vadeboncoeur
Format: Paperback
Published: 2011
Amazon Description: This book is for any woman considering a vaginal birth after one or more previous cesareans. What are the risks? What are the advantages? What is the best choice in your particular case? The author, Hélène Vadeboncoeur, takes you through the research and also gives you a glimpse into other women's experiences through the use of first-hand accounts. It was, in fact, the author's experience of two very different births (one a cesarean, the next a VBAC) that inspired her to get a PhD. In her thesis she explored how women experience giving birth in hospital. Hélène wanted to consider questions about birth because this is such an important event in women's lives. For over 10 years since then, she has divided her time between teaching and participating in research projects. (She is currently on the Board of the International MotherBaby Childbirth Organization.) She also regularly gives talks at conferences around the world. This means that you not only get the benefit of advice from a woman who's been through both a cesarean and a VBAC, you also get taken through the most up-to-date research. Serious information is presented in an upbeat, readable style. Comment from an obstetrician: “As a professional who is concerned about the risk in the cesarean rate I would like to suggest that all women who have anything to do with cesareans read this book. The author has collected research data and precious accounts, which will help women make an informed choice as to how to give birth to their babies.” Feedback from a midwife: “Hélène Vadeboncoeur offers women an important tool to support them if they choose to give birth vaginally after a previous cesarean.” Comment from a VBAC mom: “This book can help you heal the inner scars that every cesarean leaves behind. It'll also help you prepare and inform yourself to make a different journey with your next birth.”
Cesarean Voices

**Editor:** Martha Basham, Jill MacCorkle, Krista Cornish Scott, Laureen Hudson and Pam Hite Udy
**Format:** Kindle and Paperback
**Published:** 2007 (ICAN)

**ICAN Description:** Cesarean mothers tell their stories and feelings of loss, pain, anger, sadness and more in their very own words. A very emotional read, this compilation shows that a cesarean section surgery is not just another way to have a baby, and that how the mother feels about her experience does matter.

Vaginal Birth After Caesarean: The VBAC Handbook

**Author:** Helen Churchill and Wendy Savage
**Format:** Kindle and Paperback
**Published:** 2010

**Amazon Description:** Women are over four times more likely to have a caesarean birth now than they were thirty years ago and eight times more likely than they were fifty years ago. One of the main reasons that the rate is so high is that women are not encouraged to give birth vaginally once they have had a caesarean despite there being no evidence of the benefit of repeat caesareans for mother or child. Aimed at women who have had a caesarean or repeat caesareans, “Vaginal Birth After Caesarean (VBAC)” provides suggestions for constructive ways to achieve vaginal birth when this is the right option for mother and baby. As well as detailed explanations of all the pros and cons of VBAC, the book contains several real-life birth stories, a comprehensive glossary of terms and essential information for parents-to-be.

The Caesarean

**Author:** Michel Odent
**Format:** Hardcover
**Published:** 2004

**Amazon Description:** How did a magnificent rescue operation become such a common way of giving birth? And how safe is it really? Why do some countries have 10 percent caesarean births, and some more than 50 percent? Why have risky procedures, such as forceps deliveries, not been eliminated by the C-section? What are the very first microbes met by a caesarean-born baby? Is it easy to breastfeed after a caesarean? What do mother and baby miss out on by not sharing a vaginal birth? What do we know about the long-term consequences of being born by caesarean and of giving birth by caesarean? What is the future of a civilization born by caesarean? Having been involved in half a century of the history of the caesarean, Dr. Michel Odent is uniquely and authoritatively equipped to deal with these vital and urgent questions.
CHILD BIRTH EDUCATION

Childbirth Education: Practice, Research and Theory, Second Edition

Author: Francine H. Nichols PhD RNC FAAN and Sharron Smith Humenick PhD RN FAAN
Format: Hardcover
Published: 2000
CBI Review: One of the most comprehensive books available on childbirth education. Packed full of ideas, tips and suggestions.
Amazon Description: Here's the fully revised and updated new edition of the only comprehensive book on childbirth education! Edited by two well-known educators and practitioners, it provides authoritative, research-based coverage of all of the theoretical and practical knowledge in this field.

Birth and Parenting Skills: New Directions in Antenatal Education

Author: Mary L. Nolan PhD MA BA(Hons) RGN and Julie Foster BSc RGN RM DipHE
Format: Paperback
Published: 2005
Amazon Description: A research-based, up-to-the minute account of the current status of antenatal education, focusing on the key challenges it faces in the future, offering suggestions for how these challenges might best be met. It describes some innovative approaches to accessing vulnerable groups of parents and how collaboration between the statutory and voluntary sectors might result in a better educational service for pregnant women and their families. Narratives from parents are analysed and commented upon, and underpinning the book will be an account of how the principles and practices of adult education should inform antenatal education.

Leading Antenatal Classes, Second Edition

Author: Judith Schott and Judy Priest
Format: Paperback
Published: 2001
CBI Review: An easy read, this book covers many of the important areas of childbirth classes, with suggestions for ensuring classes are active and high in client involvement.
Amazon Description: A book full of practical ideas and straightforward advice showing health professionals how to plan, organize, run and evaluate antenatal classes. The underlying theme in the book is on working with a group of people, discovering their needs, interests, concerns and aspirations, rather than lecturing at them. It is about how to teach effectively, not what to teach. It demonstrates the
importance of understanding how adults learn, regularly assessing one's own goals and planning sessions that will keep parents (and teachers) awake, involved and more satisfied with the whole experience of antenatal education.

**Education and Support for Parenting: A Guide for Health Professionals**

**Author:** Mary L. Nolan PhD MA BA  
**Format:** Paperback  
**Published:** 2002  
**Amazon Description:** How can future parents best be prepared for parenting? How can new parents be helped to achieve optimum parenting in their particular circumstances? This book explores the thinking behind the Government's “Sure Start” scheme which aims to provide education for parents in “at risk” social groups.
COMMUNICATION AND COUNSELING

Role Play Made Easy: 25 Structured Rehearsals for Managing Problem Situations and Dealing With Difficult People

Author: Susan El-Shamy
Format: Kindle and Paperback
Published: 2005

Amazon Description: Written by training expert Susan El-Shamy, Role Play Made Easy is a practical and highly accessible resource for planning, preparing, and implementing effective role-playing activities that are solidly grounded in proven learning techniques. Role Play Made Easy offers trainers at all levels of expertise the step-by-step guidance needed to facilitate role playing activities that are appropriate for a wide variety of organizations and training situations. The book's 25 role play activities are designed to help participants build skills, boost confidence, and increase the likelihood of behavioral change. Role Play Made Easy offers many types of role-playing activities and also includes  * Step-by-step directions for absolutely everything necessary to plan and implement a successful role-play* Strategies and guidelines to make role-playing both easy and effective* Tips and techniques to take the fear out of role-playing* Methods to make feedback easier and more effective* Ideas and incentives to make role playing fun.

Messages: The Communication Skills Book

Author: Matthew McKay PhD, Martha Davis PhD and Patrick Fanning
Format: Kindle and Paperback
Published: 2009

Amazon Description: Many people assume that good communicators possess an intrinsic talent for speaking and listening to others, a gift that can't be learned or improved. The reality is that communication skills are developed with deliberate effort and practice, and learning to understand others and communicate your ideas more clearly will improve every facet of your life.

Now in its third edition, Messages has helped thousands of readers cultivate better relationships with friends, family members, coworkers, and partners. You'll discover new skills to help you communicate your ideas more effectively and become a better listener.
Assertiveness: How to Stand Up for Yourself and Still Win the Respect of Others

Author: Judy Murphy  
Format: Kindle and Paperback and Audio Download  
Published: 2011  
Customer Review: For anyone who is shy, quite, unsure, apprehensive, and hesitant in communication and interactions, this book is a must read. It explains how to be more confident and bold in conversations with all types of people. The information doesn't just sound good in theory, it actually works. The author digs into loads of scenarios the reader might find him or herself in and dissects right and wrong ways to handle them, making it resoundingly apparent on what to do. This book has changed my life.

A Voice for Now: Changing the Way We See Ourselves as Women

Author: Anne Dickson  
Format: Paperback  
Published: 2003  
CBI Review: This is an enjoyable book on assertiveness and aimed directly at women. A very easy read with some interesting insights, together with a powerful message.  
Amazon Description: This is a wake up call to women of all ages to look beyond the personal – beyond our individual frustrations or achievements – to understand what has fallen out of balance. It interweaves thought-provoking ideas with the story of the characters whose lives shape this book.
DECISION MAKING

Your Medical Mind: How to Decide What Is Right for You

Author: Jerome Groopman M.D. and Pamela Hartzband M.D.
Format: Hardcover, Paperback and Audio CD
Published: 2012
Amazon Description: Making the right medical decisions is harder than ever. We are overwhelmed by information from all sides – whether our doctors’ recommendations, dissenting experts, confusing statistics, or testimonials on the Internet. Now Doctors Groopman and Hartzband reveal that each of us has a “medical mind,” a highly individual approach to weighing the risks and benefits of treatments. Are you a minimalist or a maximalist, a believer or a doubter, do you look for natural healing or the latest technology? The authors weave vivid narratives of real patients with insights from recent research to demonstrate the power of the medical mind. After reading this groundbreaking book, you will know how to arrive at choices that serve you best.

Critical Decisions: How You and Your Doctor Can Make the Right Medical Choices Together

Author: Peter A. Ubel
Format: Kindle and Hardcover
Published: 2012
Amazon Description: All too often, problems in communication between a doctor and patient can lead to bad medical decisions. As a practicing physician and a behavioral scientist, Dr. Peter Ubel has a unique understanding of this dangerous situation – and in Critical Decisions he addresses the problem while revealing a new revolution in medical decision-making. Critical Decisions combines eye-opening medical stories with groundbreaking behavioral science research, while offering important information and common sense solutions to promote better doctor/patient relationships thereby ensuring that the right decision will be made in life-saving medical situations.
DEPRESSION
This Isn’t What I Expected: Overcoming Postpartum Depression

Author: Karen Kleiman & Valerie Raskin
Format: Paperback
Published: 2013
Amazon Description: If you or someone you love is among the one in seven women stricken by PPD, you know how hard it is to get real help. In this definitive guide, postpartum experts Karen Kleiman and Valerie Davis Raskin offer compassionate support and solid advice on dealing with every aspect of PPD. Their proven self-help program, which can be used alone or with a support group or therapist, will help you monitor each phase of illness, recognize when you need professional help, cope with daily life, and recover with new strength and confidence.

Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression

Author: Shoshana S. Bennett Ph.D. & Pec Indman
Format: Paperback
Published: 2006
Amazon Description: Newly updated, Beyond the blues contains the current information about risk factors, diagnosis, treatment, and prevention of mood disorders in pregnancy and postpartum. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born. This book is being used by the US Navy, Spectrum Health in Michigan, Durham Regional Health Department of Canada, New York State Department of Health, Broward Healthy Start Coalition of Florida, the International Childbirth Education Association, and many other organizations.

The Hidden Feelings of Motherhood: Coping with Stress, Depression, and Burnout

Author: Kathleen A. Kendall-Tackett
Format: Paperback
Published: 2001
Editorial Review: “Recognizing that many mothers are severely strained and often clinically depressed from trying to be “perfect,” health psychologist and researcher Kendall-Tackett offers ways to deal with stress triggers without resorting to prescribed medications or drugs. Kendall-Tackett has worked directly with hundreds of women and offers sound advice and resources for coping with work and family challenges. A refreshing look at the multiple
forces that affect motherhood, this work reassures mothers that they are not alone.” — Elizabeth Goeters, Georgia Perimeter Coll., Dunwoody

The Postpartum Husband: Practical Solutions for living with Postpartum Depression

Author: Karen R. Kleiman
Format: Hardcover, Paperback and Audio Download
Published: 2001
Amazon Description: This hands-on guide includes straightforward, supportive information and specific recommendations to help partners deal with the impact of depression after the birth of a baby.

Sleepless Days: One Woman’s Journey Through Postpartum Depression

Author: Susan Kushner Resnick
Format: Hardcover and Paperback
Published: 2001
Editorial Review: “Those who have dismissed postpartum depression as a minor condition will think again after reading this articulate and harrowing account. Resnick, a freelance writer whose work has appeared in the New York Times, was plunged into an abyss of insomnia, anxiety, depression and suicidal fantasies several months after her son was born, in stark contrast to the happiness and competence she felt after the birth of her daughter three years before. Although the cause of PPD remains unclear, the timing and course of the symptoms are unambiguous. However, Resnick, like many of the other women who suffer with this illness, was misdiagnosed by a physician who told her she simply needed a vacation. For months, she hid the severity of her insomnia and mood swings from her supportive husband. Finally, stressed and exhausted, Resnick began seeing a nurse psychotherapist who told her she had PPD and recommended antidepressants in addition to therapy. Resnick affectingly describes the guilt she felt over weaning her baby early so that she could take her medication without harming her child. She was also conflicted about her decision to turn over a good deal of the care for the children to her husband and babysitters so she would be able to recuperate. Slowly, she began to recover her stamina and pleasure in everyday family life. Grounded in vivid detail, Resnick's heartfelt memoir will reassure others who suffer from PPD that the condition, though serious, is treatable and temporary.” Agent, Kim Witherspoon
DISABILITY AND ABNORMALITY

Choosing Naia: A Family’s Journey

Author: Mitchell Zuckhoff  
Format: Hardcover and Paperback  
Published: 2003  
Amazon Description: A dramatic and carefully detailed account of one family’s journey through the maze of genetic counseling, medical technology, and disability rights; destined to become required reading for anyone touched by any of these issues.  
CBI Review: A moving story about one couple’s journey when they discover their baby has Down’s Syndrome. This book is sensitively written as it explores their feelings and follows their difficulty in making the choices that are right for them.

Uncommon Fathers: Reflections on Raising a Child with a Disability

Editor: Donald J. Meyer  
Format: Paperback  
Published: 1995  
CBI Review: A set of essays written by fathers whose children have a disability. Although an older book this one remains on the reading list due to the emotional and honest way fathers address how their children have touched their lives and what they have learned about themselves through having a child with disability.

Disability in Pregnancy and Childbirth

Author: Stella Francis McKay-Moffat  
Format: Kindle and Paperback  
Published: 2007  
Amazon Description: This title is directed primarily towards health care professionals. A first in Midwifery publishing! No other book advises midwives on the special needs of mothers with disabilities. Although an increasing number of women with disabilities are having children, the needs of this minority group are not always being effectively met. Disability in Pregnancy and Childbirth provides essential practical information to healthcare professionals working with this group.
Raising Henry: A Memoir of Motherhood, Disability, and Discovery

Author: Rachel Adams  
Format: Kindle, Hardcover and Paperback  
Published: 2014  
Amazon Description: Rachel Adams’ life had always gone according to plan. She had an adoring husband, a beautiful two-year-old son, a sunny Manhattan apartment, and a position as a tenured professor at Columbia University. Everything changed with the birth of her second child, Henry. Just minutes after he was born, doctors told her that Henry had Down syndrome, and she knew that her life would never be the same. In this honest, self-critical, and surprisingly funny book, Adams chronicles the first three years of Henry's life and her own transformative experience of unexpectedly becoming the mother of a disabled child. A highly personal story of one family's encounter with disability, Raising Henry is also an insightful exploration of today's knotty terrain of social prejudice, disability policy, genetics, prenatal testing, medical training, and inclusive education. Adams untangles the contradictions of living in a society that is more enlightened and supportive of people with disabilities than ever before, yet is racing to perfect prenatal tests to prevent children like Henry from being born. Her book is gripping, beautifully written, and nearly impossible to put down. Once read, her family's story is impossible to forget.

Maternity Rolls: Pregnancy, Childbirth and Disability

Author: Heather Kuttai  
Format: Paperback  
Published: 2010  
Amazon Description: Combining ethnology and memoir, this fascinating book describes the issues surrounding childbirth and motherhood for disabled women. The author, a paraplegic, tells about her own hunt for medical advice before getting pregnant – and then about the normal births of her two children – before widening the conversation to other disabled women and sympathetic members of the medical community.

Evy Kristine: A Beautiful Journey

Author: Siri Fuglem Berg  
Format: Kindle  
Published: 2014  
Amazon Description: The fourth child was on its way. Parents and siblings were beginning to look forward to a new baby when the devastating news arrived. The baby in the womb had an extra chromosome number 18. Would she pass away in her mother’s womb? Would she survive until birth? Would the family be able to spend some time with her, or was she truly “incompatible with life”, as the doctors said? Should they accept the offer of terminating the pregnancy? What was the best way forward?
These were the difficult questions the tiny family now had to answer. They had reluctantly accepted the offer of prenatal diagnostics, only to discover that the only intention with the procedure was to prevent the birth of babies with syndromes. Evy Kristine gave them all the answers they needed. She brought them along on a journey that would change their lives forever.
DOULA SUPPORT

The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions

Author: Penny Simkin
Format: Kindle and Paperback
Published: 2013
Amazon Description: Since the original publication of The Birth Partner, new mothers’ mates, friends, and relatives and doulas (professional birth assistants) have relied on Penny Simkin's guidance in caring for the new mother from the last few weeks of pregnancy through the early postpartum period. Fully revised in its fourth edition, The Birth Partner remains the definitive guide for preparing to help a woman through childbirth and the essential manual to have at hand during the event.

The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth

Editor: Marshall H. Klaud, John H. Kennell and Phyllis H. Klaus
Format: Kindle and Paperback
Published: 2012
Amazon Description: For an entire generation of new parents, this warm, expert work has become the standard guide to the shortest, easiest, and healthiest childbirth. Now a thoroughly updated and revised edition offers new research showing how labor support reduces the rate of cesarean sections, length of labor, need for pain medicine, and number of episiotomies. New material also demonstrates the positive effects of having a doula on mother-infant bonding, how relatives or friends can be trained in labor support, and how hypnosis is used to ease and shorten labor. No expectant parent will want to be without this empowering and irreplaceable book.

Mothering the New Mother: Women’s Feelings & Needs After Childbirth

Author: Sally Placksin
Format: Paperback
Published: 2000
Amazon Description: You don't have to be alone. Share the experiences, successes, and struggles of many other women before and after childbirth in this all-in-one mothercare guide about family, work, the baby (or second or third baby), and you. Includes checklists, plan-ahead suggestions, questionnaires, and much more.
Drawn from three years of research, the author's own experience, and the candid recollections of many mothers – married and single, birth and adoptive, older and
younger – the nine chapters in this comprehensive guide cover all aspects of the postpartum experience.

**A Doula’s Journey: Into the World of Birth**

**Author:** Sarah Goldstein  
**Format:** Kindle and Paperback  
**Published:** 2014  
**Amazon Description:** In this captivating chronicle of a doula, Sarah Goldstein reminisces about being on call to serve women before, during and after labor. There are no breaks or time off in this profession. It is a memoir that both the novice and the informed will be unable to put down. Often torn between her life’s calling, and her family, Sarah is even further challenged by being in a ‘sandwich generation.’ She is raising six children while caring for her ever-worsening Alzheimer’s mom. Yet with family support at the most trying of times, she experiences both the trials and triumphs of facilitating mothers in bringing their newborns into the world.
Evidence and Skills for Normal Labour and Birth: A Guide for Midwives

**Author:** Denis Walsh  
**Format:** Kindle, Hardcover and Paperback  
**Published:** 2011  
**Amazon Description:** Evidence-based care is a well established principle in contemporary healthcare and a worldwide health care movement. However, despite the emphasis on promoting evidence-based or effective care without the unnecessary use of technologies and drugs, intervention rates in childbirth continue to rise rapidly. This new edition emphasises the importance of translating evidence into skilful practice. It updates the evidence around what works best for normal birth, aspects of which still remain hidden and ignored by some maternity care professionals. Beginning with the decision about where to have a baby, through all the phases of labour to the immediate post-birth period, it systematically details research and other evidence sources that endorse a low intervention approach. Using evidence drawn from a variety of sources, Evidence and Skills for Normal Labour and Birth critiques institutionalised, scientifically managed birth and endorses a more humane midwifery-led model. Packed with up-to-date and relevant information, this text will help all students, practising midwives and doulas keep abreast of the evidence surrounding normal birth and ensure their practice takes full advantage of it.

Optimal Care in Childbirth: The Case for a Physiologic Approach

**Editor:** Henci Goer and Amy Romano  
**Format:** Kindle and Paperback  
**Published:** 2012  
**Amazon Description:** What practices and policies best promote safe, healthy, satisfying labor and birth? What harms do routine or frequent use of tests, procedures, and restrictions introduce? What nonmedical factors drive the current maternity care system? Meticulously documented, Optimal Care in Childbirth: The Case for a Physiologic Approach pulls back the curtain on medical-model management of childbirth.

“This should be a text book for everyone in maternity care!” – Penny Simkin, Co-author of the Labor Progress Handbook.

“Optimal Care in Childbirth is a long overdue and very important contribution that will lead to a more safe, sane, and satisfying pregnancy care system.” – Steve Calvin, MD, MFM, Co-chair, Human Rights and Health Program, University of Minnesota School of Public Health
A Guide to Effective Care in Pregnancy and Childbirth

**Author:** Murray Enkin, Mark Keirse, James Neilson, Caroline Crowther, Leila Duley, Ellen Hodnett and Justus Hofmeyer  
**Format:** Paperback  
**Published:** 2000  
**Other Languages:** German  
**Amazon Description:** Based on systematic reviews of the research literature, this text summarizes evidence available on the effects of care practices carried out during pregnancy, childbirth, and after the baby is born. Second edition was the winner of the 1995 British Medical Association Book Competition in the category of Primary Health Care.  
**CBI Review:** Although an older book, A Guide to Effective Care is a must have for doulas and childbirth educators. Based on extensive reviews of research, it is packed with information that will be helpful to you in your work.

Appraising Research into Childbirth: An Interactive Workbook

**Author:** Sara Wickham  
**Format:** Paperback  
**Published:** 2006  
**Amazon Description:** This title is directed primarily towards health care professionals outside of the United States. Concentrating specifically on research into midwifery and related disciplines, this book appraises eight previously published research articles that present both qualitative and quantitative research studies. Each of the various elements is analysed – from the methodology through to the interpretation of the results. Each article is annotated with notes and questions, thereby enabling the reader to actively participate in the appraisal.

Normal Childbirth: Evidence and Debate

**Author:** Susan Downe  
**Format:** Kindle (buy or rent) and Paperback  
**Published:** 2008  
**Amazon Description:** This new edition builds on the strengths of the popular first edition, with updated national and international data, and the most recent debate around the controversial area of childbirth. With the increasing risk of litigation, there can be a tendency to classify women as ‘at risk’ if they present with even a hint of a problem. This is a contentious area and midwives need to be aware of the wide parameters of ‘normal’ in order to practise autonomously, effectively and safely. This book provides an evidence-based source for all midwives and other health professionals with an interest normal birth.
Breastfeeding Management For The Clinician: Using the Evidence

Author: Marcia Walker
Format: Paperback
Published: 2013

Amazon Description: Now in its third edition, Breastfeeding Management for the Clinician: Using the Evidence is a trusted compendium on breastfeeding for the practicing clinician. It provides a research-based approach to breastfeeding care by including literature reviews while covering the incidence, etiology, risk factors, prevention, prognosis and implications, interventions, expected outcomes, care plans, and clinical algorithms. Expanded to include new approaches to solving common and uncommon breastfeeding problems, the Third Edition discusses the political and social landscape of breastfeeding including new state and Federal laws and policies related to breastfeeding. Also explained and clarified are new revelations about infant sucking mechanics as seen under ultrasound presented as a combination of vacuum and compression. Breastfeeding Management for the Clinician: Using the Evidence, Third Edition provides both the problem solving approach busy clinicians need to resolve issues encountered in everyday practice and the evidence-based foundation they need to impact positive change in the workplace.

Safer Childbirth? A Critical History of Maternity Care

Author: Marjorie Tew
Format: Paperback
Published: 1998

CBI Review: This is an older book. However, we include it in our reading list because it is a highly referenced look at the history of maternity care and what the actual research from obstetricians, physicians and hospitals says from the last 200+ years. At no point has routine hospitalisation improved outcomes. Obstetrics’ contribution to the wellness of mother/baby is largely a myth according to stats and research. Good record-keeping along with critical analysis points to social improvements over time that improved maternal/infant outcomes.

Amazon Description: In the text’s first edition, Marjorie Tew showed through her painstaking statistical analysis of perinatal mortality rates for hospital and home, that for some women hospital birth might actually be more dangerous than home birth. These findings and further compelling evidence gathered by the House of Commons Health Committee in 1992 should have revolutionized the direction of maternity care. This third edition considers the evidence on which the recommended changes in policy were made and the implications of implementing them.
FATHERHOOD

When I First Held You: 22 Critically Acclaimed Writers Talk About the Triumphs, Challenges, and Transformative Experience of Fatherhood

Editor: Brian Gresko
Format: Kindle, Paperback and Audio CD
Published: 2014
Amazon Description: Becoming a father can be one of the most profoundly terrifying, exhilarating, life-changing occasions in a man's life. Now 22 of today's masterful writers get straight to the heart of modern fatherhood in this incomparable collection of thought-provoking essays. From making that ultimate decision to have a kid to making it through the birth to tangling with a toddler mid-tantrum, and eventually letting a teen loose in the world, these fathers explore every facet of fatherhood and show how being a father changed the way they saw the world – and themselves.

The Role of the Father in Child Development

Editor: Michael Lamb
Format: Kindle and Hardcover
Published: 2010
Amazon Description: Completely revised and updated, The Role of the Father in Child Development, Fifth Edition brings together contributions from an international group of experts on the role of fathers in child development. This guide offers a single-source reference for recent findings and beliefs related to fathers and fatherhood. The new edition includes expanded representation from international scholars on fathering in Europe, Africa, and Asia. The Role of the Father in Child Development, Fifth Edition helps mental health professionals bridge scientific theories to application for teaching fathers how to positively influence their children's development.

Believing It All: Lessons I Learned from My Children

Author: Marc Parent
Format: Hardcover, Paperback and Audio Download
Published: 2002
Amazon Description: There is nobody like a child to look life's greatest mysteries square in the eye, and there is no writer like Marc Parent to translate a child's revelations for the rest of us. He tries to teach his sons how to win at his favorite board games but learns instead the joy of making up your own incoherent rules. He nurtures their compassion, they teach him about love and forgiveness in the face of anger. Believing It All is a book about the things we knew as children – about gratitude and playfulness, acceptance and love – that sometimes elude us as adults.
FERTILITY AND INFERTILITY


Author: Toni Weschler
Format: Paperback
Published: 2015
Amazon Description: In celebration of its 20th anniversary, a thoroughly revised and expanded edition of the leading book on fertility and women's reproductive health.

Since the publication of Taking Charge of your fertility two decades ago, Toni Weschler has taught a whole new generation of women how to become pregnant, avoid pregnancy naturally and gain better control of their gynecological and sexual health by taking just a couple of minutes a day using the proven Fertility Awareness Method.


Author: Rebecca Fett
Format: Kindle, Paperback and Audio Download
Published: 2014
Amazon Description: Whether you are trying to conceive naturally or through IVF, the quality of your eggs will have a powerful impact on how long it takes you to get pregnant and whether you face an increased risk of miscarriage. Poor egg quality is emerging as the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. It is also a major contributor to infertility in PCOS.

Based on a comprehensive investigation of a vast array of scientific research, It Starts with the Egg reveals a groundbreaking new approach for improving egg quality and fertility. With a concrete strategy that includes minimizing exposure to toxins such as BPA and phthalates, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.
Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing

Author: Christiane Northrup  
Format: Hardcover and Paperback  
Published: 2010  
Amazon Description: When it was first published in 1994, Women's Bodies, Women's Wisdom quickly became an international bestseller, and for the past fifteen years it has remained the veritable bible of women's health. Now, in this revised and updated edition, world-renowned and much-beloved women's health expert Dr. Christiane Northrup shares with us the latest developments and advances that will maximize our potential for living well in our bodies today.

Unsung Lullabies: Understanding and Coping with Infertility

Author: Janet Jaffe, David Diamond and Martha Diamond  
Format: Paperback  
Published: 2005  
Amazon Description: For people experiencing infertility, wanting a baby is a craving unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. With insight and compassion, Drs. Janet Jaffe, Martha Diamond, and David Diamond—specialists in the field of Reproductive Psychology who have each experienced their own struggle with infertility—give couples the tools to: reduce their sense of helplessness and isolation; identify their mates' coping styles to erase unfair expectations; listen to their “unsung lullabies”—their conscious and unconscious dreams about having a family—to mourn the losses of infertility and move on.
Ground-breaking, wise, and compassionate, Unsung Lullabies is a necessary companion for anyone coping with infertility.

The Empty Picture Frame: An Inconceivable Journey Through Infertility

Author: Jenna Currier Nadeau and Mike Nadeau  
Format: Paperback  
Published: 2007  
Amazon Description: Strong values, unshakable faith, excellent educations, successful careers, loving families, two cats and a dog. This was the life Jenna and Mike had built for themselves. They were living the American Dream. The only pieces missing were the children to run in the manicured yard and the toys scattered throughout the four bedroom home. Infertility first seemed to be a minor obstacle in an otherwise peaceful existence. After four years of treatments including a series of invasive tests, two intrauterine inseminations, four in vitro fertilizations, two frozen embryo transfers and one miscarriage, the obstacle became nearly
insurmountable. In this poignant memoir of their journey, Jenna and Mike recall their experience together.

**I Am More Than My Infertility**

**Author:** Marina Lombardo and Linda J. Parker  
**Format:** Paperback  
**Published:** 2007  
**Amazon Description:** This book provides answers at a time in your life when you need them most. It is more than a book; it is a life plan to help you understand, heal, and grow. I Am More Than My Infertility gives you: simple to implement strategies that will enable you to find calm in the midst of confusion; thought provoking exercises to propel you to new insights and understanding; and life-changing solutions that genuinely empower you to make your future everything it was meant to be. Kim Hahn, Founder and CEO of Conceive Magazine says, “I want everyone to buy this book...these tools can change your life.”
GRIEF AND LOSS

Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death

Author: Sherokee Ilse
Format: Kindle and Paperback
Published: 2013

Amazon Description: Revised and updated! This classic book is one of the first given to newly bereaved parents to offer guidance in decision-making after their baby’s death and to assist caregivers as they support families. Empty Arms encourages families to meet their babies and say hello before rushing to say goodbye. With compassion that comes from Sherokee and David’s experience of having lived through the death of their son Brennan, the book offers guidance and practical suggestions for the decision-making at the time (including why and how one might see, hold, and memorialize one’s baby) and over time (such as how to handle such times as anniversaries, holidays and the birth of other babies in the parents’ close circle.)

Family and friends can learn how to understand the loss and be supportive of the bereaved families.

It offers ongoing support about subjects such as returning to work or to life, couple grieving, surviving children, feeling guilty, having another child or not, and feeling lonely. With over 300,000 in print, this book touches the hearts of families at the time of their loss and over time as they heal.

Three Minus One: Stories of Parents’ Love and Loss

Editor: Sean Hanish and Brooke Warner
Format: Kindle and Paperback
Published: 2014

Amazon Description: Three Minus One: Parents’ Stories of Love and Loss is a collection of intimate, soul-baring stories and artwork by parents who have lost a child to stillbirth, miscarriage, or neonatal death, inspired by the film Return to Zero.

The loss of a child is unlike any other, and the impact that it has on the mother, the father, their family, and their friends is devastating – a shockwave of pain and guilt that spreads through their entire community. But the majority of those affected, especially mothers, often suffer their pain in silence, convinced that their grief and trauma is theirs to bear alone. This anthology of raw memoirs, heartbreaking stories, truthful poems, beautiful painting, and stunning photography from the parents who have suffered child loss offers insight into this unique, devastating and life-changing experience – breaking the silence and offering a ray of hope to the many parents out there in search of answers, understanding, and healing.
Grieving Parents: Surviving Loss as a Couple

Author: Nathalie Himmelrich
Format: Kindle and Paperback
Published: 2010

Amazon Description: “Losing the younger of our identical twin girls on the third day of her life totally shocked us. We had barely grown used to the identity of being ‘first time parents’ before we also donned the title of ‘bereaved parents.’ But there was more to come…”

The loss of a child affects the whole family, especially the parents and their relationship. The journey of grief has no set timeline or steps, but unfolds as each person travels in their very own way.

Baby Dust

Author: Janet Jaffe, David Diamond and Martha Diamond
Format: Kindle, Hardcover and Paperback
Published: 2011

CBI Review: This book is actually a novel rather than a non-fiction book on loss and grief. The author wrote it after compiling the stories of many women who she connected with through her online pregnancy loss website. However, it is so beautifully written, and the emotions described articulate the grief experienced after the loss of a baby, that we have included it in our reading list.

Amazon Description: The five women sitting in the circle of chairs all had great dreams of motherhood. Then their babies died. Melinda sees blood on the floor every day after her loss. Dot believes the wrath of God caused her baby to die. Teenage Tina is trolling internet dating sites for a father for another baby, and Janet’s failure to cry means her wedding is off. Stella, the support group leader, must help them while facing the old choices that cost her ever having a family of her own.

Based on the stories of dozens of real survivors, Baby Dust is a moving tribute to the strength of mothers who must endure this impossible loss.
LABOR AND BIRTH

Gentle Birth, Gentle Mothering: A Doctor’s Guide to Natural Childbirth and Gentle Early Parenting Choices

Author: Sarah J. Buckley, M.D.
Format: Paperback
Published: 2008
Amazon Description: An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls “undisturbed birth” is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

Ina May's Guide to Childbirth

Author: Ina May Gaskin
Format: Kindle and Paperback
Published: 2003
Amazon Description: What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

Gentle Birth Choices

Author: Barbara Harper
Format: Kindle and Paperback
Published: 2005
Amazon Description: New parents are faced with a myriad of choices about pregnancy, labor, and birth. In Gentle Birth Choices Barbara Harper, renowned childbirth advocate, nurse, former midwife, and mother of three, helps to clarify these choices and shows how to plan a meaningful, family-
centered birth experience. She dispels medical myths and reimagines birth without fear, pain, or violence. Harper explains the numerous gentle birth choices available, including giving birth in an independent birth center, at home, or in a hospital birthing room; finding a primary caregiver who shares your philosophy of birth; and deciding how to best use current technologies. She also provides practical advice for couples wishing to explore the option of using a doula or water during labor and birth to avoid the unwanted effects of drugs and epidurals.

The Gentle Birth Choices DVD blends interviews with midwives and physicians and six actual births that illustrate the options of water birth, home birth, and vaginal birth after a prior Cesarean section. The DVD clearly reveals the strength of women during childbirth and the healthy and happy outcome of women exercising gentle birth choices. It is a powerful instructional tool, not only for expectant parents, but also for midwives, hospitals, birth centers, and doctors.

**Spiritual Midwifery**

- **Author:** Ina May Gaskin
- **Format:** Kindle, Hardcover and Paperback
- **Published:** 2002
- **Amazon Description:** Here is the 4th edition of the classic book on home birth that introduced a whole generation of women to the concept of natural childbirth. Back again are even more amazing birthing tales, including those from women who were babies in earlier editions and stories about Old Order Amish women attended by the Farm midwives. Also new is information about the safety of techniques routinely used in hospitals during and after birth, information on postpartum depression and maternal death, and recent statistics on births managed by The Farm Midwives. From the amazing birthing tales to care of the newborn, Spiritual Midwifery is still one of the best books an expectant mother could own. Includes resources for doulas, childbirth educators, birth centers, and other organizations and alliances dedicated to improving maternity care at home and in hospitals.

**Pregnancy, Childbirth, and the Newborn: The Complete Guide**

- **Author:** Penny Simkin, April Bolding, Ann Kepler, Janelle Durham and Janet Whalley
- **Format:** Kindle and Paperback
- **Published:** 2010
- **Amazon Description:** Pregnancy, Childbirth, and the Newborn: The Complete Guide is already one of the bestselling pregnancy books on the market, with more than one million copies in print! Now newly revised and redesigned, this comprehensive, authoritative “bible” provides expectant couples with abundant, valuable information about pregnancy, labor, birth, the postpartum period, and newborn care. This award-winning book presents the latest research-based information on pregnancy, birth, and early parenthood. The book has been redesigned so it’s more accessible and reader-friendly, with more photos, illustrations, and boxed features that allow for important information to be highlighted. Also
included in the new design are fun and informative sidebars in which the authors present common misinformation and the facts. New to this edition is an accompanying website where readers can find additional maternity care information as well as helpful forms and worksheets.

**Childbirth Without Fear: The Principles and Practice of Natural Childbirth**

**Author:** Grantley Dick-Read  
**Format:** Paperback  
**Published:** 2013  
**CBI Review:** Despite the unappealing cover, this is a classic birth book. Grantley Dick-Read's beliefs were fundamental in shaping the natural birth movement and this book provides an excellent historical context for anyone working with birthing women.  
**Amazon Description:** In an age where birth has often been overtaken by obstetrics, Dr Dick-Read's philosophy is still as fresh and relevant as it was when he originally wrote this book. He unpicks every possible root cause of western woman's fear and anxiety in pregnancy, childbirth and breastfeeding and does so with overwhelming heart and empathy. Essential reading for all parents-to-be, childbirth educators, midwives and obstetricians!

**The Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia**

**Author:** Penny Simkin and Ruth Ancheta  
**Format:** Kindle and Paperback  
**Published:** 2011  
**Amazon Description:** The third edition of The Labor Progress Handbook builds on the success of first two editions and remains an unparalleled resource on simple, non-invasive interventions to prevent or treat difficult labor. Features new to this edition include two new chapters on third and fourth stage labor management and low-technology interventions, a complete analysis of directed versus spontaneous pushing, and additional information on massage techniques.

**Birth without Violence**

**Author:** Frédérick Leboyer M.D.  
**Format:** Hardcover and Paperback  
**Published:** 2009  
**Other Languages:** French  
**Amazon Description:** Birth without Violence is the first book to express what mothers have always known: babies are born complete human beings with the ability to experience a full range of emotions. First published in 1974, it revolutionized the way we perceive the process of birth, urging us to
consider the birth from the infant's point of view. Why must a child emerge from the quiet darkness of the womb into a blaze of blinding light and loud voices? Why must an infant take its first breath in terror, hanging upside down as its vulnerable spine is jerked straight? Why must the infant be separated from its mother after spending nine months inside her nourishing body?

Examining alternatives to technocentric approaches to childbirth, this new edition of the classic text, complete with a new author preface, shows us how we can ease the transition from womb to world without trauma or fear. Birth without Violence illustrates how to create an environment of tranquility in which to welcome our children: a relaxed mother, gentle lighting, soothing atmosphere, and a warm bath that mirrors the child's prenatal surroundings. Dr. Leboyer's simple techniques demonstrate how a birth without violence has far-reaching implications for improving the quality of human life physically, emotionally, and spiritually.

The Complete Book of Pregnancy and Childbirth (Revised)

**Author:** Sheila Kitzinger  
**Format:** Hardcover and Paperback  
**Published:** 2003  
**Amazon Description:** This new edition of The Complete Book of Pregnancy and Childbirth has been extensively revised to reflect scientific advances and cultural trends. Here, candidly and reasonably presented, is all the information expectant parents need to make their own decisions about everything— from which tests to allow to how to handle pain to where to give birth. 300 photos, drawings & diagrams.
MIDWIVE'S TALES

Arms Wide Open: A Midwife's Journey

Author: Patricia Harman
Format: Hardcover, Kindle and Paperback
Published: 2003
Amazon Description: In her first, highly praised memoir, Patricia Harman told us the stories patients brought into her exam room, and her own story of struggling to help women as a nurse-midwife in medical practice with her husband, an OB/GYN, in Appalachia. In this new book, Patsy reaches back to tell us how she first learned to deliver babies, and digs even deeper down to tell us of her youthful experiments with living a fully sustainable and natural life.
Drawing heavily on her journals, Arms Wide Open goes back to a time of counter-culture idealism that the boomer generation remembers well. Patsy opens with stories of living in the wilds of Minnesota in a log cabin she and her lover build with their own hands, the only running water being the nearby streams. They set up beehives and give chase to a bear competing for the honey. Patsy gives birth and learns to help her friends deliver as naturally as possible.

Baby Catcher: Chronicles of a Modern Midwife

Author: Peggy Vincent
Format: Hardcover and Paperback
Published: 2003
Amazon Description: Each time she knelt to “catch” another wriggling baby — nearly three thousand times during her remarkable career — California midwife Peggy Vincent paid homage to the moment when pain bows to joy and the world makes way for one more. With every birth, she encounters another woman-turned-goddess: Catherine rides out her labor in a car careening down a mountain road. Sofia spends hers trying to keep her hyper doctor-father from burning down the house. Susannah gives birth so quietly that neither husband nor midwife notice until there's a baby in the room.
More than a collection of birth stories, however, Baby Catcher is a provocative account of the difficulties that midwives face in the United States. With vivid portraits of courage, perseverance, and love, this is an impassioned call to rethink technological hospital births in favor of more individualized and profound experiences in which mothers and fathers take center stage in the timeless drama of birth.
Monique and the Mango Rains: Two Years with a Midwife in Mali

Author: Kris Holloway
Format: Kindle and Paperback
Published: 2006
Amazon Description: What is it like to live and work in a remote corner of the world and befriend a courageous midwife who breaks traditional roles? Monique and the Mango Rains: Two Years with a Mali Midwife is the inspiring story of Monique Dembele, an accidental midwife who became a legend, and Kris Holloway, the young Peace Corps volunteer who became her closest confidante. In a small village in Mali, West Africa, Monique saved lives and dispensed hope every day in a place where childbirth is a life-and-death matter and where many children are buried before they cut a tooth. Kris worked side-by-side with her as they cared for each other through sickness and tragedy and shared their innermost secrets and hopes.

Monique's life was representative of many women in one of the world's poorest nations, yet she faced her challenges in extraordinary ways. Despite her fiercely traditional society and her limited education she fought for her beliefs birth control, the end of female genital mutilation, the right to receive a salary, and the right to educate her daughters. And she struggled to be with the man she loved. Her story is one of tragedy joy, rebellion, and of an ancient culture in the midst of change. It is an uplifting tribute to indomitable spirits everywhere.

Monique and the Mango Rains is a fascinating voyage to an unforgettable place, a voyage spent close to the ground, immersed in village life, learning first-hand the rhythms of this world. From witnessing her first village birth to the night of Monique's own tragic death, Kris draws on her first-person experiences in Mali, her graduate studies in maternal and child health, medical and clinic records, letters and journals, as well as conversations with Monique, her family, friends and colleagues, to gives readers a unique view and a friend in West Africa.

A Midwife’s Story

Author: Penny Armstrong and Sheryl Feldman
Format: Kindle, Hardcover and Paperback
Published: 2006
Amazon Description: When hospital-trained midwife Penny Armstrong takes on a job delivering the babies of the Amish, she discovers an approach to giving birth which would change her life forever. A Midwife’s Story is a life-affirming book that never fails to enlighten, inform and surprise. Honest and ultimately very moving, it is inspirational reading for all student midwives and expectant parents.
Call the Midwife: A Memoir of Birth, Joy, and Hard Times

Author: Jennifer Worth  
Format: Kindle, Hardcover, Paperback, Audio Download and Audio CD  
Published: 2012  
Amazon Description: Viewers everywhere have fallen in love with this candid look at post-war London. In the 1950s, twenty-two-year-old Jenny Lee leaves her comfortable home to move into a convent and become a midwife in London's East End slums. While delivering babies all over the city, Jenny encounters a colorful cast of women – from the plucky, warm-hearted nuns with whom she lives, to the woman with twenty-four children who can't speak English, to the prostitutes of the city's seedier side. Based on Jennifer Worth's bestselling memoirs, Call the Midwife is the true story behind the beloved PBS series.

A Midwife's Tale: The Life of Martha Ballard, Based on Her Diary, 1785-1812

Author: Laurel Thatcher Ulrich  
Format: Kindle, Hardcover, Paperback and Audio CD  
Published: 1991  
Amazon Description: Drawing on the diaries of a midwife and healer in eighteenth-century Maine, this intimate history illuminates the medical practices, household economies, religious rivalries, and sexual mores of the New England frontier.

Sisters on a Journey: Portraits of American Midwives

Author: Penfield Chester  
Format: Hardcover and Paperback  
Published: 1997  
Amazon Description: A collection of 27 profiles of contemporary American midwives. These women speak with frankness about what brought them to midwifery, what they see as their greatest challenges and rewards, their recollections, and thoughts about the place of midwives in the American health care system.
Orlean Puckett: The Life of a Mountain Midwife

Author: Karen Cecil Smith  
Format: Paperback  
Published: 2003  
Amazon Description: Orlean Puckett was a midwife who lived from 1844 to 1939 in Carroll County, Virginia. Aunt Orlean delivered thousands of babies in the mountain region of Virginia. She herself, however, lost 24 children of her own. She is commemorated on the Blue Ridge Parkway by a marker which was put up the National Park Service.

LISTEN TO ME GOOD: The Life Story of an Alabama Midwife

Author: Margaret Charles Smith  
Format: Hardcover and Paperback  
Published: 1996  
Amazon Description: Even in recent times, poor African American women living in the rural South often had no access to healthcare. Local women serving as midwives were an important part of the community; they assisted with birthing and helped with household chores while the new mother recovered. Smith, a 91-year-old retired midwife, offers readers a firsthand account of rural lay midwifery and life in a small Alabama town. She describes her formal and informal training, the laws that allowed her to practice and later prohibited her work, the respect of the few local doctors for the lay midwives, and her views on civil rights issues. Smith's dedication, strong religious faith, and dignity are evident throughout this tribute to a tradition of self-care and community support.
PARENTING AND POSTPARTUM

The Attachment Connection: Parenting a Secure and Confident Child Using the Science of Attachment Theory

Author: Ruth Newton PhD
Format: Kindle and Paperback
Published: 2008
Amazon Description: Studies in the 1950's revealed that young children hospitalized without their parents respond first by crying for them, then by showing signs of despair, and finally by emotionally detaching from the parents and acting indifferent to their absence. This detachment is hard to repair and highly detrimental to a child's development-most children who feel they cannot rely on their parents grow up to become more emotionally insecure and less self-assured than their peers.
The Attachment Connection sorts out the facts from the fiction about parent-child attachment and shows how paying attention to the emotional needs of your child, particularly during the first five years of development, can help him or her grow up happy, secure, and confident. You'll discover how your child's brain is developing at each stage of growth and learn to use reasonable, easy-to-implement guidelines based on sound science to foster secure attachment, healthy social skills, and emotional regulation in your child.

Parenting for a Peaceful World

Author: Robin Grille
Format: Kindle and Paperback
Published: 2013
Amazon Description: Imagine a world where war, tyranny, human rights abuses and ecological destruction are relics of the past. What if the means to create such a reality were in the hands of mothers and fathers, and all those involved in the care and education of children? Parenting for a Peaceful World is a fascinating look at how parenting customs have shaped societies and major world events. It reveals how children adapt to different parenting styles and how these early experiences underpin the adults they become.
In this expansive book, Robin Grille draws on revolutionary new research to argue that the safeguarding of children's emotional development is the key to creating a more peaceful and harmonious world.
Parenting for a Peaceful World is a book for parents, child health professionals, and adults learning to be whole again. It is a manifesto for policy-makers and a resource for teachers. If the findings outlined in these pages are put into practice, the result may be a revolution of peace, humanity, and a world beyond our imagining.
Natural Health after Birth: The Complete Guide to Postpartum Wellness

Author: Aviva Jill Romm  
Format: Kindle and Paperback  
Published: 2002  

Amazon Description: New mothers need care and support to adjust to the myriad challenges facing them after birth: changing body image, lifestyle, work arrangements, and relationships. Midwife, herbalist, and mother of four, Aviva Jill Romm shares her insights into how to make this crucial time a happy one. She provides essential advice for preparing for the postpartum period, coping during the first few days after the birth, establishing a successful breast-feeding relationship, getting enough rest, eating well even with a hectic schedule, and finding time to regain strength and tone with gentle yoga exercises. Woven throughout are helpful herbal tips and recipes to make the first year of motherhood a naturally healthy one.

Natural Health after Birth also addresses a new mother’s need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who plan to be home full or part time during the first year and those who must return to their jobs soon after the birth. With humor and compassion, Romm offers mothers practical wisdom for attaining the delicate balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self.

After the Baby’s Birth: A Complete Guide for Postpartum Women

Author: Robin Lim  
Format: Paperback  
Published: 2004  

Amazon Description: The first few weeks and months after a baby's birth can be a wonderful and confusing time. While trying to discover the best ways to care for her child, new (and experienced) mothers often neglect their own health. It is essential, however, that mothers pay as much attention to their own wellness as they pay to their baby's health and happiness during this crucial time. In a completely revised and updated edition of After the Baby's Birth, childcare and women's-wellness expert Robin Lim guides mothers through the best methods of mother and baby postpartum care, including parental nurturing, breastfeeding, the role of the father, nutrition, and early sensory education. Focusing on natural and wholesome practices, After the Baby's Birth is a sensitive, practical guide to post-pregnancy health.
Dissolving Illusions: Disease, Vaccines, and The Forgotten History

**Author:** Suzanne Humphries M.D. and Roman Bystrianyk  
**Format:** Kindle and Paperback  
**Published:** 2013  
**Amazon Description:** Not too long ago, lethal infections were feared in the Western world. Since that time, many countries have undergone a transformation from disease cesspools to much safer, healthier habitats. Starting in the mid-1800’s, there was a steady drop in deaths from all infectious diseases, decreasing to relatively minor levels by the early 1900’s. The history of that transformation involves famine, poverty, filth, lost cures, eugenicist doctrine, individual freedoms versus state might, protests and arrests over vaccine refusal, and much more. Today, we are told that medical interventions increased our lifespan and single-handedly prevented masses of deaths. But is this really true? Dissolving Illusions details facts and figures from long-overlooked medical journals, books, newspapers, and other sources. Using myth-shattering graphs, this book shows that vaccines, antibiotics, and other medical interventions are not responsible for the increase in lifespan and the decline in mortality from infectious diseases. If the medical profession could systematically misinterpret and ignore key historical information, the question must be asked, “What else is ignored and misinterpreted today?” Perhaps the best reason to know our history is so that the worst parts are never repeated.

Primal Health: Understanding the Critical Period Between Conception and the First Birthday

**Author:** Michel Odent  
**Format:** Kindle, Hardcover and Paperback  
**Published:** 2007  
**Amazon Description:** Michel Odent, the leading pioneer for natural childbirth, indicates that the period between conception and a child's first birthday is critical to life-long health. In this prophetic book – first published in 1986 and reproduced here in its original form – he argues that different parts of the ‘primal adaptive system’ develop, regulate and adjust themselves during foetal life and the time around birth and infancy. ‘Everything which happens during this period of dependence on the mother has an influence on this basic state of health, this primal health.’ He suggests that the later well-being of adults, their ability to withstand the ‘diseases of civilization’ such as hypertension, cancer, alcoholism and failures of the immune system resulting in AIDS, allergies and viral diseases, can all be traced back to society's ignorance of the vital importance of the primal period. Since the first edition of this groundbreaking work, research has continued apace, offering further evidence to substantiate Odent's ideas. In the important new “Introduction and Postscript”, the author reviews recent developments and relates them to the central themes of Primal Health. This book is essential reading for all who care about the health of our children and the ongoing health of society as a whole.
The Vaccine Book: Making the Right Decision for Your Child (Sears Parenting Library)

Author: Robert W. Sears M.D.
Format: Paperback
Published: 2011
Amazon Description: *The Vaccine Book* offers parents a fair, impartial, fact-based resource from the most trusted name in pediatrics. Dr. Bob devotes each chapter in the book to a disease/vaccine pair and offers a comprehensive discussion of what the disease is, how common or rare it is, how serious or harmless it is, the ingredients of the vaccine, and any possible side effects from the vaccine. *The Vaccine Book* provides exactly the information parents want and need as they make their way through the vaccination maze.

The Baby Book, Revised Edition: Everything You Need to Know About Your Baby from Birth to Age Two

Author: William Sears, Martha Sears, Robert Sears and James Sears
Format: Paperback, Audio Download and Audio CD
Published: 2013
Amazon Description: The classic guide of the post-Dr. Spock generation has been revised to include the latest information on virtually every aspect of infant and baby care. *The Baby Book* is unrivaled in its scope and authority, and presents a practical, contemporary approach to parenting that reflects the way we live today. Focusing on the essential needs of babies – eating, sleeping, development, health, and comfort – it addresses the questions of greatest concern to parents. The Searses acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. *The Baby Book* is a rich and invaluable resource that will help you get the most out of parenting – for your child, for yourself, and for your entire family.
PREGNANCY

The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America’s Baby Experts

Author: William Sears, Martha Sears, Linda Holt and BJ Snell
Format: Paperback
Published: 2013
Amazon Description: The Healthy Pregnancy Book guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby. In this uniquely authoritative and comprehensive month-by-month guide, the Searses address emotional and physical changes that take place during pregnancy, baby's brain development, healthy pregnancy habits, pregnancy superfoods, optimal weight gain, fitness, managing stress, sleep, choosing the right healthcare provider, birthing choices, the transition into parenthood, engaging personal stories, and more. Overflowing with the most up-to-date information, digestible and doable tips, and advice for every worry – and written in the Searses’ trademark reassuring tone that makes their books long-term bestsellers – The Healthy Pregnancy Book is the must-have resource to fit the greater demands of today's savvy parents.

Eating Expectantly: Practical Advice for Healthy Eating Before, During and After Pregnancy

Author: Bridget Swinney
Format: Kindle and Paperback
Published: 2013
Amazon Description: Eating Expectantly gives moms-to-be the tools, tips and tricks they need to eat well from preconception through postpartum. The first interactive pregnancy book of its kind, Eating Expectantly contains QR codes which links the reader to websites, videos and updates. Nothing is more important than a mom's (and dad's) diet and lifestyle before and during pregnancy: it can set the stage for a lifetime of good health for their baby. But if mom’s or dad's diet is severely lacking, it could program their baby for birth defects or chronic disease like heart disease or diabetes later in life. Eating Expectantly is the most comprehensive and up-to-date pregnancy nutrition book available. This edition has a focus on eating cleaner and greener and helps moms decide when it's best to buy organic, as well as which cleaning and beauty products are safe.

Author: Aviva Jill Romm
Format: Kindle and Paperback
Published: 2014
Amazon Description: A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information.

Every mother wants the best for her unborn child, from the baby's conception to birth. What's more, every mother wants clear, straightforward information delivered in a calm, empowering voice from someone who knows the facts. Enter Dr. Aviva Jill Romm, an expert in natural childbirth with more than twenty years of experience in both alternative and allopathic medicine. In this newly revised third edition, Dr. Romm takes a holistic approach, emphasizing natural remedies wherever possible and providing up-to-date advice on herbs that promote wellness during pregnancy, and alleviate such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. With tips for a nutritious diet, exercise and posture, and information on the emotional and physical changes that childbearing brings, The Natural Pregnancy Book is your comprehensive guide to a safe, healthy pregnancy, as nature intended it.

Natural Pregnancy: Practical Medical Advice and Holistic Wisdom for a Healthy Pregnancy and Childbirth

Author: Lauren Feder M.D.
Format: Kindle and Paperback
Published: 2014
Editorial Review: "Wow, the Midwifery Model and Homeopathic Medicine in one book! Now that's natural childbirth. Plus, Lauren Feder's reasonable and experienced voice. Natural Pregnancy is a must have." – Peggy O'Mara, former Editor and Publisher of Mothering Magazine and author of Natural Family Living and Having a Baby Naturally

“Natural Pregnancy offers a wise and practical guide into empowered parenthood, one that more and more parents are seeking. Bringing the rich traditions of mother-centered pregnancy and birth into a modern context, Dr. Feder beautifully integrates perspectives from contemporary medicine with the wisdom of time-honored traditions that today's parents will welcome. Her EMPOWER BIRTHS model and natural medicine chest guide will make this an invaluable resource for expectant parents, midwives, doulas, and caregivers.” – Nancy Peplinsky Massotto, Founder & Director of the Holistic Moms Network
PRENATAL TESTING

Testing Women, Testing the Fetus: The Social Impact of Amniocentesis in America

Author: Rayna Rapp
Format: Kindle, Hardcover and Paperback
Published: 2000
Amazon Description: Rich with the voices and stories of participants, these touching, firsthand accounts examine how women of diverse racial, ethnic, class and religious backgrounds perceive prenatal testing, the most prevalent and routinized of the new reproducing technologies. Based on the author’s decade of research and her own personal experiences with amniocentesis, Testing Women, Testing the Fetus explores the “geneticization” of family life in all its complexity and diversity.

The Tentative Pregnancy: How Amniocentesis Changes the Experience of Motherhood

Author: Barbara Katz Rothman
Format: Hardcover and Paperback
Published: 1993
Amazon Description: As more and more women are having children when they are over thirty, amniocentesis, is becoming a routine part of prenatal care. In this groundbreaking book, Barbara Katz Rothman shows how this simple procedure can alter the way we think about childbirth and parenthood, forcing us to confront agonizing dilemmas: What do you do if there is a “problem” with the fetus? What kind of support is available if you decide to bring up a handicapped child? How can you come to terms with the decision to terminate a wanted pregnancy? Drawing on the experience of over 120 women and a wealth of expert testimony, Rothman’s important book is a must for anyone thinking of having a child.

Expecting Trouble: What Expectant Parents Should Know About Prenatal Care in America

Author: Jr. Thomas H. Strong
Format: Kindle, Hardcover and Paperback
Published: 2002
Amazon Description: In this controversial volume, Dr. Strong dispels widespread misconceptions about the effectiveness of prenatal care in its current form and explains how mothers themselves may influence the course and outcome of their pregnancies to a greater degree than do their obstetricians. He provides specific questions that parents should be asking their health care providers to ensure that they and their babies receive the
best care possible.
OTHER LANGUAGES

Vivre sa grossesse et son accouchement

Auteur: Isabelle Brabant
Format: Broché
Publié: 2013
Présentation de l'éditeur: Conçu comme un guide de voyage, ce livre accompagne la future maman et son entourage durant la période de la grossesse et de la naissance. Vivre sa grossesse et son accouchement traite de chacune des étapes de ce parcours fascinant : les changements émotionnels et physiques, les transformations dans la vie de couple, les besoins de la femme enceinte et les choix à faire quant à la préparation de l'accouchement. Tout le processus de l'accouchement, du début des contractions jusqu'à l'arrivée du bébé, est expliqué en détail. Vous y trouverez également des conseils précieux sur l'accompagnement de la femme en travail, sur les moyens pour apprendre à mieux vivre la douleur et une description complète des examens et des gestes médicaux qui pourraient être posés ou que vous pourriez choisir d'éviter. Enfin, vous verrez les lendemains de la naissance, le début de la relation entre le nourrisson et sa mère, et la naissance d'une famille. En vingt ans de pratique comme sage-femme, l'auteur a été le témoin privilégié d'accouchements extraordinaires où dominaient le courage des femmes, leur vulnérabilité, leur puissance, leur créativité et celle de leurs conjoints. Elle les fait revivre grâce aux nombreux témoignages et aux photos émouvantes qui illustrent abondamment le livre. Ces femmes et ces hommes s'étaient préparés, entourés et donnés les moyens de vivre une “naissance heureuse”. Au fil des pages, vous découvrirez à votre tour que la naissance de votre enfant vous appartient, et que vous pouvez vous aussi vous donner les moyens de vivre l'accouchement dont vous rêvez.

Les 10 plus gros mensonges sur... L'accouchement

Auteur: Bridget Swinney
Format: Broché
Publié: 2013
Présentation de l'éditeur: Aujourd'hui, l'accouchement et la naissance sont aux mains des médecins, sous un monopole hospitalier qui ne souffre guère d'exceptions. Vouloir se passer de l'hôpital est présenté comme dangereux, irréfléchi, à très hauts risques pour la mère et l'enfant. Pourtant, nos chiffres en matière de mortalité foeto maternelle sont et demeurent parmi les pires comparés aux pays européens de niveau sanitaire équivalent. Et nombre de femmes se plaignent que leur bébé ou elles ont pâti de cette médicalisation perçue comme contraignante, douloureuse, non respectueuse. Il est donc temps d'apporter un démenti à bon nombre de contre-vérités et de mensonges sur ce sujet. Si vous croyez notamment que: accoucher est dangereux, la position gynécologique imposée à la femme est la meilleure pour elle et son bébé, la douleur de l'accouchement est insupportable sans péridurale, les gestes faits sur le bébé à la naissance sont indispensables. Alors ce livre est fait pour vous. Ne vous laissez pas désinformer plus longtemps!
Pour une naissance sans violence

Auteur: Frederick LeBoyer
Format: Broché

Au cœur de la naissance

Auteur: Lysane Grégoire et Stéphanie St-Amant
Format: Broché
Publié: 2005
Présentation de l'éditeur: Ce recueil accorde ainsi une place prépondérante aux histoires de naissance qui se sont déroulées avec le soutien d'une sage-femme dans l'une des sept maisons de naissance du Québec. Ces récits invitent à un voyage sur la route des émotions que procure le bonheur d'enfanter et à mieux apprivoiser cette expérience qui en est invariablement une de transformation. Chaque histoire est unique et constitue un épisode exceptionnel dans la vie d'une femme et d'un couple. De plus, quelques textes de réflexion, signés par des sages-femmes, des médecins et d'autres personnes-ressources, nous convient à élargir nos perspectives sur divers aspects de la naissance, en apportant un nouvel éclairage souvent à contre-courant de la culture obstétricale dominante. Au coeur de la naissance est un partage d'expériences qui fait valoir les bénéfices ressentis par ces femmes qui ont fait le choix fondamental d'accoucher naturellement.

Accouchement, naissance: Un chemin initiatique

Auteur: Martine Texier
Format: Broché
Présentation de l'éditeur: L'approche spécifique de l'auteur sur la douleur et la peur, sur la position verticale, se démarque de l'hyper-médicalisation et en fait une méthode révolutionnaire. «Actrice de son accouchement», la femme ouvre consciemment les différentes portes de son bassin, de son col, de son périnée. Elle «danse la naissance H dans la verticalité», au rythme du «mouvement de l'infini», elle enfante dans la joie, retrouvant toute la puissance de son rôle sacré. Le chemin initiatique au coeur de l'accouchement permet à la mère d'accéder à un niveau de conscience qu'elle n'a peut-être pas encore connu et lui offre des possibilités de transformation intérieure radicales. Dans cet état d'ouverture immense et de communion avec l'enfant, elle parviendra, avec le père, à lui insuffler un véritable «appel à la vie». Ce sera la base irremplaçable sur laquelle l'enfant fondera son désir de vivre!
L’attente sacrée: Yoga, maternité, naissance: harmonie du corps et de l’esprit

Auteur: Martine Texier  
Format: Broché  
Publié: 2009  

A corps consentant – Bien vivre sa grossesse et son accouchement

Auteur: Marie Bertherat, Thérèse Bertherat and Paule Brung  
Format: Broché  
Publié: 2009  
Présentation de l’éditeur: We have not reviewed this book and there is no description on the Amazon website. The book was recommended by one of our CBI students.

Accoucher en sécurité: Plaidoyer pour choisir une naissance plus naturelle

Auteur: Sophie Gamelin-Lavois  
Format: Broché  
Publié: 2004  
Présentation de l’éditeur: Les croyances, peurs et dogmes, qui entourent la naissance, sont nombreux. Ce livre permet aux parents désireux de vivre une naissance moins médicalisée d’exercer leur autonomie et de faire leurs choix en conscience. L’auteur traite de sujets jusque-là inexplorés, comme la dimension sexuelle de l’accouchement, les droits des parents et de l’enfant, et met en avant des informations fondamentales en contradiction avec les pratiques médicales. Ce livre est novateur parce qu’il explore ce qui fait l’essence de l’accouchement ! Il est aussi un manifeste pour que les femmes reprennent leurs droits et leurs envies d’accoucher comme elles le souhaitent.
Bien-être et maternité

Auteur: Bernadette de Gasquet
Format: Broché
Publié: 2000
Présentation de l’éditeur: L’auteur y développe une démarche pratique qui respecte la physiologie maternelle et considère les futurs parents comme des partenaires actifs pour une implication sereine, en toute sécurité et en harmonie avec l’équipe obstétricale lors de la venue au monde de leur enfant. L’approche de Bernadette de Gasquet se fonde sur les études médicales les plus récentes et sur la réappropriation des pratiques traditionnelles des matrones d’autrefois ou d’autres cultures. Cette recherche du travail corporel juste l’amène à proposer des aménagements de la position d’accouchement, une poussée en douceur non violente pour l’enfant et pour le périnée maternel, un authentique suivi des suites de couches réduites trop souvent à quelques jours d’hospitalisation.

Parents futes bébés ravis

Auteur: Ingrid Bayot
Format: Broché
Publié: 2003
Présentation de l’éditeur: Dans les sociétés occidentales, le mode de vie tribal, en clan ou en grande famille, a été progressivement abandonné. Le tissu des traditions et des obligations de toutes sortes s’est relâché, laissant a priori à l’individu un plus large champ d’initiative et d’autonomie. Mais, en même temps, les solidarités et les rituels qui accompagnaient les différentes étapes de la vie, dont la naissance, se sont effilochés et n’ont pas encore été efficacement remplacés malgré quelques initiatives excellentes en ce sens. Ce livre souhaite alimenter la réflexion et encourager la créativité de ceux ou celles qui veulent être à leur manière les parents de cet enfant-là à nul autre pareil.

Césariennes: questions, effets, enjeux

Auteur: Michel Odent
Format: Broché
Publié: 2005
Présentation de l’éditeur: Pour les équipes médicales et les parents, la césarienne est devenue une pratique banalisée, facile et programmable, quasiment industrialisée. Dépassant le débat du “pour ou contre”, le Dr. Odent donne ici un point très actuel sur les questions essentielles (pratiques, médicales, sociales et éthiques), liées à ce sujet. Sous forme de courts chapitres, concis et accessibles, Michel Odent interpelle avec puissance le devenir de nos sociétés sur le domaine fondamental de la naissance.
Das Stillbuch

Autor: Hannah Lothrop
Format: Taschenbuch
Veröffentlicht: 2005
Bewertungen: We have not reviewed this book and there is no description on the Amazon website. The book was recommended by one of our CBI students.

Die Hebammensprechstunde

Autor: Ingeborg Stadelmann
Format: Taschenbuch
Veröffentlicht: 2001
Bewertungen: “This book covers pregnancy, birth, the postpartum period and breastfeeding. It is written by a very experienced homebirth (German) midwife who is also a homeopath and aromatherapist.” – CBI Student

Schwangerschaft und Geburt

Autor: Birgit Gebauer-Sesterhenn and Thomas Villinger
Format: Taschenbuch
Veröffentlicht: 2012
Bewertungen: “I consider it very informative about pregnancy, birth and the weeks after and it is definitely in line with the CBI philosophy.” – CBI Student

Stillen kompakt

Autor: Kerri Frischknecht
Format: Taschenbuch
Veröffentlicht: 2007
Bewertungen: “A very informative book about breastfeeding, recommended by AFS breastfeeding counselors” – CBI Student
SLEEP SOLUTIONS

Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family

Author: Diane Weissinger, Diana West, Linda J. Smith and Teresa Pitman (La Leche League International)
Format: Kindle and Paperback
Published: 2014
Amazon Description: Sweet Sleep is the first and most complete book on nights and naps for breastfeeding families. It’s mother-wisdom, reassurance, and a how-to guide for making sane and safe decisions on how and where your family sleeps, backed by the latest research.

It's 4 A.M. You've nursed your baby five times throughout the night. You're beyond exhausted. But where can you breastfeed safely when you might fall asleep? You've heard that your bed is dangerous for babies. Or is it? Is there a way to reduce the risk? Does life really have to be this hard? No, it doesn't. Sweet Sleep is within reach.

The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night

Author: Elizabeth Pantley
Format: Kindle, Paperback, Audio Download and Audio CD
Published: 2002
Amazon Description: There are two schools of thought for encouraging babies to sleep through the night: the hotly debated Ferber technique of letting the baby “cry it out,” or the grin-and-bear-it solution of getting up from dusk to dawn as often as necessary. If you don't believe in letting your baby cry it out, but desperately want to sleep, there is now a third option, presented in Elizabeth Pantley's sanity-saving book The No-Cry Sleep Solution.

Pantley's successful solution has been tested and proven effective by scores of mothers and their babies from across the United States, Canada, and Europe. Based on her research, Pantley's guide provides you with effective strategies to overcoming naptime and nighttime problems. The No-Cry Sleep Solution offers clearly explained, step-by-step ideas that steer your little ones toward a good night's sleep—all with no crying.

Sleeping with Your Baby: A Parent’s Guide to Cosleeping

Author: James J. McKenna
Format: Kindle and Paperback
Published: 2007
Amazon Description: Sleeping With Your Baby: A Parent’s Guide is your guide to understanding how to make nighttimes with your baby safe, fun and relaxing! Written by James McKenna, the world's authority on co-sleeping. “In this book you will find trusted advice from the world’s authority on sleeping with your baby.” – William Sears, M.D.