

Recommended Reading

A Good Birth, A Safe Birth by Diane Korte

The Thinking Woman's Guide to a Better Birth by Henci Goer (very good for statistical information)

The Birth Book : Everything You Need to Know to Have a Safe and Satisfying Birth by Martha Sears

Pregnancy, Childbirth and the Newborn by Penny Simpkin

The Complete Book of Pregnancy and Childbirth by Sheila Kitzinger (anything by Shelia Kitzinger is recommended reading in my opinion)

Birthing From Within by Pam England

Gentle Birth Choices by Barbara Harper

Special Delivery by Rahima Baldwin

Ina Mae's Guide to Childbirth by Ina Mae Gaskin

The Naturally Healthy Pregnancy by Shonda Parker (I give this to all my pregnant moms. Incredible information about health, nutrition, herbs for pregnancy, labor and delivery, postpartum and the newborn)

Recommended Internet Sites

www.midwiferytoday.com

www.blueribbonbaby.com

www.mothering.com

www.gentlebirth.org

Recommended Childbirth Options

Bradley Method (Husband Coached Childbirth) Here you will find all the information about the childbirth classes and it contains a directory of instructors for you to find in your area. This is the childbirth method that I recommend to my clients. I like that the father is really encourage to participate in the process of childbirth (pregnancy and postpartum included) www.bradleybirth.com

Hypnobirthing – there are several different places on the internet to choose from. I personally cannot recommend a particular site to get your information from, but can ask around if this is something that interests you.

Birthing From Within – I have heard lots of positive information about this method of preparation for childbirth. www.birthingfromwithin.com