



READING FOR PREGNANCY

Sacopee Valley Birthing Services
www.sacopeemidwives.org

There are so many great (and not so great) books out there! Here are a few good ones to choose from. I have copies of some of these, if you would like to borrow, let me know.

Ina May's Guide to Childbirth by Ina May Gaskin Full of inspiring birth stories, this practical guide offers advice on natural childbirth from the nation's leading midwife. As an author and activist, Ina May has been transforming the way we view birth for 30 years. Here, she emphasizes the mind-body connection, stressing the value of touch and massage. Through the power of storytelling, this resource aims to remove fear from the equation as it covers the entire childbirth process, from choosing an appropriate birth setting for you to ways of offering support during labor, common interventions, and dealing with emotional and physical postpartum challenges. [Also by Ina May Gaskin (recommended by Robin, too): *Spiritual Midwifery*, *Ina May's Guide to Breastfeeding*, and *Birth Matters: A Midwife's Manifesta*.]

Our Bodies, Ourselves: Pregnancy & Birth by the Boston Women's Health Book Collective

A comprehensive book on making smart decisions before and after pregnancy that is addressed to all "overlooked" groups of women, from teens to older women, female couples to single moms, diabetics and more. It covers the entire spectrum of the process, from choosing a birth partner and place to exploring options for pain relief, recovering from birth and adjusting to motherhood. It also looks at the current state of maternity care in the U.S., highlighting common trends and practices in the healthcare industry that every woman should be aware of before giving birth.

The Natural Pregnancy Book by Aviva Jill Romm The author (midwife turned MD) writes, "As a pregnant momma I had so many questions – how do I eat naturally and meet my baby's nutritional needs, which herbs and supplements are safe and effective for my nausea, restless legs, and other concerns, how do I prepare for an optimal birthing experience, what about sex during pregnancy...you name it. And my pregnant patients had these questions, too." This book also has a nice week by week guide. A non-fear-based version of "What to Expect..."

Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation by Gurmukh Kaur Khalsa

As a world-renowned yoga teacher who has been advocating the importance of the mind-body-spirit connection for more than 30 years, Khalsa helps readers uncover and heal underlying fears, insecurities and doubts about pregnancy through the power of movement and meditation. Who would have thought yoga could do so much for you? This book uses the physical and spiritual aspects of Kundalini yoga to guide expecting mothers through a healthy and natural pregnancy, building on the fundamentals of compassion and prosperity. It includes step-by-step instructions and illustrations, and is broken into sections that cover each trimester, as well as life with a newborn.

The Womanly Art Of Breastfeeding by La Leche League International La Leche League International was started in 1956 by a group of women who were concerned with the drastic decline in breastfeeding among U.S. women. They banded together to make a difference, and eventually released "The Womanly Art of Breastfeeding," now in its 35th anniversary edition. This breastfeeding bible covers everything from preparing for breastfeeding to scheduling time for yourself while still meeting baby's needs. It is indispensable for the first-time mom, or for anyone who wants to better understand the complex tapestry of issues related to breastfeeding — nutrition, sleep issues, going back to work, common problems and concerns, and weaning.

The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth by Penny Simkin

Since 1968, Penny Simkin, a physical therapist specializing in childbirth education, has encouraged women to educate themselves about the birth process. In this book, she speaks directly to dads, doulas and other labor companions about topics ranging from coping with pain to technologies and interventions. She provides an in-depth discussion about the troubling trend in first and repeat cesarean deliveries, and looks at the increased presence of doulas in "conventional" birth situations. This book is great as a studied resource, or as a quick reference for the thoughtful birth partner.

Wise Woman Herbal for the Childbearing Year by Susun Weed Now in its 24th printing and part of the Wise Woman Herbal Series, this is a collection of natural and simple advice about herbs for pregnancy, childbirth and beyond. It's suitable for newcomers to herbal remedies, as well as those who are familiar with the art, and presents an excellent list of mineral sources and herbal vitamins. It includes discussion of herbs with birth control properties, those that aid in fertility, and those to avoid during pregnancy. Once pregnant, it will guide you through herbal remedies for ailments from hemorrhoids and high blood pressure to morning sickness and bladder infections.

Orgasmic Birth: Your Guide to a Safe, Satisfying and Pleasurable Birth Experience

by Elizabeth Davis and Debra Pascali-Bonaro While an orgasmic birth can, for some, induce feelings of intense, ecstatic pleasure, it is ultimately about taking control of one's own body and making the most informed decisions to have a safe, memorable, and joyful birth day. Featuring inspiring stories from mothers and their partners and filled with practical advice and solutions, this one-of-a-kind resource is the next frontier of natural, intimate childbirth.

After the Baby's Birth by Robin Lim An excellent midwife-written guide to postpartum. Great info for women for what to expect. Includes recipes for supporting your body and breastfeeding. Read this before you give birth!

The Chemistry of Connection by Susan Kuchinskas This is not a pregnancy or a birth book, but it is all about OXYTOCIN, the "love hormone" that will be coursing through your veins during labor, birth, bonding and breastfeeding. If you were looking for some science behind your feeling that letting a baby "cry it out" is not for you, here it is. I think this book is worth reading. From the website; "[Brings together] research from biology, psychology and sociology to show you how to form deeper, longer-lasting connections with others. You'll learn how to power up your body's natural oxytocin response to improve your emotional satisfaction and physical health."

Baby Care and Development Resources (for all parents):

- The Baby Book: Everything you need to know about your baby from birth to age two. (2003) William Sears.
- Gentle Baby Care (2003) Elizabeth Pantley.
- Your Amazing Newborn (2000). Phyllis Klaus and Marshall Klaus.
- Infant Massage (2000). Vimala Schneider McClure.

A Look at Parenting Practices (for all parents):

- The Continuum Concept (1986). Jean Liedloff. An anthropological perspective on parenting and how to raise happy children—very interesting!
- Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent (1999). Meredith Small. So very readable, thought-provoking and interesting. Analyzes from a biological perspective whether our cultures' parenting practices meet the needs of the baby.
- Diaper Free: The Gentle Wisdom of Natural Infant Hygiene (2006) Ingrid Bauer.

Other Helpful Parenting Books (for all parents):

- The No-Cry Sleep Solution: Natural Ways to Help Your Baby Sleep Through the Night (2002). Elizabeth Pantley.
- Any of the books from the Sears Parenting Library (on Discipline, Vaccines, Birth, Pregnancy, Attachment Parenting, Baby Sleep, Nighttime Parenting, Fussy Babies, etc.).
- Connection Parenting: Parenting through connection rather than coercion, through love instead of fear (2007). Pam Leo.
- Siblings Without Rivalry (2012). Adele Faber and Elaine Mazlish.
- How to Talk So Kids Will Listen and Listen so Kids Will Talk (2012). Adele Faber and Elaine Mazlish.
- Easy to Love, Difficult to Discipline (2001). Becky A. Bailey.
- Hold on to Your Kids: Why Parents Need to Matter More Than Peers. (2006) Gordon Neufeld and Gabor Mate. This is geared toward parents of school-aged kids, but helpful for all parents to understand why attachment is so key for good behavior and happy, well-adjusted kids.