

Resource List

My Favorite Books, Websites and Social Media

Books

- **Ina May's Guide to Childbirth** by: Ina May Gaskin
- **Pregnancy, Childbirth and the Newborn: the complete guide** by: Simkin, Whalley, Kepler, Durham and Bolding
- **The Birth Partner: A complete guide to childbirth for dads, partners, doulas and other labor companions** by: Penny Simkin
- **The Natural Pregnancy Book** by: Aviva Romm, MD
- **The Womanly Art of Breastfeeding** by: La Leche League International
- **Sweet Sleep** by: La Leche League International
- **The First Forty Days: The Essential Art of Nourishing the New Mother** by: Heng Ou
- **Reclaiming Postpartum Wellness** by: Maranda Bower
- **This Isn't What I Expected: Overcoming Postpartum Depression** by: Karen Kleiman and Valerie Davis Raskin
- **When Survivors Give Birth** by Penny Simkin
- **Expecting Better** by Emily Oster

Websites

www.spinningbabies.com	exercises to create balance in the pregnant body in order to get baby into a good position for birth. also, week by week info on mom's body and baby
www.evidencebasedbirth.com	evidence based information on pregnancy, labor and postpartum choices and procedures
www.behervillage.com	online registry for pregnancy, birth and postpartum services i.e. doula, lactation consultants, prenatal massage, pelvic floor PT
www.bodyreadymethod.com	online pregnancy, birth and postpartum body preparation course
www.vbacfacts.com or www.vbaclink.com	evidence based info on vaginal birth after cesarean

Social Media

Instagram

@bodyreadymethod

@mommylabornurse

@expectingandempowered

@mamanatural

@themamacoach.tiffanylebano

@thevbaclink

@midwiferywisdom

@spinningbabies

@nakeddoulaofficial

Other

Meditation/ Hypnobirth Apps

GentleBirth Pregnancy App

Freya- Surge Timer

Podcasts

The Birth Hour

Birthing Instincts

Childbirth Education Courses

Pain Free Childbirth www.painfreebirth.com

Love Your Labor www.loveyourlabor.com

Mama Natural www.mamanatural.com