

# 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

<b><a href="http://www.spinningbabies.com">www.spinningbabies.com</a></b>	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
<b><a href="http://www.evidencebasedbirth.com">www.evidencebasedbirth.com</a></b>	evidence based information on pregnancy, labor and postpartum choices and procedures
<b><a href="http://www.behervillage.com">www.behervillage.com</a></b>	online registry for pregnancy, birth and postpartum services i.e. doulas, lactation consultants, prenatal massage, pelvic floor PT
<b><a href="http://www.bodyreadymethod.com">www.bodyreadymethod.com</a></b>	online pregnancy, birth and postpartum body preparation course
<b><a href="http://www.vbacfacts.com">www.vbacfacts.com</a> or <a href="http://www.vbaclink.com">www.vbaclink.com</a></b>	evidence based info on vaginal birth after cesarean
<b><a href="http://www.drgreenmom.com">www.drgreenmom.com</a></b>	non biased, evidence based vaccine information

## Social Media

### Instagram

@bodyreadymethod

@mommylabornurse

@expectingandempowered

@mamanatural

@themamacoach.tiffanylebano

@combofeedingsupport

@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](http://www.painfreebirth.com)

Love Your Labor [www.loveyourlabor.com](http://www.loveyourlabor.com)

Mama Natural [www.mamanatural.com](http://www.mamanatural.com)