

Birth Care Recommended Reading List

Fertility Awareness / Natural Family Planning....

- * Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health (by Toni Weschler) *highly recommended!*
- * The Art of Natural Family Planning (by John & Sheila Kippley)

Pregnancy Books...

- * The Complete Birth of Pregnancy and Childbirth (by Sheila Kitzinger) *highly recommended!*
- * Pregnancy, Childbirth & the Newborn (by Penny Simkin) *highly recommended!*
- * The Thinking Woman's Guide to a Better Birth (by Henci Goer)
- * Your Natural Pregnancy (by Aviva Jill Romm) *highly recommended!*
- * Mothering Magazine's Having a Baby, Naturally: The Mothering Magazine Guide to Pregnancy and Childbirth (by Peggy O'Mara)
- * Natural Childbirth the Bradley Way (by Susan McCutcheon-Rosegg, Erick Ingraham & Robert A. Bradley)
- * Ina May's Guide to Childbirth and Spiritual Midwifery (by Ina May Gaskin)
- * Gentle Birth Choices (by Barbara Harper)
- * Birthing from Within (by Pam England)
- * Homebirth (by Sheila Kitzinger)
- * Active Birth (by Janet Balaskas)
- * The Birth Partner (by Penny Simkin)
- * Back Labor No More!!!: What Every Woman Should Know Before Labor (by Janie McCoy King) *highly recommended!*
- * Essential Exercises for the Childbearing Year (by Elizabeth Noble) *highly recommended!*
- * The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean (by Diana Korte)
- * When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women (by Penny Simkin)

Waterbirth....

- * Choosing Waterbirth: Reclaiming the Sacred Power of Birth (by Lakshmi Bertram)
- * We Are All Water Babies (by Jessica Johnson)

Postpartum....

- * Beyond the Baby's Birth (by Robin Lim) *highly recommended!*
- * The Year After Childbirth (by Sheila Kitzinger)

Mother's Milk...

- * The Womanly Art of Breastfeeding (by the La Leche League) *Every new mother should have this!*
- * The Ultimate Breastfeeding Book of Answers : The Most Comprehensive Problem-Solution Guide to Breastfeeding from the Foremost Expert in North America (by Jack Newman & Teresa Pitman)
- * Breastfeeding Naturally: A New Approach for Today's Mother (by Hannah Lothrop)
- * The Nursing Mother's Companion (by Kathleen Huggins)
- * Breastfeeding (by Suzanne Arms)
- * The Breastfeeding Cafe: Mothers Share the Joys, Challenges, and Secrets of Nursing (by Barbara L. Behrmann) *highly recommended!*

Babies and Parenting...

- * Natural Family Living: The Mothering Magazine Guide to Parenting (by Peggy O'Mara)
- * The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two (by William Sears & Martha Sears) *highly recommended!*
- * The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby (by William & Martha Sears)
- * How to Raise a Healthy Child In Spite of your Doctor (by Robert Mendelsohn) *highly recommended!*
- * Good Nights: The Happy Parents' Guide to the Family Bed (and a Peaceful Night's Sleep!) (by Maria Goodavage & Jay Gordon)
- * The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer (by Harvey Karp)
- * Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too (by Adele Faber & Elaine Mazlish)
- * Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic (by Mary Sheedy Kurcinka)

Herbal and Alternative Therapies...

- * Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition, and Health (by Aviva Jill Romm) *highly recommended!*
- * Natural Baby Care: Pure and Soothing Recipes and Techniques for Mothers and Babies (by Colleen K. Dodt)
- * Herbal for the Childbearing Year (by Susan Weed)
- * Herbal Healing for Women (by Rosemary Gladstar)
- * Today's Herbal Health for Children (by Louise Tenney)
- * Clean House Clean Planet (by Karen Logan)

Menopause...

- * The Wisdom of Menopause (by Christiane Northrup)
- * New Menopausal Years (by Susan Weed)
- * Dr. Susan Love's Menopause & Hormone Book (by Susan Love)
- * What Your Doctor May Not Tell You about Menopause (by John R. Lee)

Fun Reads...

- * Baby Catcher: Chronicles of a Modern Midwife (by Peggy Vincent)
- * A Midwife's Story (by Penny Armstrong & Sheryl Feldman)
- * Dr. Frau: A Woman Doctor among the Amish (by Grace H Kaiser)
- * House Calls and Hitching Posts: Stories from Dr. Elton Lehman's Career Among the Amish (by Dorcas Sharp Hoover)
- * Can You Count the Many Children? A Missionary Woman's Journey (by Sara Viola Miller)
- * The Red Tent (by Anita Shreve)
- * All Things Bright and Beautiful / All Creatures Great and Small / All Things Wise and Wonderful / The Lord God Made Them All (separate books by James Herriot, DVM)