

Reading and Website Suggestions

Pregnancy and Birth

Ina May's Guide to Childbirth (2003)
Birth Matters - A Midwife's Manifesta by Ina May Gaskin (2011)
Gentle Birth, Gentle Mothering by Dr. Sarah J Buckley (2005)
The Thinking Woman's Guide to a Better Birth by Henci Goer (1999)
Gentle Birth Choices by Barbara Harper and Suzanne Arms (2005)
Birth Reborn by Dr Michel Odent (1984)
Spiritual Midwifery, Fourth Edition by Ina May Gaskin (2002)
Into These Hands: Wisdom from Midwives by Geradine Simkins (2011)
The Birth of Magdalena by MB Antevasin (2011)

Preparing for Birth and Beyond

Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation Pam England and Rob Horowitz, 1998
The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions Penny Simkin, 2007
Pregnancy, Childbirth and the Newborn by Penny Simkin, 2001
Wise Woman Herbal for the Childbearing Year by Susun Weed
After the Baby's Birth – A Women's Way to Wellness by Robin Lim 1991
Natural Health after Birth-The complete guide to postpartum wellness by Aviva Romm 2002
Naturally Healthy Babies and Children -by Aviva Romm 2003
The Baby Book by Dr Sears
Placenta – the Forgotten Chakra by Robin Lim 2010
The Vaccine Book: Making the Right Decision for your Child by Dr Robert Sears
Vaccinations: A Thoughtful Parent's Guide by Aviva Jill Romm
The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality by Kimberly Ann Johnson

CHILDREN'S BOOKS –

Waiting For The Sun by Alison Lohans
We're Having a Homebirth!! by Kelly Mochel
Hello baby by Jenni Overend
Baby Come Out! By Fran Manushkin

Magazines and websites:

Empowering you Through Birth and Beyond www.yourbirth.com
Free Canadian prenatal class online You tube Maternity Care Midwives part 1&2
Mothering magazine www.mothering.com
The Compleat Mother www.compleatmother.com
Pathways to family wellness: www.pathwaystofamilywellness.org
Midwifery Today Magazine: www.midwiferytoday.com/articles/index.asp
Childbirth Connection: www.childbirthconnection.org
International Cesarean Awareness Network (ICAN) www.ican-online.org

Breastfeeding Initiative of Ulster County www.breastfeedingulstercounty.com

Breastfeeding Information and Resources GotMom.org

Doulas of the Hudson Valley www.doulasofthehudsonvalley.com

Midwives Alliance of North America www.mana.org

American college of nurse midwives www.ACNM.org

New York State of License Midwives www.NYSALM.org

Citizens for Midwifery www.cfmidwifery.org

Coalition for Improving Maternity Services - CIMS www.motherfriendly.org

One world birth www.oneworldbirth.net

NVIC - National Vaccination Information Center www.nvic.org

CDC- Centers for Disease Control and Prevention - www.cdc.gov/vaccines

Blog and articles kellybroganmd.com

Blog and articles aviaromm.com

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