
Recommended Reading for Expecting Parents

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Pregnancy, birth and the early years of child-rearing are an exciting, but challenging time for parents. At many times, parents are required to make difficult decisions that may have far-reaching effects for their children. Below are books and a website recommended by Du La, ND, Doula to help parents make informed decisions.

PREGNANCY AND BIRTH

Pregnancy, Childbirth and the Newborn: The Complete Guide (2001)
Authors: Ann Keppler, Penny Simkin, Janet Whalley

The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and other Labor Companions (2008)
Author: Penny Simkin

The Thinking Woman's Guide to a Better Birth (1999)
Author: Henci Goer

The Complete Book of Pregnancy and Childbirth, Revised Edition (2003)
Author: Sheila Kitzinger

Birth Without Violence, Revised Edition of the Classic (2002)
Author: Frederick Leboyer, Yvonne Fitzgerald

Gentle Birth, Gentle Mothering (2005)
Author: Sarah J. Buckley

Gentle Birth Choices (1994)
Author: Barbara Harper

The Art of Giving Birth: With Chanting, Breathing and Movement (2009)
Author: Frederick Leboyer

Ina May's Guide to Childbirth (2004)
Author: Ina May Gaskin

Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation (1998)
Author: Pamela England

Immaculate Deception II: Myth, Magic and Birth (1996)
Author: Suzanne Arms

Pregnancy and Birth: The Best Evidence (2002)
Authors: Joyce Barrett, Teresa Pitman

CESAEREAN AND VAGINAL DELIVERY

Birth After Cesarean: The Medical Facts (1992)
Author: Bruce L. Flamm

Open Season: A Survival Guide for Natural Childbirth and VBAC in the 90s (1991)
Author: Nancy Wainer Cohen

Silent Knife: Cesarean Prevention and Vaginal Birth After Cesarean (1983)
Authors: Lois Estner, Nancy Wainer Cohen

The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean (1997)
Author: Diane Korte

MIDWIFERY AND DOULA CARE

Hearts Open Wide: Midwives and Birth (1987)
Authors: Pam Wellish

Birth Your Way: Choosing Birth at Home or in a Birth Centre (2002)
Author: Sheila Kitzinger

Mothering the Mother: How a Doula Can Help You Have a Shorter, Easier and Healthier Labour (1993)
Authors: John Kennell, Marshall H. Klaus, Phillip H. Klaus

Spiritual Midwifery, 4th Edition (2002)
Author: Ina May Gaskin

BREASTFEEDING

www.drjacknewman.com

Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-solving Guide to Breastfeeding from the Foremost Expert in North America, Revised Edition (2006)
Authors: Jack Newman, Teresa Pitman

Breastfeeding Pure and Simple. (2000)
Author: Gwen Gotsch and William Sears

The Womanly Art of Breastfeeding, 7th Edition (2004)
Authors: La Leche League International

CHILDREN'S HEALTH AND NUTRITION

The Year After Childbirth (1996)

Author: Sheila Kitzinger

Your Baby and Child: From Birth to Age Five, Revised Edition (1997)

Authors: Penelope Leach

Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition, and Health (2003)

Authors: Aviva Jill Romm, William Sears

Family Nutrition Book: Everything You Need to Know About Feeding Your Children from Birth Through Adolescence (1999)

Authors: Martha Sears, William Sears

MISCELLANEOUS

Birth over 35 (Overcoming Common Problems) (1994)

Author: Sheila Kitzinger

Mothering the New Mother: Women's Feelings and Needs After Childbirth a Support and Resource Guide, Revised and Updated 2nd Edition (2000)

Author: Sally Placksin

The Premature Baby Book: A Parent's Guide to Coping and Caring in the First Years (1983)

Authors: Helen Harrison and Ann Kositsky

RESOURCES

Parentbooks (201 Harbord Street, Toronto; 1 800 209 9182; www.parentbooks.ca)