

Books You Should Read

Books about Pregnancy and Birthing

- Ina May's Guide to Childbirth by Ina May Gaskin
- HypnoBirthing - The Mongan Method by Marie Mongan
- The Thinking Woman's Guide to a Better Birth by Henci Goer
- The Birth Partner by Penny Simkin
- Pregnancy, Childbirth and the Newborn by Simkin, Whalley and Keppler
- Spiritual Midwifery by Ina May Gaskin
- Pushed: The Painful Truth about Childbirth and Modern Maternity Care by Jennifer Block
- Childbirth Without Fear by Grantly Dick Read
- Birthing From Within - by Pam England and Rob Horowitz
- Baby Catcher: Chronicles of a Modern Midwife by Peggy Vincent
- Natural Childbirth the Bradley Way by Susan McCutcheon-Rosegg
- The Birth Book by Dr. Bill and Martha Sears
- The Pregnancy Book By Dr Bill and Martha Sears
- Gentle Birth, Gentle Mothering by Sarah Buckley

Books about Breastfeeding

- The Womanly Art of Breastfeeding by La Leche League International
- Ina May's Guide to Breastfeeding by Ina May Gaskin
- The Nursing Mother's Companion by Kathleen Huggins
- Breastfeeding by Renfrew, Fisher and Arms
- The Breastfeeding Book by Dr. Sears
- Working and Breastfeeding Made Simple by Nancy Mohrbacher
- Nursing Mother, Working Mother by Gale Pryor and Kathleen Huggins
- Adventures in Tandem Nursing by Hilary Flower

Baby Care

- The Baby Book by Dr Sears
- The Happiest Baby on the Block by Dr Harvey Karp
- Your Baby and Child by Penelope Leach
- The Portable Pediatrician by Laura Nathanson

Postpartum

- After the Baby's Birth by Robin Lim
- The Year After Childbirth by Sheila Kitzinger
- Natural Health After Birth by Aviva Jill Romm
- The First Forty Days by Heng Ou

Parenting Books

- The Attachment Parenting Book by Dr Sears
- Siblings without Rivalry by Adele Faber
- Happiest Toddler on the Block

