

SUGGESTED BOOKS AND VIDEOS

Pregnancy and Birth	
The Official Lamaze Guide: Giving Birth with Confidence	Judith Lothian and Charlotte DeVries
Our Bodies Ourselves: Pregnancy and Birth	The Boston Women's Health Book Collective
The Pregnancy Book	Dr. William Sears and Martha Sears, R.N.
The Birth Book	Dr. William Sears and Martha Sears, R.N.
What to Expect When You're Expecting	Heidi Murkoff and Sharon Mazel
Ina May's Guide to Childbirth	Ina May Gaskin
Your Best Birth	Ricki Lake and Abby Epstein
The Thinking Woman's Guide to a Better Birth	Henci Goer
The Pregnant Woman's Comfort Book	Jennifer Loudon
Fetal Development	
A Child is Born	Lennart Nilsson
Natural Childbirth Methods	
Natural Childbirth the Bradley Way	Susan McCutcheon
Hypnobirthing	Marie Mongan
Labor Support	
The Birth Partner	Penny Simkin
Healing Trauma	
When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women	Penny Simkin and Phyllis Klaus
Parenting	
The Baby Book	Dr. William Sears and Martha Sears, R.N.
The New Father: A Dad's Guide to the First Year	Armin A. Brott
What to Expect The First Year	Heidi Murkoff and Sharon Mazel
Breastfeeding	
The Womanly Art of Breastfeeding	La Leche League International
VIDEOS	
The Business of Being Born	
Orgasmic Birth	
Pregnant in America	
<i>See Provider Resource list for additional brochures, printables, infographics, and teaching resources</i>	