

Books and other resources your midwives recommend...

Pregnancy

- The Big Book of Birth by Erica Lyon
- Birthing From Within by Pam England and Rob Horowitz
- Pregnancy, Childbirth, and the Newborn: The Complete Guide by Penny Simpkin
- Beautiful, Bountiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation by Gurmukh Kaur Khalsa
- Ina May's Guide to Childbirth by Ina May Gaskin
- Our Bodies, Ourselves: Pregnancy and Birth by the Boston Women's Health Collective and Judy Norsigian

Breastfeeding

- The Nursing Mother's Companion by Kathleen Huggins
- Breastfeeding Made Simple: Seven Laws for Nursing Mothers by Nancy Morbacher and K. Kendall-Tackett

The Web

- www.breastfeedingmadesimple.com contains a fabulous 5 minute video depicting a proper latch
- www.breastfeedingonline.com
- www.kellymom.com
- www.childbirthconnection.org contains a free download of Journey to Parenthood: Your Guide Through Pregnancy, Birth and Beyond
- www.mvmidwife.org
- www.gotmom.org

Newborns

- Your Amazing Newborn by Marshall and Phyllis Klaus
- The Baby Book by William and Martha Sears