



Recommended Reading List and Web Links

Inspiring and informative books

Gentle Birth, Gentle Mothering by Dr Sarah Buckley

Mind Over Labour by Carl Jones

Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation by Pam England & Rob Horowitz

The New Complete Book of Pregnancy and Childbirth by Sheila Kitzinger

Homebirth and anything by Sheila Kitzinger

Ina May's Guide to Childbirth, Spiritual Midwifery, Birth Matters and anything by Ina May Gaskin

The Pregnancy Book, The Birth Book and anything by Dr William Sears

Active Birth, The Waterbirth Book and anything by Janet Balaskas

Birth Skills by Dr Shari Read (buy online www.birthskills.com.au)

When Survivors Give Birth and The Birth Partner by Penny Simkin

Vaginal Birth After Cesarean: The Smart Woman's Guide to VBAC by Elizabeth Kaufmann

Men at Birth by David Vernon

Cheers to Childbirth: A dad's guide to childbirth by Lucy Perry

Well Adjusted Babies by Dr Jennier Barham-Floeani

The Christian Childbirth Handbook by Jennifer Vanderlaan (website Birthing Naturally Christian Childbirth)

Christ Centered Childbirth by J Kelly Townsend

The Doula Book by John Kennell

The Down to Earth Birth Book by Jenny Blyth (Queensland Midwife)

25 Ways to Awaken your birth power by Stephanie Corkhill Hyles and Danette Watson

A Modern Woman's Guide to a Natural Empowering Birth by Katrina Zaslavsky (plus Facebook page)

Anything by Michel Odent, Sheila Kitzinger

Breech Birth Woman Wise by Maggie Banks

Natural Way to Better Birth and Bonding by Francesca Naish

Optimal Foetal Positioning by Pauline Scott and Jean Sutton

Orgasmic Birth by Elizabeth Davis

Ended Beginnings: Healing Childbearing Losses by Claudia Panuthos & Catherine Romeo

Unspeakable Losses: Healing From Miscarriage, Abortion, And Other Pregnancy Loss by Kim Kluger-Bell

Parenting: anything by Pinky McKay, Steve Biddulph, Dr William Sears

Caesarean Recovery by Chrissie Gallagher-Mundy

The Science of Parenting by Margot Sunderland

Heart to Heart Parenting by Robin Grille

Breastfeeding Naturally by the Australian Breastfeeding Association

>> Buy from www.birthinternational.com or www.capersbookstore.com.au or Amazon and Fishpond or borrow/reserve from your local library

Lactation and Parenting Resources

www.breastfeeding.asn.au Australian Breastfeeding Association
Book *Breastfeeding ... Naturally* and all information booklets

www.lli.org La Leche League International

www.kellymom.com US site of evidence-based breastfeeding and parenting information

Anything by Pinky MacKay **www.pinkymckay.com.au** including *Parenting by Heart*

Anything by William and Martha Sears **www.askdrsears.com** including *The Breastfeeding Book*

Anything by Australian Lactation Consultant expert Sue Cox including books and DVDs

www.ibreastfeeding.com/sue-cox-rn-rm-ibclc **www.breastfeedingtasmania.asn.au/video.htm**

Online Resources

www.adrielbooker.com/a-natural-caesarean-what-the/ The Natural Caesarean: a woman centered technique.

www.bellybelly.com.au Prepare for pregnancy, birth and baby online at BellyBelly. Feel reassured, educated and informed with the best support and information available at your fingertips.

BellyBelly.com.au is Australia's friendliest and most respected online parenting social network, where we explain everything in black and white, without the jargon, so you can make your own informed decisions on all things conception, pregnancy, birth and baby.

www.birth.com.au Australian site with a smorgasbord of information on pregnancy & birth.

www.birthconnection.com.au Independent Childbirth Education and birth healing services on the Sunshine Coast by Pernille Powell.

www.birthinternational.com.au Australian site for books, DVDs and information.

www.birthwork.com Website of beautiful Sunshine Coast birth worker Jenny Blyth.

www.capersbookstore.com.au Australian site for books, DVDs and information.

www.childbirthconnection.org American website with a wealth of sound evidence-based information

www.homebirth.org.uk/ofp.htm More on optimal fetal positioning.

www.julieclarke.com.au Sydney based childbirth educator and Calmbirth Facilitator with many years of experience. Excellent website for all things pregnancy-based, including <http://julieclarke.com.au/resources/a-broad-overview-of-pregnancy/>

www.midwifethinking.com

Good resource for antenatal and birth questions by local midwife Rachel Reed.

www.pregnancy.com.au Australian website. An up to date and extensive source of information on pregnancy, birth and parenting. Lots of information on midwifery care, pre-conception care, pregnancy, birth, waterbirth, homebirth, vaginal birth after caesarean, postnatal care and breastfeeding. Explore your options and make informed choices.

www.spinningbabies.com Easier childbirth with fetal positioning.



Karen Shlegeris
Grad. Dip. Childbirth Education
www.fitforbirth.com.au