

RECOMMENDED READING *list*

Congratulations on making the decision to take charge of your prenatal education! Here is my go-to list of practical, evidence-based books about pregnancy, childbirth, and the postpartum period!

- Pregnancy Childbirth & The Newborn - The Complete Guide by Penny Simkin & Others
- Natural Health After Birth by Aviva Romm
- The Birth Partner by Penny Simkin
- Caesarean Birth: A Positive Approach to Preparation and Recovery by Leigh East
- The Complete Book of Breastfeeding by Marvin S. Eiger, MD & Sally Wendkos Olds
- The First 40 Days: The Essential Art of Nourishing The New Mother by Amely Greeven, Heng Ou and Marisa Belger
- The Fourth Trimester by Kimberly Ann Johnson
- The Motherhood Complex by Abimbola Akande
- The Womanly Art of Breastfeeding by Diane Wiessinger, Diana West, and Teresa Pitman
- Having a Baby Naturally: by Peggy O'Mara
- Natural Family Living: by Peggy O'Mara
- Essential Oils for Pregnancy Birth and Babies by Stephanie Fritz
- Birthing From Within by England Horowitz
- Infant Massage: a handbook for loving parents by Vamala McClure
- Holy Labor: How Childbirth Shapes a Woman's Soul by Aubry Smith
- Ina May's Guide to Childbirth by Ina May Gaskin
- Our Births, Our stories by Heather Baker
- Wise Woman Herbal for the Childbearing Year by Susan Weed

Many of these books are available on Amazon, Indigo Books, and Audible (audiobooks). You can also check with your local library, thrift stores, Doula/childbirth educators and parenting groups for copies you may be able to borrow!
