

## Book List

*This list was compiled with input from many people. We encourage you to do your own research on these and other titles. We also encourage you to borrow books from friends, family, and the public or our lending libraries to make sure you find them useful before expanding your collection. Enjoy!*

### **Pregnancy & Birth**

Balaskas, Janet	Active Birth: The New Approach to Giving Birth Naturally (1992)
Balaskas, Janet	The Waterbirth Book (2004)
Baldwin, Rahima	Special Delivery: A guide to creating the birth you want for you and your baby (1990)
Buckley, Sarah	Gentle Birth, Gentle Mothering (2005)
England & Horowitz	Birthing From Within (1998)
Gaskin, Ina May	Ina May's Guide to Childbirth (2003)
Gaskin, Ina May	Spiritual Midwifery, 4 <sup>th</sup> ed. (2005)
Goer, Henci	The Thinking Woman's Guide to a Better Birth (1999)
Goldsmith, Judith	Childbirth Wisdom: From the World's Oldest Societies (1994)
Harper, & Arms	Gentle Birth Choices (2005)
Kitzinger, Sheila	Homebirth and Other Alternatives to Hospital (1995)
Kitzinger, Sheila	The Complete Book of Pregnancy and Childbirth (2003)
Kitzinger, Sheila	Your Baby, Your Way (1987)
Kitzinger, Sheila	Birth Over 35 (Overcoming Common Problems) (1994)
Menelli, Sheri	Journey Into Motherhood: Inspirational Stories of Natural Birth (2005)
Noble, Elizabeth	Childbirth With Insight (1989)
Noble, Elizabeth	Having Twins (2003)
O'Mara, Peggy	Having a Baby, Naturally (2003)
Panuthos, Claudia	Transformation Through Birth: A Woman's Guide (1984)
Peterson, Gayle	Pregnancy as Healing (1984)
Richards, Lynn	VBAC Experience: Very Beautiful and Courageous (1987)
Schwagel, Janet	Adventures in Natural Childbirth (2005)
Sears & Sears	The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth (1994)
Simkin, Penny	The Birth Partner, 2 <sup>nd</sup> ed. (2001)
Simkin, Whalley, & Keppler	Pregnancy, Childbirth and the Newborn, The Complete Guide, 3 <sup>rd</sup> ed. (2003)

### **Nutrition**

Elliot, Rose	The Vegetarian Mother and Baby Book (1996)
Hess & Hunt	Eating for Two: The Complete Guide to Nutrition During Pregnancy (1992)
Klapper, Michael	Pregnancy, Children and the Vegan Diet (1988)
Roberts, Bonnie	Nutrition in Pregnancy and Lactation (1996)
Satter, Ellyn	Child of Mine, Feeding with Love and Good Sense, 3 <sup>rd</sup> ed. (2000)

Swinney, Bridget  
Yntema, Sharon

Eating Expectantly, 3<sup>rd</sup> ed. (2006)  
New Vegetarian Baby (1999)

### **Exercise**

Balaskas, Janet  
Jordan, Sandra  
Noble, Elizabeth  
Olkin, Sylvia  
Olkin, Sylvia  
Parvati, Jeannine Baker

Preparing for Birth With Yoga: Exercises for Pregnancy and Childbirth (1994)  
Yoga for Pregnancy (2005)  
Essential Exercises for the Childbearing Year (2003)  
Positive Pregnancy Through Yoga (1981)  
Positive Parenting Fitness (1992)  
Prenatal Yoga and Natural Birth (1986)

### **Natural Health & Wellness**

Weed, Susun  
Bauer, Cathryn  
Castro, Miranda  
Fawcett, Margaret  
Murray, Michael  
Gladstar, Rosemary

Wise Woman Herbal for the Childbearing Year (1986)  
Acupressure for Women (1987)  
Homeopathy for Pregnancy, Birth, and Your Baby's First Year (1993)  
Aromatherapy for Pregnancy and Childbirth (1993)  
Encyclopedia of Natural Medicine (1999)  
Family Herbal: A Guide to Living Life with Energy, Health, and Vitality (2001)

### **Well Woman Health**

Davis, Elizabeth  
Northrup, Christine  
White, Evelyn

A New View of a Woman's Body – Federation of Feminist Women's Health Centers (1991)  
Our Bodies, Ourselves – Boston Women's Health Collective (2005)  
Women, Sex and Desire: Understanding Your Sexuality at Every Stage of Life (1995)  
Women's Bodies, Women's Wisdom, 2<sup>nd</sup> ed. (1998)  
The Black Women's Health Book: Speaking for Ourselves, 2<sup>nd</sup> ed. (1993)

### **Postpartum**

Dunewold & Sanford  
Kitzinger, Sheila  
Lim, Robin

Postpartum Survival Guide (1994)  
The Year After Childbirth (1996)  
After the Baby's Birth: A Woman's Way to Wellness (2001)

### **Newborn Care**

Boucke, Laurie  
Garabedian, Helen  
Garcia, Joseph  
Goodavage & Gordon  
Gross-Loh, Christine  
Klaus & Klaus

Infant Potty Basics: With or Without Diapers, the Natural Way (2003)  
Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better, & Grow Stronger (2004)  
Sign With Your Baby: How to Communicate With Infants Before They Can Speak (2002)  
Good Nights: The Happy Parents' Guide to the Family Bed (and a Peaceful Night's Sleep!) (2002)  
The Diaper Free Baby: The Natural Toilet Training Alternative (2007)  
Your Amazing Newborn (2000)

Leach, Penelope  
Pantley, Elizabeth  
Sand, Walton, & Rountree  
Schneider, Vimala  
Sears, William

Babyhood (1993)  
The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night (2002)  
Smart Medicine for a Healthier Child, 2<sup>nd</sup> ed. (2003)  
Infant Massage: Revised Edition: A Handbook for Loving Parents (2000)  
The Baby Book (2005)

### **Breastfeeding**

Huggins & Lawrence  
La Leche League  
Mohrbacher, Stock, & Newton  
Newman & Pitman

The Nursing Mother's Companion, 5<sup>th</sup> ed. (2005)  
The Womanly Art of Breastfeeding, 7<sup>th</sup> ed. (2004)  
The Breastfeeding Answer Book (2003)  
The Ultimate Breastfeeding Book of Answers (2006)

### **Circumcision**

Boyd, Billy Ray  
Fleiss & Hodges  
Gollaher, David  
Noble, Elizabeth

Circumcision: What it Does (1990)  
What Your Doctor May Not Tell You About Circumcision (2002)  
Circumcision: A History of the World's Most Controversial Surgery (2001)  
The Joy of Being a Boy (1994)

### **Vaccinations**

Cave, Stephanie  
Kirby, David  
Lydall, Wendy  
Romm, Aviva Jill  
Tenpenny, Sherri

What Your Doctor May Not Tell You about Children's Vaccinations (2001)  
Evidence of Harm (2005)  
Raising A Vaccine Free Child (2005)  
Vaccinations: A Thoughtful Parent's Guide (2001)  
Vaccines: The Risks, the Benefits, the Choices, a Resource Guide for Parents (2006)

### **Parenting**

Baldwin, Rahima  
Benkov, Laura  
Bos, Bev  
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Davis & Keyser  
Faber & Mazlish  
Greenberg, Martin  
Hendrickson, Karen  
Kohn, Alfie  
Liedoff, Jean  
Sears, William

You Are Your Child's First Teacher (2000)  
Reinventing The Family: Lesbian and Gay Parents (1995)  
Tumbling Over the Edge: A Rant for Children's Play (2005)  
Don't Move the Muffin Tins: A Hands-Off Guide to Art for the Young Child (1978)  
Together We're Better: Establishing Coactive Environments for Young Children (1990)  
Becoming the Parent You Want to Be (1997)  
How to Talk So Kids Will Listen & Listen So Kids Will Talk (2001)  
The Birth of a Father (1995)  
Baby and I Can Play and Fun With Toddlers: Getting Along Together (1990)  
Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason (2006)  
Continuum Concept: Allowing Human Nature to Work Successfully (1986)  
Creative Parenting (1987)

Seigel & Hartzell  
Shapiro, Lawrence  
Verney, Thomas

Parenting from the Inside Out (2004)  
How to Raise a Child With a High E.Q. (1997)  
Pre-parenting: Nurturing Your Child from Conception (2003)

### **Sibling Preparation**

Faber, Adele  
Goldenthal, Peter

Siblings Without Rivalry (2004)  
Beyond Sibling Rivalry (2000)

### **Sibling Preparation** (*children's books*)

Berends, Polly Berrien  
Falwell, Cathryn  
Knight, Margy Burns  
Metropolitan Museum of Art  
Nilsson & Swanberg  
Overend, Jenni  
Spillman, Uwe

I Heard Said the Bird (1998)  
We Have a Baby (1999)  
Welcoming Babies (1998)  
My New Baby And Me: A First Year Record Book For Big Brothers And Big Sisters (1987)  
How Was I Born?: A Child's Journey Through the Miracle of Birth (1994)  
Welcome With Love (1999)  
Runa's Birth: The day my sister was born (2002)

### **Birth DVD's**

Global Maternal/Child Health Assoc.  
Polymorph Films  
Sage Femme  
Wisewoman Childbirth Traditions

Birth Into Being - The Russian Waterbirth Experience - 28 min. (1998)  
Birth in the Squatting Position - 10 min. (1979, updated by AAHCC, 2002)  
Birth Day: A Short Video Documentary Celebrating Life and Family -11 min. (2003)  
Noa Was Born - 16 min. (2001)

### **Birth Advocacy**

Block, Jennifer  
Davis-Floyd, Robbie  
Goer, Henci  
Kitzinger, Sheila  
Wagner, Marsden  
Wainer, Nancy Cohen

Pushed: The Painful Truth About Childbirth and Modern Maternity Care (2007)  
Birth as an American Rite of Passage (2004)  
Obstetric Myths vs. Research Realities (1995)  
Birth Crisis (2006)  
Born in the USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First (2006)  
Silent Knife: Cesarean Prevention and Vaginal Birth after Cesarean (VBAC) (1983)