



South Georgia Birth Services

Recommended Reading for Birth Preparation

- The Thinking Woman's Guide to a Better Birth by Henci Goer (this book tops my list for a reason!)
- Pregnancy, Childbirth and the Newborn by Simkin, Whalley and Keppler (all round good book, helpful ideas for labor, what to expect from the baby and a basic guide to breastfeeding)
- The Birth Partner by Penny Simkin (everything you need to know to help a woman through childbirth; labor, comfort measures, medical procedures and more for the partner)
- Active Birth by Janet Balakas (in-depth treatment of natural birth, in or out of the hospital)
- Ina May's Guide to Childbirth by Ina May Gaskin (empowering birth stories and lots of good information about the importance of relaxation and how you view birth)
- Birthing From Within by Pam England and Rob Horowitz (honors how you are created and helps a woman find her own way to go with nature and her body)
- The Pink Kit <http://www.midwiferytoday.com/reviews/pinkkit.asp> (Essential preparations for your birthing body)

Recommended Reading for Breastfeeding

- The Womanly Art of Breastfeeding from the La Leche League
- Bestfeeding by Renfrew, Fisher and Arms (simple and natural guide. Pictures help you get the right positioning, focuses on success rather than problems)
- The Ultimate Breastfeeding Book of Answers by Jack Newman, M.D. (problem solving)
- Ask Lenore <http://www.asklenore.info/breastfeeding/abindex.html> (VERY informative site, short video clips of proper latch, Dr. Newman's handouts on every kind of breastfeeding problem)
- Kelly Mom <http://www.kellymom.com/store/freehandouts/index.html>

Recommended Reading for Parenting/Infants

- *The Baby Book* by William and Martha Sears (best baby book on the market, gentle and reassuring)
- *Your Baby and Child* by Penelope Leach (down-to-earth approach with an emphasis on child development)
- *The Year After Childbirth* by Sheila Kitzinger (not all about parenting, but really goes into lots of detail about the changes in lifestyle and transition from being a couple to parenting together and the changes that brings)

Please do yourself and your baby a favor and DO NOT buy/read books written by the Ezzos concerning parenting. They are very controversial, their advice has resulted in some babies suffering from failure to thrive, they are not child experts but hold themselves out as such, and have been disfellowshipped by their congregation for character issues.