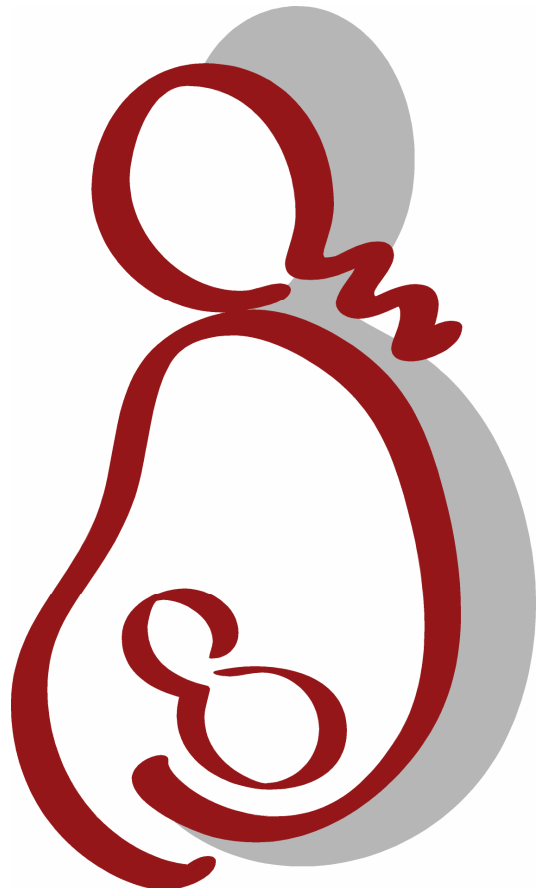


Childbirth International

Approved Reading List

Last Updated July 1st 2008



Approved Reading List

As part of your training you are required to read books from the approved reading list. The books have been selected to provide you with a comprehensive list and offer a variety of perspectives. You can choose any books from the list, regardless of the course you are studying.

STEP 1 CHOOSE A BOOK

Select one of the books from the comprehensive reading list. You can either purchase books new or second hand (cost of books you purchase is not included in your CBI course training fees), or borrow the book from the library or a friend. Many of the books are “classics” and can often be found second hand on services like e-Bay or the used book lists on Amazon. If you have active mother and child groups in your area you may also find some of them at jumble sales, flea markets and garage sales.

You should choose books that you have not read before to gain the most benefit from your training. If you have previously read the book, perhaps when you were pregnant, you must re-read it for your certification requirements.

REQUIREMENTS FOR CBI COURSES

Course

Birth Doula	<i>read 3 books</i>
Postpartum Doula	<i>read 3 books</i>
Childbirth Educator	<i>read 5 books</i>
Breastfeeding Counselor	<i>read 5 books</i>

Categories include:

Pregnancy
Labor & Birth
Evidence-Based Care
Breastfeeding
Birth & Breastfeeding Politics
Culture & Birth
Prenatal Testing
Disability
Midwives Tales
Fertility & Infertility
Support in Labor
Alternatives to Hospital Birth
Communication & Counseling

STEP 2

COMPLETE A BOOK REVIEW

Once you have read the book you are required to write a book review. The information included will cover what you enjoyed about the book, and what you did not enjoy. Once all your book reviews are complete you will have completed the reading requirements for your course.

HOW?

DO YOU SUBMIT YOUR WORK?

All your course work, including book reviews, are submitted through the student website. You receive access to the website when you first register as a student and are able to then begin submitting your book reviews. The review is automatically sent to your trainer and marked off as completed on your student record.

Reading List: Alternatives to Hospital Birth

Homebirth

Author: Sheila Kitzinger

Other Languages: [Spanish](#)

CBI Review: A beautifully presented book outlining the various options available that are alternatives to a hospital birth. Although Sheila is based in the UK, this book is relevant for women everywhere who want to explore their options.

The Home Birth Advantage

Author: Mayer Eisenstein

Amazon Description: This book challenges America's traditional hospital based birth system, the system which has placed the United States at the bottom of the list of industrialized nations with regard to healthy babies and healthy mothers. Dr. Eisenstein explains that birth, for the majority of women, may even be safer without the routine hospital procedures: electronic fetal monitoring, episiotomy, IV's, epidurals, etc.

Unassisted Childbirth

Author: Laura Kaplan Shanley

Editorial Review: "Although I am personally an advocate of planned, midwife-attended home birth, I also believe that we must make conceptual and legal room in the technocracy for those women who choose to fully claim their power as birth-givers by going it alone. This is a very brave

book and Laura Kaplan Shanley is a remarkable and courageous woman." - *Robbie Davis-Floyd, Ph.D. author of Birth as an American Rite of Passage*

Unassisted Homebirth: An Act of Love

Author: Lynn M. Greisemer

Amazon Description: This book is a presentation of unassisted homebirth (childbirth without an obstetrician or midwife) as it relates to psychological growth and development of the couple, the woman and the man. It addresses why people choose to give birth unassisted, why couples should consider unassisted homebirth and why so many are against unassisted homebirth. It shows how planned unassisted birth is safer than in the hospital and almost always joyful. The book provides a comparison of traditional hospital birth to unassisted homebirth, how couples are brought closer together because of unassisted birth and the profound impact this type of birthing has on fathers.

Home Births: Stories to Inspire And Inform

Author: Abigail Cairns

Amazon Description: As well as exploding some common misconceptions about who chooses home birth and why, the book provides real life, down-to-earth descriptions of the experience from

the point of view of the people most closely involved. The book will hold particular interest for men, as more than a quarter of the contributions have been provided by fathers. Anyone reading these vivid, intimate, and emotional accounts will understand why so many of those who choose home birth become passionate advocates of parental choice and non-medical childbirth. As one contributor comments with satisfaction, *"Two hours after the birth we were left alone at home: the three of us, a bottle of bubbly and the cat."*

Home Birth: A Practical Guide

Author: *Nicky Wesson*

Amazon Description: A perfect balance of practical information and personal stories, Home Birth is essential reading for couples considering the alternative to a hospital birth. Childbirth educator Wesson shows how having your baby in your own home can be the most fulfilling thing you'll ever do. While some information is UK-based, much of the book is also relevant to US readers.

Home Births: The Report of the 1994 Confidential Enquiry by the National Birthday Trust Fund

Editor: *Geoffrey Chamberlain & Ann Wraight*

Amazon Description: This is the report of the 1994 confidential enquiry by the National Birthday Trust Fund (UK). It is an informative and comprehensive study of births intended to take place at home, shows that planned birth at home is a safe option, that the women who are being selected for home births are appropriate, and that midwives manage home births well and competently. The book contains twelve chapters, a glossary, and appendices of the questionnaires used in the study. Though published primarily for a U.K. readership, its data is of interest to medical researchers and policy-makers everywhere.

Successful Home Birth and Midwifery: The Dutch Model

Editor: *Eva Abraham-Van der Mark*

Amazon Description: It astounds the western world that such a highly industrialized nation as the Netherlands, with all the resources of modern medicine and technology, has a marked preference for home birth assisted by midwives. Van der Mark examines Dutch attitudes and practices surrounding birth from a sociohistorical point of view, explaining the importance of ideological consensus, the private nature of the Dutch family, the high regard for comfort and well being, and the professional development of midwives as trained and licensed practitioners. This volume will be welcomed by those convinced of the value of low-intervention home birth, but it will also be of interest to practitioners who must rely on technological procedures to manage the birth process. Since the Dutch hold one of the world records of pregnancy outcome statistics, readers will be interested in the Dutch midwifery model described here by various contributors.

Women, Power, and Childbirth: A Case Study of a Free-Standing Birth Center

Editor: *Kathleen Doherty Turkel*

Amazon Description: Based on her 12 year study of a free-standing birth center, Turkel analyzes the medical model of childbirth in contrast to the midwifery model. In the medical model of birth, women are defined as patients and birth takes place in hospitals where women have little, if any, control over their experience. The midwifery model views birth as a healthy process where midwives act as teachers and guides for women during pregnancy and birth, helping women and their families to shape and define their experience to meet their needs and expectations. Under existing legal and cultural circumstances, free-standing birth centers face a dilemma. They must continually accommodate the medical model while trying to maintain the midwifery model and give women an option to

Reading List: Anatomy & Physiology

Heart & Hands: A Midwife's Guide to Pregnancy & Birth

Author: *Elizabeth Davis*

CBI Review: A more spiritual approach to childbirth with some very good information about natural approaches to problems in pregnancy and childbirth. Not as thorough as the other texts on the physiological aspects of childbirth but a nice addition to your library.

Anatomy and Physiology for Midwives

Author: *Jane Coad & Melvyn Dunstall*

Amazon Description: Building upon the success of the first edition, this book provides a thorough review of anatomy and physiology applicable to midwifery. This edition ties theory to practice more closely, and updates all research-based information and references for further reading. From first principles to current research, it utilizes case studies for reflection. This comprehensive and well-illustrated textbook is an essential resource for all students of midwifery.

Mayes' Midwifery

Author: *Christine Henderson & Susan MacDonald*

CBI Review: An excellent and very comprehensive midwifery text. Very thorough on the different physiological aspects of childbirth. Not suitable for general reading but a good reference text.

Myles' Textbook for Midwives

Author: *Diane M. Fraser & Maggie M. Cooper*

Amazon Description: The new edition of this market-leading textbook builds on the strengths of the previous edition. Completely updated and revised, it provides the most up-to-date perspectives and research on a complete range of

the theoretical, practical, and background concepts with which modern midwives should be familiar. In addition, it offers numerous summary boxes and flowcharts and provides clear guidance on how to critically appraise valuable research.

The New Midwifery: Science and Sensitivity in Practice

Author: *Lesley Ann Page & Rona McCandlish*

CBI Review: A more affordable midwifery text, this book is a good resource with a midwifery perspective. It is not as thorough on the physiological aspects of pregnancy and birth as the others are but a good choice if price is an issue.

Reading List: Breastfeeding Politics

Mother's Milk: Breastfeeding Controversies in American Culture

Author: *Bernice Hausman*

Amazon Description: Mother's Milk examines why nursing a baby is an ideologically charged experience in contemporary culture. Drawing upon medical studies, feminist scholarship, anthropological literature, and an intimate knowledge of breastfeeding itself, Bernice Hausman demonstrates what is at stake in mothers' infant feeding choices--economically, socially, and in terms of women's rights. Breastfeeding controversies, she argues, reveal social tensions around the meaning of women's bodies, the authority of science, and the value of maternity in American culture. A provocative and multi-faceted work, Mother's Milk will be of interest to anyone concerned with the politics of women's embodiment.

History of the Breast

Author: *Marilyn Yalom*

Amazon Review: What's in a breast? That depends on who's asking, says Marilyn Yalom, author of this scholarly, illustrated treatise on the breast in Western society. "Babies see food. Men see sex. Doctors see disease. Businesspeople see dollar signs." Breasts have been denounced as wanton, or idealized as givers of power or life in images of Egyptian goddess Isis nursing pharaohs; sturdy, maternal Mother Russia; or the more eroticized, bare-breasted symbol of republican ideals in France. Psychologists, religious leaders, advertisers, and pornographers have rhapsodized over, vilified, and used breasts to sell everything from war to Cadillacs. And, finally, women have seen in them pleasure, power, sustenance, fear, or failure to measure up.

Milk, Money, and Madness: The Culture and Politics of Breastfeeding

Author: *Naomi Baumslag, M.D. & Dia L. Michels*

Editorial Review: "The latest book by pediatrics professor Baumslag and science writer Michels is not intended as a "how-to" manual but rather as an analysis of the medical, historical, social, economic, and political issues surrounding breastfeeding. It includes a lengthy discussion of aggressive marketing tactics by infant formula manufacturers and the international efforts taken to counteract these techniques. Strongly in favor of breastfeeding under virtually any circumstances, the authors convincingly illustrate its medical and economic benefits to mothers, infants, and the general population." --*Tina Neville, Univ. of South Florida at St. Petersburg Lib.*

At the Breast: Ideologies of Breastfeeding and Motherhood in the Contemporary United States

Author: *Linda M. Blum*

Amazon Review: The health benefits of breast milk for infants are almost universally acknowledged--but how realistic is it for all working women to nurse? What about those mothers who have a hard time making the transition between viewing their breasts as erogenous zones and seeing them as baby's buffet? There is even controversy about what exactly constitutes breast-feeding: are sucklings weaned at six weeks or infants fed breast-pumped milk through a bottle truly "breast" babies? Blum's analysis of such issues is respectful of the social and psychological imperatives that inform a woman's decision on whether or not to breast-feed.

The Politics of Breastfeeding

Author: *Gabrielle Palmer*

Amazon Description: Fully explores the political,

economic, and social implications of bottle feeding versus breastfeeding. One customer review stated "I didn't understand breastfeeding advocacy until I read this book. Gabrielle Palmer covers all the bases on why we need to protect future generations from the mass marketing of infant formula, and how those products have become so prevalent throughout our society and the world."

[A Social History of Wet Nursing in America: From Breast to Bottle](#)

Author: Janet Golden

Amazon Description: Examines the intersection of medical science, social theory, and cultural practices as they shaped relations among wet nurses, physicians, and families from the colonial period through the twentieth century. Janet Golden's study contributes to our understanding of the cultural authority of medical science, the role of physicians in shaping child rearing practices, the

social construction of motherhood, and the profound dilemmas of class and culture that played out in the private space of the nursery.

[Anthropology of Breast-Feeding: Natural Law or Social Construct](#)

Editor: Vanessa A. Maher

Amazon Description: On the whole, the debates surrounding the issues of breast-feeding - often reflecting ethnographic and ill-informed medical and demographic approaches - have failed to treat the deeper issues. The significance of breast-feeding reaches far beyond its biological function; in fact, the authors of this volume argue, there is nothing 'natural' about breast-feeding itself. On the contrary, attitudes and practices are socially determined, and breast-feeding has to be seen as an essential element in the cultural construction of sexuality. The highly original focus of this volume throws new light on gender and on social

Reading List: Breastfeeding

[The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America](#)

Author: Jack Newman M.D. & Teresa Pitman

Amazon Description: Although breastfeeding is the natural and healthy way to nourish your baby, it's not always easy. Many new mothers are scared away from nursing because of difficulty getting started and lack of information about what to do when things don't go as planned. In this fully revised and updated edition of The Ultimate Breastfeeding Book of Answers, two of today's foremost lactation experts help new mothers overcome their fears, doubts, and practical concerns about one of the most special ways a mother can bond with her baby.

[Breastfeeding Pure & Simple](#)

Author: Gwen Gotsch

Other Languages: [Spanish](#)

CBI Review: An easy to read book on breastfeeding providing the basics. This book is a good starter on breastfeeding. The only downside would be that it is not thorough enough, although would not be daunting to a mother who was unsure about breastfeeding.

[The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning](#)

Author: Martha & William Sears

Amazon Description: In recent years there has been a resurgence of interest in breastfeeding. Yet

first-time mothers often lack the support and the knowledge they need. Many of the available books fail to address the practical challenges that confront many women (especially women who work outside the home) when they choose to breastfeed. For these women, The Breastfeeding Book is a godsend with comprehensive, reassuring, authoritative information on: how to get started, increasing your milk supply, breastfeeding in absentia, and making sure that your nursing baby gets the nutrition he/she needs. Taking a realistic, contemporary approach, the Sears' bring an age-old practice completely up to date.

[The Nursing Mother's Companion](#)

Author: Kathleen Huggins

CBI Review: An easy to read, informative book, covering the basics of breastfeeding with good tips and ideas for resolving problems.

[So That's What They're For!: Breastfeeding Basics](#)

Author: Janet Tamaro

CBI Review: A very light hearted book with excellent information. This book will have you smiling all the way through.

[Fresh Milk: The Secret Life of Breasts](#)

Author: Fiona Giles

CBI Review: A very different book on breastfeeding, Fiona looks at the cultural and social aspects of breasts and breastfeeding, without taking itself too seriously. A fun and interesting book to read.

Breastfeeding Your Baby: Revised Edition

Author: *Sheila Kitzinger*

Other Languages: **Spanish**

CBI Review: Sheila's books are always a joy to read. With beautiful pictures, an easy to read layout, and great tips, this is an excellent addition to your library.

Bestfeeding: How to Breastfeed Your Baby

Author: *Mary Renfrew, Chloe Fisher & Suzanne Arms*

CBI Review: This is one of the best books on breastfeeding available. Great pictures on latching help women to really understand good positioning.

Breastfeeding Naturally: A New Approach For Today's Mother

Author: *Hannah Lothrop*

Amazon Description: A complete guide to natural breastfeeding, including such integrative natural techniques as visualization, aromatherapy, homeopathy, Bach Flower Remedies, and Middendorf Breathwork.

The Womanly Art of Breastfeeding: Seventh Revised Edition

Author: *La Leche League International*

Amazon Description: All parents want the best for their babies, and there's no doubt about the fact that human milk is the ideal food for human babies. What's the secret of successful breastfeeding? For almost fifty years mothers who have been in touch with La Leche League have found the kind of information and support they needed to breastfeed their babies. *The Womanly Art of Breastfeeding* was the first book of its kind, written for mothers by mothers. Over the years, more than two million mothers have turned to it for information and inspiration.

Hirkani's Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working

Editor: *Jennifer Hicks (Published by La Leche League International)*

Amazon Description: Hirkani's Daughters is a compilation of inspirational stories written by mothers from around the world who have overcome various obstacles to continue breastfeeding and working. They too are finding their own ways around the gates people have shut before them. And they, too, are excited, scared and missing their children. Some of the stories share Hirkani's drama; others speak with a quiet calm. At their core, they are all stories of women evaluating their options through trepidation and a beating

heart, and in the end bravely taking the path that works best for their families.

Defining your Own Success: Breastfeeding After Breast Reduction Surgery

Author: *Diana West*

Amazon Description: This book was written to enable mother who have had breast reduction surgery to breastfeed their babies. although written directly to the mother who wishes to breastfeed after reduction, this book is also a valuable resource for health care professionals--surgeons, physicians, midwives, pediatrics and maternity nurses and lactation consultants. This first of its kind publication addresses questions and myths whether its possible to breastfeed after breast reduction surgery.

Breastfeeding Your Baby

Author: *Jane Moody, Jane Britten & Karen Hogg (A National Childbirth Trust - NCT - guide)*

Amazon Description: The questions that parents most often ask about breastfeeding, answered by three breastfeeding experts and the women they've counseled.

Birth And Breastfeeding: Rediscovering The Needs Of Women During Pregnancy And Childbirth

Author: *Michel Odent*

Editorial Review: "Provocative and compelling. A book you'll want to discuss even before you finish reading it." "Should be compulsory reading for mothers, midwives, doctors, and, not least, hospital administrators."--*Marian Thompson, president emeritus and co-founder, La Leche League, International*
"Should be compulsory reading for mothers, midwives, doctors, and, not least, hospital administrators." --*Esther Culpin, former director La Leche League, Great Britain*

Healthy Mother, Better Breastfeeding

Author: *Francesca Naish & Janette Roberts*

CBI Review: This book was recommended as an addition by a CBI student and is written by two Australian authors with a strong focus on nutrition and its effect on the mother/baby dyad.

Breastfeeding Management for the Clinician: Using the Evidence

Author: *Marcia Walker*

Amazon Description: This must-have resource provides the newest thinking and research in a convenient evidence-based guide for managing breastfeeding and breastfeeding problems.

Reading List: Cesarean & VBAC

Silent Knife: Cesarean Prevention and Vaginal Birth after Cesarean

Author: Nancy Wainer Cohen & Lois J. Estner

CBI Review: The prequel to Open Season, Silent Knife, has an important message. The author's anger towards the medical fraternity and the increasing cesarean rate are unfortunate as they affect the power of the message. Overall though, a useful addition to your library, especially if you want to gain insight into the issues surrounding cesareans and VBACs.

The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean

Author: Diana Korte

CBI Review: Another easy read from Diana Korte. Nicely presented, non threatening and lots of helpful information and well presented research.

Immaculate Deception II: Myth, Magic & Birth

Author: Suzanne Arms

CBI Review: Although this is not a book specifically about cesarean and VBAC, it explores the high levels of technology used in modern hospitals and the consequences from the use of that technology. Suzanne gives a clear background as to how we have reached the point we are at today and dispels some of the myths about the benefits of high tech birth. Those with strong Christian views may feel uncomfortable in Suzanne's analysis of the impact of religion on birth practices.

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

Author: Elizabeth Kaufmann

CBI Review: An easy read for women who are just beginning to contemplate a vaginal birth after a previous cesarean.

Open Season: A Survival Guide for Natural Childbirth and VBAC in the 90s

Author: Nancy Wainer Cohen

CBI Review: Nancy has some excellent information in this book. It is less angry than Silent Knife, however, it adds little new information. The negative aspects of this book are the lack of references and evidence based information, and emotive language.

Birth After Cesarean: The Medical Facts

Author: Bruce L. Flamm

Amazon Description: After years of deliberation, the American College of Obstetricians and Gynecologists has recently recommended that routine repeat Cesarean sections should no longer

be performed, with only a few exceptions. In this handbook, Flamm successfully describes and defends this newly popular concept of vaginal birth after Cesarean (VBAC). He discusses the subject in depth, using a question-and-answer format which, along with a very complete table of contents, makes this book an easily accessible text for library patrons.

Don't Cut Me Again! True Stories About Vaginal Birth After Cesarean (VBAC)

Editor: Angela J. Hoy

Amazon Description: Across the country and the world, women are being forced to undergo major abdominal surgery against their wishes, often for the convenience and profits of the doctors and hospitals. In these pages, you'll read true stories from women who refused to submit to the medical community's threats and fear-tactics. These courageous moms instinctively knew what was best for their babies and themselves and, after having a prior c-section, they successfully birthed their babies vaginally.

The Expectant Parent's Guide to Preventing a Cesarean Section

Author: Carl Jones

Amazon Description: Filled with authoritative and practical information, this book points the way toward safe and positive vaginal delivery for both first-time and post-cesarean parents. The Expectant Parent's Guide to Preventing a Cesarean Section details the full consequences of unnecessary cesareans--physical trauma to mother and baby, maternal-infant separation, increased risk of maternal illness and death, and greater difficulty in breastfeeding. Step-by-step procedures provide a compassionate, well-researched plan for cesarean prevention. You will learn what safeguards to take during pregnancy and how to use the author's highly successful guided imagery techniques.

Cesarean Voices

Editor: Krista Cornish Scott, Laureen Hudson, Jill MacCorkle & Pamela Udy

Amazon Description: No description available. The description on the ICAN website (publisher) states: "Cesarean mothers tell their stories and feelings of loss, pain, anger, sadness and more in their very own words. A very emotional read, this compilation shows that a cesarean section surgery is not just another way to have a baby, and that how the mother feels about her experience does matter."

Natural Childbirth After Cesarean: A Practical Guide

Author: *Karis Crawford & Johanne C. Walters*

CBI Review: One of the most readable books on VBAC available, this book is excellent for mothers contemplating their choices and wanting easy to read facts and figures.

The Cesarean Myth

Author: *Mortimer Rosen & Lillian Thomas*

Amazon Description: Rosen, chairman of the department of obstetrics and gynecology at Columbia-Presbyterian Medical Center, and freelance writer Thomas use numerous examples from Rosen's three decades of practice to illustrate when a cesarean is mandatory, when it is unnecessary or unwise, and when the decision is a judgment call. This book, they say, is intended as an effort to reduce confrontations by arming patients with data and by encouraging them and their obstetricians to form alliances of trust long before determinations about cesarean delivery must be made.

Trust Your Body! Trust Your Baby!: Childbirth Wisdom and Cesarean Prevention

Editor: *Andrea Frank Henkart*

Amazon Description: Through anecdotal experiences, facts figures, and the contributions of well-known authors in the field, this rich volume offers fresh approaches to the aggressive procedures embraced by many doctors and women of child-bearing age. The physical, psychological, and cultural implications of cesarean sections are thoroughly examined. Also explored are many time-tested techniques such as visualization, massage, and exercises that can reposition breech babies as well as other invaluable hints for avoiding unnecessary cesarean sections. Completing this unique work is a detailed discussion of associated issues such as VBAC, the husband's role in childbirth, circumcision, and the far-reaching effects natural delivery can have on the baby's entire life.

The Vaginal Birth After Cesarean Experience: Birth Stories by Parents and Professionals

Editor: *Lynn Baptisti Richards*

Editorial Review: "It is the book for every woman who hopes for VBAC. In fact, many first-time cesareans could be avoided if this book were read first. It is thorough, it is compassionate." --*Esther Zorn, Cesarean Prevention Movement*
"[A] landmark book. . . . These VBAC stories are

Reading List: Communication & Counseling

The Effective Use of Role Play

Author: *Murray Van Ments*

Amazon Description: Fully updated to reflect the changing (and increasing) use of role play to reinforce learning both at school and work, this seminal work has now been adapted to incorporate advice on the use of computers in training and educational role-plays. Packed with practical tips yet firmly fixed upon a sound theoretical basis the book provides an ideal introduction to the topic. This book describes the full range of role-play methods available, offering tips about the advantages and limitations inherent in them. The author challenges readers to look beyond their current practice and examines other and sometimes better ways which may be more suited to the particular task at hand.

Messages: The Communication Skills Book

Author: *Matthew McKay, Martha Davis & Patrick Fanning*

CBI Review: A communication skills book that focuses on improving effectiveness in communicating. It contains many exercises and activities that focus on development of these skills. Consistent with much of the Communications

module.

People Skills: How to Assert Yourself, Listen to Others, and Resolve Conflicts

Author: *Robert Bolton*

Amazon Description: A wall of silent resentment shuts you off from someone you love....You listen to an argument in which neither party seems to hear the other....Your mind drifts to other matters when people talk to you.... *People Skills* is a communication-skills handbook that can help you eliminate these and other communication problems. Author Robert Bolton describes the twelve most common communication barriers, showing how these "roadblocks" damage relationships by increasing defensiveness, aggressiveness, or dependency. He explains how to acquire the ability to listen, assert yourself, resolve conflicts, and work out problems with others. These are skills that will help you communicate calmly, even in stressful emotionally charged situations.

A Voice for Now

Author: *Anne Dickson*

CBI Review: This is an enjoyable book on assertiveness and aimed directly at women. A very

Reading List: Culture, Birth & Society

Ethnography of Fertility and Birth

Author: *Carol P. MacCormack*

CBI Review: An interesting insight into the cultural aspects of childbirth in several different cultures. Well researched although a little heavy to read in places.

Mother and Child: Visions of Parenting from Indigenous Cultures

Author: *Jan Reynolds*

Editorial Reviews: "The photographs are remarkable for their intimacy and beauty, but what is important about her books is Jan Reynolds's sincere sense of the majesty of the world's people. By sharing an empathetic and unsentimental glimpse of them, she gives us all a great gift." --*The New York Times*

"Reynolds' respect for both the indigenous peoples and the land itself is evident as she shares her discovery of how a deep connection with the natural world strengthens the primal nature of the mother-child bond. . . . This little book is a treasure. A delight to look at, a pleasure to read--and to share with your children." --*The Wellspring Guide*

Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent

Author: *Meredith Small*

Amazon Review: Small asserts that our ideas about how to raise our kids are as much a result of our culture as our biology, and that, in fact, many of the values we place on child-rearing practices are based in culture rather than biology. Small writes, "Every act by parents, every goal that molds that act, has a foundation in what is appropriate for that particular culture. In this sense, no parenting style is 'right' and no style is 'wrong.' It is appropriate or inappropriate only according to the culture." *Our Babies, Ourselves* is a wonderful read for anyone interested in the social sciences, and will be especially meaningful to those swept up in the wild adventure of parenting.

Mother Nature: Maternal Instincts and How They Shape the Human Species

Author: *Sarah Hrdy*

Other Languages: German

Amazon Review: Hrdy's passion for this material is evident, and she is deeply aware of the personal stake she has here as a woman, a mother, and a professional. This highly accomplished author relies on her own extensive research background as well as the works of others in multiple disciplines (anthropology, primatology, sociobiology, psychology, and even literature). Despite the

exhaustive documentation given to her conclusions (as witness the 140-plus-page notes and bibliography sections), the book unfolds in an exceptionally lucid, readable, and often humorous manner. It is a truly compelling read, highly recommended.

Kids: How Biology and Culture Shape the Way We Raise Our Children

Author: *Meredith Small*

Editorial Review: "Where her previous book explored the way culture shapes parenting during an infant's first year, this sequel examines the impact of culture on children's development of language, knowledge, moral reasoning, social roles and gender identity. She observes some disparities between "expert" and parental knowledge: apparently child development researchers assume "that kids all over the world are essentially the same," yet even among parents in the West, "[t] here is no consensus on the nature of the child." Although Small's book is admirably ambitious, it is science lite and may frustrate any reader who has given serious thought to its subject." --*Publishers Weekly*

A World of Babies: Imagined Childcare Guides for Seven Societies

Editor: *Judy S. DeLoache & Alma Gottlieb*

Editorial Review: "This unusual compilation makes for much more fascinating reading than would a strict narrative about international child-rearing practices. The editors (Univ. of Illinois, Urbana-Champaign) present seven societies by way of fictional childcare manuals in the manner of Dr. Spock's *Baby and Child Care*. Some of the imaginary advisers cited are based on real people (e.g., grandmothers) whom new parents might consult. In some cases, the authors present their own field studies while cautioning that these are "in no way intended to advise members of these societies on how to raise their children." The point is not to prescribe from the conceit of Western society but to report how different cultures view child rearing." --*Library Journal*

Negotiating Reproductive Rights

Editor: *Rosalind Petchesky, Karen Judd & IRRRAG*

Editorial Review: "This is an extraordinary book--the result of a carefully nurtured process of cross-cultural collaboration and consultation. As such, it is a unique resource on one of the most challenging and contentious social issues of our time. The voices and experiences of women, their strengths and diversity, are captured here." --

Adrienne Germaine, *International Women's Health Coalition*

The Social Context Of Birth

Author: *Caroline Squire*

Amazon Description: This comprehensive guide provides an understanding of the impact of social circumstances on women giving birth, their babies, and families in the 21st century. Written by a team of experienced midwives and health professionals, it also covers contentious areas of maternity care, such as new reproductive technologies and the concept of fetal surveillance. Overall, it provides an essential understanding of how social issues can affect the birth process, and will be invaluable reading for pediatricians, obstetricians, midwives, public health specialists.

Childbirth in the Global Village

Author: *Dawn Hillier*

Amazon Description: In this new book, Dawn Hillier compares the experiences of mothers and midwives in America and England with those in Africa and Malaysia. Through vivid descriptions of

actual births and careful examination of the local, national and international contexts in which they take place, she explores the roles of culture, policy and the academy in the promotion of political ideals about how human beings should come into this world. *Childbirth in the Global Village* will resonate with the experiences of midwives everywhere and makes a strong case for redesigning the midwifery curriculum to reflect the interconnectedness of childbirth, midwifery education and practice around the globe.

Birth in Four Cultures : A Crosscultural Investigation of Childbirth in Yucatan, Holland, Sweden, and the United States

Author: *Brigitte Jordan*

CBI Review: An interesting comparison of childbirth in four different cultures - Yucatan, The Netherlands, Sweden and the USA.

Childbirth and Authoritative Knowledge: Cross-Cultural Perspectives

Author: *Robbie E. Davis-Floyd*

CBI Review: A series of essays on childbirth across

Reading List: Depression

This Isn't What I Expected: Overcoming Postpartum Depression

Author: *Karen Kleiman & Valerie Raskin*

Editorial Review: "A thorough description of postpartum emotional problems and their treatment can be found in a comprehensive new book....(It) includes a very valuable chapter on how husbands can help their wives when postpartum depression overcomes them."--*Jane Brody*
"At long last, mothers and families suffering postpartum depression have a book of hope."--*Nancy Berchtold, founder and director, Depression After Delivery*

Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression

Author: *Shoshana S. Bennett Ph.D. & Pec Indman*

CBI Review: An interesting read that highlights many of the issues relevant to depression disorders.

The Hidden Feelings of Motherhood: Coping with Stress, Depression, and Burnout

Author: *Kathleen A. Kendall-Tackett*

Editorial Review: "Recognizing that many mothers are severely strained and often clinically depressed from trying to be "perfect," health psychologist and researcher Kendall-Tackett offers ways to deal with stress triggers without resorting to prescribed medications or drugs. Kendall-Tackett has worked

directly with hundreds of women and offers sound advice and resources for coping with work and family challenges. A refreshing look at the multiple forces that affect motherhood, this work reassures mothers that they are not alone." --*Elizabeth Goeters, Georgia Perimeter Coll., Dunwoody*

The Postpartum Husband: Practical Solutions for living with Postpartum Depression

Author: *Karen R. Kleiman*

Amazon Description: This hands-on guide includes straightforward, supportive information and specific recommendations to help partners deal with the impact of depression after the birth of a baby.

Sleepless Days: One Woman's Journey Through Postpartum Depression

Author: *Susan Kushner Resnick*

Editorial Review: "Those who have dismissed postpartum depression as a minor condition will think again after reading this articulate and harrowing account. Resnick, a freelance writer whose work has appeared in the New York Times, was plunged into an abyss of insomnia, anxiety, depression and suicidal fantasies several months after her son was born, in stark contrast to the happiness and competence she felt after the birth of her daughter three years before. Although the cause of PPD remains unclear, the timing and

course of the symptoms are unambiguous. However, Resnick, like many of the other women who suffer with this illness, was misdiagnosed by a physician who told her she simply needed a vacation. For months, she hid the severity of her insomnia and mood swings from her supportive husband. Finally, stressed and exhausted, Resnick began seeing a nurse psychotherapist who told her she had PPD and recommended antidepressants in addition to therapy. Resnick affectingly describes

the guilt she felt over weaning her baby early so that she could take her medication without harming her child. She was also conflicted about her decision to turn over a good deal of the care for the children to her husband and babysitters so she would be able to recuperate. Slowly, she began to recover her stamina and pleasure in everyday family life. Grounded in vivid detail, Resnick's heartfelt memoir will reassure others who suffer from PPD that the condition, though serious, is

Reading List: Disability & Abnormality

[Choosing Naia: A Family's Journey](#)

Author: Mitchell Zuckhoff

CBI Review: A moving story about one couple's journey when they discover their baby has Down's Syndrome. This book is sensitively written as it explores their feelings and follows their difficulty in making the choices that are right for them.

[Uncommon Fathers: Reflections on Raising a Child With a Disability](#)

Editor: Donald J. Meyer

CBI Review: A set of essays written by fathers whose children have a disability. An emotional and honest appraisal of how their child has impacted their lives.

[Expecting Adam: A True Story of Birth, Rebirth, and Everyday Magic](#)

Author: Martha Beck

Other Languages: [German](#)

CBI Review: An emotional story of a woman's journey after discovering her son had Down's Syndrome and how they, as a family, deal with

opinions and biases of the academic community they live in.

[You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children With Disabilities](#)

Editor: Stanley Klein & Kim Schive

CBI Review: A series of stories written by parents whose children have a disability. Moving, funny and poignant.

[Disability in Pregnancy and Childbirth](#)

Editor: Stella Francis McKay-Moffat

Amazon Description: This title is directed primarily towards health care professionals outside of the United States. A first in Midwifery publishing! No other book advises midwives on the special needs of mothers with disabilities. Although an increasing number of women with disabilities are having children, the needs of this minority group are not always being effectively met. Disability in Pregnancy and Childbirth provides essential practical information to healthcare professionals working with this group.

Reading List: Childbirth Education

[Childbirth Education: Practice, Research and Theory](#)

Author: Francine H. Nichols & Sharron Smith Humenick

CBI Review: One of the most comprehensive books available on childbirth education. Packed full of ideas, tips and suggestions.

[Birth and Parenting Skills: New Directions in Antenatal Education](#)

Author: Mary Nolan & Julie Foster

CBI Review: These renowned UK authors have written an excellent guide on teaching parents birth and parenting skills, one of the more challenging areas of childbirth education for many teachers.

[Leading Antenatal Classes: A Practical Guide](#)

Author: Judith Schott & Judy Priest

CBI Review: An easy read, this book covers many of the important areas of childbirth classes, with suggestions for ensuring classes are active and high in client involvement.

[Antenatal Education: A Dynamic Approach](#)

Author: Mary Nolan

Editorial Review: "In a book which is wide ranging and does indeed convey the author's passionate enthusiasm for the topic, there is something for everyone involved in antenatal education." --Tricia Murphy Black, *MIDIRS Midwifery Digest*, vol 9, no 2, June 1999

[Education for Parenting: A Guide for Health Professionals](#)

Author: *Mary Nolan*

Editorial Review: ""This is a refreshing and much needed book which is aimed at helping health professionals to examine and reflect upon the ways

in which they can most effectively support parents to become confident in their own abilities ." --
Parenting Education & Support Forum, September 2002

Reading List: Evidence-Based Care

[The Thinking Woman's Guide to a Better Birth](#)

Author: *Henci Goer*

CBI Review: This is an excellent book for women, doulas and childbirth educators alike. Henci presents the research in an easy to read format while supporting women's choices throughout. A great book for your library.

[Obstetric Myths Versus Research Realities: A Guide to the Medical Literature](#)

Author: *Henci Goer*

CBI Review: Another great book by Henci Goer, this one is more appealing to professionals than to parents. Taking each of the obstetric interventions, Henci illustrates how many of the routine practices are not supported by research. Another great book for your library.

[A Guide to Effective Care in Pregnancy and Childbirth](#)

Author: *Murray Enkin, Marc Keirse, James Neilson, Caroline Crowther, Leila Duley, Ellen Hodnett, & Justus Hofmeyr*

Other Languages: [German](#)

CBI Review: A Guide to Effective Care is a must have for doulas and childbirth educators. Based on extensive reviews of research, it is packed with information that will be helpful to you in your work.

[Appraising Research into Childbirth: An Interactive Workbook](#)

Author: *Sara Wickham*

Amazon Description: This title is directed primarily towards health care professionals outside of the United States. Concentrating specifically on research into midwifery and related disciplines, this book appraises eight previously published research articles that present both qualitative and quantitative research studies. Each of the various elements is analysed - from the methodology through to the interpretation of the results. Each article is annotated with notes and questions, thereby enabling the reader to actively participate in the appraisal.

[Normal Childbirth: Evidence and Debate](#)

Author: *Susan Downe*

Amazon Description: With the increasing risk of litigation in midwifery, there is often a move to err on the side of caution and classify women as 'at risk' even if they present with only a hint of a problem. Reflecting the need for global professional standards, this unique book presents the available evidence on normality in childbirth and proposes new approaches and paradigms for future research and practice. Covering a variety of subjects, international contributors present evidence-based, practical expertise on normal birth to help readers become aware of the wide parameters of "normal" in order to practice effectively and safely.

[Evidence-Based Care for Normal Labour and Birth: A Guide for Midwives](#)

Author: *Denis Walsh*

Amazon Description: Evidence-based Care for Normal Labour and Birth brings to light much of the evidence around what works best for normal birth which has, until now, remained largely hidden and ignored by maternity care professionals. Packed with up-to-date and relevant information, this controversial book will help all students, practising midwives and doulas keep abreast of the evidence surrounding normal birth and ensure their practice takes full advantage of it.

[Breastfeeding Management for the Clinician: Using the Evidence](#)

Author: *Marcia Walker*

Amazon Description: This must-have resource provides the newest thinking and research in a convenient evidence-based guide for managing breastfeeding and breastfeeding problems.

Reading List: Fatherhood

Fatherhood: An Anthology of New Writing

Author: *Peter Howarth*

CBI Review: A collection of stories about fatherhood written by different men. Funny, poignant and moving.

Babyhood

Author: *Paul Reiser*

Amazon Description: In a chatty voice Reiser takes us from the "Maybe someday we'll have kids" step into the deep-sea dive of commitment. First they try to get pregnant, making expeditions to the bookstore to case out the shelves of baby books; then there are the bouncy reflections on who is, after all, cut out to parent. Later comes the account of sibling rivalry between the newborn and the family dog, and why women make better moms than men. *Babyhood* manages to provoke thought about the important questions of when and why to have children, many of which are answered in the book's endearing details.

The Pregnant Guy

Author: *Simon Morse*

CBI Review: A hilarious read looking at one father's journey through pregnancy and childbirth. Written by the husband of a doula and childbirth educator.

The Postpartum Husband: Practical Solutions for living with Postpartum Depression

Author: *Karen R. Kleiman*

Amazon Description: This hands-on guide includes straightforward, supportive information and specific recommendations to help partners deal with the impact of depression after the birth of a baby.

Throwaway Dads: The Myths and Barriers That Keep Men from Being the Fathers They Want to Be

Author: *Ross Parke & Armin Brott*

Amazon Description: Even if we don't believe in the myth of Ward Cleaver and other old TV dads any more, most of us aren't really sure what to believe instead. By encouraging "parenting partnerships" and new images of men as concerned, active parents, the authors hope to reverse our current direction and make the concept of throwaway dads a thing of the past.

Believing it All: Lessons I Learned from My Children

Author: *Marc Parent*

Amazon Description: In vignettes from his tenure as the stay-at-home father of two small boys,

[Parent] offers insights and ruminations on the lessons of parenthood that are "hidden beneath the roar of everyday living." Because it is still exceptional when men take on the role of primary caregiver for their preschool children while their wives go off to work, this author's thoughts may be taken much more seriously than similar musings by women. As his children grow, Parent expresses a range of responses from "some days I'd really just like to have a dinner where I don't have to jump up to help someone use the toilet" to appreciating the "overwhelming and absolute power" of having children who look up to you and believe all that you tell them.

Love, Laughter and Parenting: In the precious years from birth to age 6

Author: *Steve & Shaaron Biddulph*

Amazon Description: Parenting writers with two children of their own and years of experience working with families, Steve and Shaaron Biddulph found that most literature on the subject missed something. *Love, Laughter, and Parenting: In the Precious Years from Birth to Age Six* addresses the enjoyment that should be part of this emotionally challenging time. The Biddulphs (*The Secrets of Happy Children; Raising Boys*) aim at a worldwide audience in their first full-color illustrated work. They explain the special role of the father, discuss ways in which parents can work effectively together and give helpful tips for painless training, all with a good dose of humor.

Father for Life: A Journey of Joy, Challenge, and Change

Author: *Armin A. Brott*

CBI Review: An easy to read book that answers many of the questions men will often not ask.

Uncommon Fathers: Reflections on Raising a Child With a Disability

Editor: *Donald J. Meyer*

CBI Review: A set of essays written by fathers whose children have a disability. An emotional and honest appraisal of how their child has impacted their lives.

Reading List: Fertility & Infertility

[Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health](#)

Author: *Toni Weschler*

Amazon Description: This comprehensive book explains in lucid, assured terms how to practice the fertility awareness method (FAM), a natural, scientifically proven but little-known form of birth control. Fertility awareness is useful for not only couples who are trying to conceive, but for those who are aiming to avoid pregnancy without the use of chemical contraceptives. It will be of special interest to those women who have suffered from infertility. Recommended for any woman who wants to better understand her body.

[What to Do When You Can't Get Pregnant: The Complete Guide to All the Technologies for Couples Facing Fertility Problems](#)

Author: *Daniel A. Potter & Jennifer S. Hannin*

Amazon Description: This easy-to-read, empathic guide covers every option for infertile couples wishing to conceive—and much more.

[Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing](#)

Author: *Christiane Northrup*

CBI Review: Quite possibly every female over the age of 12 will find this huge book enlightening, pain saving, and perhaps even lifesaving. Northrup is a gynecologist who acknowledges the power of natural therapies and herbs, but also maintains that allopathic treatments, including surgery, are sometimes best. In *Women's Bodies, Women's Wisdom*, she covers the treatment of many physical concerns—among them PMS, menstrual cramps, breast cancer, fibroids, endometriosis, infertility, depression, childbirth, abortion, cystitis, and menopause—explaining how many of these physical problems have roots in emotional upsets.

[Infertility Survival Handbook](#)

Author: *Elizabeth Swire Falker*

Amazon Description: After seven years of tests and more tests, treatments and more treatments, Elizabeth Swire-Falker understands what it means to struggle with infertility. In this frank, reassuring, and thoroughly researched handbook, she shares her own personal experience and offers insight into what challenges to expect along the way—from getting support to finding the right doctor x to dealing with insurance.

[Healthy Parents, Better Babies: A Couple's Guide to Natural Preconception Health Care](#)

Author: *Francesca Naish & Janette Roberts*

Amazon Description: [the authors] present a strong case for creating "better" babies by encouraging parents to rigorously and proactively improve their health through nutrition and supplements, exercise, and stress control. Naish, a naturopath, herbalist, and hypnotherapist who runs a natural fertility clinic in Australia, and Roberts, a clinical nutritionist, combine forces to instruct potential parents (yes, dads, too!) on ways to detoxify their bodies, clean up their local environment, and improve their reproductive health.

Recommended by a CBI student

[Unsung Lullabies: Understanding and Coping with Infertility](#)

Author: *Janet Jaffe, David Diamond & Martha Diamond*

Amazon Description: This empathetic self-help book argues that when couples find out that they can't have a baby, they're inflicted with an "unacknowledged trauma that leaves them feeling not only frustrated and angry, but sad, frightened, confused, guilty, overwhelmed and out of control." Here they sympathetically cover the core psychological issues of the matter, including the initial shock and denial, the persistent feelings of not being "healthy" or "normal," the relationship problems, the loss of sexual privacy, the grief and the belief that you're not really an adult until you have a child.

[Empty Womb, Aching Heart: Hope and Help for Those Struggling With Infertility](#)

Author: *Marlo Schalesky*

Amazon Description: Mother's Day is not a joyful occasion for all women, particularly those who would like to have children but cannot. Marlo Schalesky's *Empty Womb, Aching Heart: Hope and Help for Those Struggling with Infertility* does for Christian women what Rabbi Nina Beth Cardin's *Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss* did for Jewish women: provide comfort and camaraderie in the face of infertility and pregnancy loss.

[Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss](#)

Author: *Nina Beth Cardin*

Amazon Description: It is a moving and uplifting text that considers the loss involved in the inability

to conceive as well as failed pregnancies. But Tears of Sorrow is also about healing, reconciliation, and making the months of pregnancy a spiritual journey. In all of these endeavours, this excellent book succeeds. One of the strengths of Rabbi Cardin's work is her acknowledgement that these issues and traumas affect men as well as women, and that true healing can only come when both parties face them together.

The Empty Picture Frame: An Inconceivable Journey Through Infertility

Author: Jenna Currier Nadeau

Amazon Description: Strong values, unshakable faith, excellent educations, successful careers, loving families, two cats and a dog. This was the life Jenna and Mike had built for themselves. They were living the American Dream. The only pieces missing were the children to run in the manicured yard and the toys scattered throughout the four bedroom home. Infertility first seemed to be a minor obstacle in an otherwise peaceful existence. After four years of treatments including a series of

invasive tests, two intrauterine inseminations, four in vitro fertilizations, two frozen embryo transfers and one miscarriage, the obstacle became nearly insurmountable. In this poignant memoir of their journey, Jenna and Mike recall their experience together.

I Am More Than My Infertility

Author: Marina Lombardo & Linda J. Parker

Amazon Description: How we overcome adversity is the measure of our integrity and character. Specifically, the challenge that fertility patients endure results in mourning a life that has not been realized. These patients are described as having their faces pressed up against the windows of families while they long to embrace the dream they do not own. This book offers hope and the inspiration of "tomorrow" rather than being stagnant in "today". For anyone longing to be a parent and frustrated (or depressed) that it isn't happening, this book is a must-have. Marina Lombardo and Linda J. Parker provide their readers with an appealing combination of caring support

Reading List: Grief & Loss

An Empty Cradle, a Full Heart: Reflections for Mothers and Fathers After Miscarriage, Stillbirth, or Infant Death

Author: Christine O'Keefe Lafser

Amazon Description: Nearly a million parents suffer a miscarriage or infant death each year. Theirs can be a lonely, quiet grief--with many emotions experienced but not easily expressed. This collection of more than a hundred short meditations beautifully interweaves the very real feelings of bereaved parents with Scripture passages that provide comfort, direction, and a sense of hope.

When A Baby Dies: The Experience of Late Miscarriage, Stillbirth and Neonatal Death

Author: Nancy Kohner & Alix Henley

Amazon Description: In this book, parents who have lost a baby tell their stories. They speak about what happened, how they felt, how they have been helped by others and how they helped themselves. Using letters from and interviews with many bereaved parents, Nancy Kohner and Alix Henley have written a book which offers understanding of what it means to lose a baby and the grief that follows.

Unspeakable Losses: Healing From Miscarriage, Abortion, And Other Pregnancy Loss

Author: Kim Kluger-bell

Amazon Description: *Unspeakable Losses* includes

in-depth stories from would-be parents (including Kluger-Bell herself) discussing such diverse issues as multifetal reductions, the male experience of pregnancy loss, and how a woman can be pro-choice yet still suffer grief over choosing abortion. She includes tools for moving through the grieving process, discussing losses, and helping loved ones who have experienced pregnancy loss. This caring, understanding book may help give voice to those who have previously found it too painful to speak.

When Men Grieve: Why Men Grieve Differently and How You Can Help

Author: Elizabeth Levang

Amazon Description: A cause for celebration! Finally we have an honest, straightforward portrayal of men and grief. A smorgasbord of personal stories and commentary, told with refreshing candor and honesty.

Ended Beginnings: Healing Childbearing Losses

Author: Claudia Panuthos & Catherine Romeo

Amazon Description: Because of its wide scope (infertility, miscarriage, sudden infant death, abortion, release to adoption; emotional disappointments including handicapped babies, cesareans, premature or traumatic birth; and help for grieving children), this book will help parents and care-givers understand the great burden of all loss experience.

Reading List: Labor & Birth

Mother's Intention: How Belief Shapes Birth

Author: *Kim Wildner*

CBI Review: Kim presents a very different approach to information relating to birth - focusing on women taking responsibility for their births and having realistic expectations. She identifies the importance of doing the work to achieve the birth a woman wants and how, if she wants something to be different, she has to do differently. The negative aspects of the book are the lack of editing resulting in many spelling and grammatical errors throughout. Some students have felt there is a judgmental tone in places. This book does reinforce the issue of women's responsibility, although the bias that some feel is present may damage the underlying message.

A Good Birth, A Safe Birth : Choosing and Having the Childbirth Experience You Want

Author: *Diana Korte*

CBI Review: This is an excellent book that focuses on the choices that are most likely to lead to a positive and safe outcome for mother and baby. It is highly recommended as a book for women who are planning a VBAC to read.

Active Birth : The New Approach to Giving Birth Naturally

Author: *Janet Balaskas*

CBI Review: This is a classic book from Janet Balaskas, the founder of the Active Birth Centre in the UK. Written for women who are looking for an active birth experience it provides many tips and ideas.

Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation

Author: *Pam England & Rob Horowitz*

CBI Review: Birthing from Within has a unique approach to pregnancy and childbirth. Much of the book focuses on the use of birth art to help a woman understand her emotions and how these are impacting her approach to birth, and reinforces the connection between mind and body. It may be difficult for women who are less focused on natural childbirth to feel comfortable reading it.

The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth

Author: *William and Martha Sears*

CBI Review: Yet again the Sear's have written a book that is easy to read, packed full of helpful information and supportive of informed choice.

Mind over Labor: A Breakthrough Guide to Giving Birth

Author: *Carl Jones*

Amazon Description: Jones stresses the importance of a mellow labor environment and subtly promotes the idea of delivery at home or in a childbearing center, but he fails to spell out the risks of a nonhospital delivery. His goal of a well-informed, positive-thinking pregnant couple is admirable, but his insistence that attitude can overcome virtually any problem is questionable.

Special Delivery

Author: *Rahima Baldwin*

Amazon Description: For parents-to-be who are considering home birth, *Special Delivery* is an excellent resource. Written by midwife Rahima Baldwin Dancy in the '70s and updated in 1986, this book covers the benefits of home births; gives details on how to have a home birth, including pregnancy preparations; and coaches participants on specific ways they can help the mother. The easy-to-comprehend-in-the-middle-of-a-crisis details on what can go wrong, what to do, and when to bring the mother to the hospital are outstanding. The flavor and photographs of *Special Delivery* are a bit outdated, but the information is still vital and very helpful.

Birth without Violence

Author: *Frederick Leboyer*

Other Languages: **French**

CBI Review: Another one of those books that is a classic. Leboyer was revolutionary in his approach to labor and birth, and the importance of a gentle birth for the baby. He advocated low lighting, a gentle welcoming bath and respect for the baby's experience. Written in an unusual style that is almost poetic, with powerful images of the difference between a medicalized birth and a gentle birth. One of the downsides of this book is the lack of focus on the mother. The baby is clearly the dominant factor in Leboyer's work, and the father is seen as having an important role, but there is little emphasis on the mother.

Complete Book of Pregnancy and Childbirth

Author: *Sheila Kitzinger*

Other Languages: **German Spanish**

CBI Review: Sheila consistently produces books that are easy to read, focused on mother and baby centered care, and packed full of information. This book is no exception! Although Sheila is based in the UK her writing style appeals to women everywhere. The photographs throughout her book

show positive images of women in labor, reinforcing the message that birth is normal.

[Ina May's Guide to Childbirth](#)

Author: *Ina May Gaskin*

Amazon Description: Using history as her guide, nationally recognized midwife Gaskin explores what she hopes will be a renaissance in natural childbirth, something that she's been advocating since the mid-1970s. By focusing on how women of ancient civilizations and other modern peoples give birth, Gaskin puts our own hypersensitivities in perspective, uncovering a beautiful, sometimes orgasmic experience rather than a dreadful, painful one.

[Gentle Birth Choices: A Guide to Making Informed Decisions about Birthing Centers, Birth Attendants, Water Birth, Home Birth, and Hospital Birth](#)

Author: *Barbara Harper*

Other Languages: [Spanish](#)

CBI Review: Gentle Birth Choices presents the information on the options available to women in an easy to read format. The book contains some shocking statistics about modern birth in America. It presents the different choices in a non-threatening way. It is also available together with a video.

[Spiritual Midwifery](#)

Author: *Ina May Gaskin*

CBI Review: This is a classic birth book for doulas and childbirth educators. The book covers the journey of Ina May as she was part of a group that set up The Farm in Tennessee. It describes the women that she worked with who eventually together established a birthing center on The Farm, with the birth stories of many women who have had their babies there. The downside of the book is that the stories are from the seventies and are very "hippyish", so many people find they cannot relate to it. It would benefit from being updated. despite this though, it is a fun read and very supportive of natural birth.

[The Premie Parents' Companion: The Essential Guide to Caring for Your Premature Baby in the](#)

[Hospital, at Home, and Through the First Years](#)

Author: *Susan L. Madden*

Amazon Description: Consumer text discusses how to be informed partners with the healthcare team in the newborn intensive care unit, coping with medical complications and their treatment, ways to hold a preemie, how to interpret a preemie's body language, follow-up visits with the doctor, and more.

[A Labor of Love: A Complete Guide to Childbirth for the Mind, Body and Soul of the Jewish Woman](#)

Author: *Rachel Broncher*

Amazon Description: A complete guide to childbirth for the mind, body, and soul of the Jewish woman. This comprehensive and invaluable guide for the Jewish woman covers every important stage of labor and birth in an easy-to-read format and includes over forty helpful illustrations and moving birth stories.

**** Recommended by a CBI trainer**

[Childbirth without Fear: The Principles and Practice of Natural Childbirth](#)

Author: *Grantley Dick-Read*

CBI Review: One of the classic books on natural childbirth, many subsequent authors have integrated Dick-Read's beliefs and philosophy into their childbirth education methods.

[Healthy Body, Better Birthing](#)

Author: *Francesca Naish & Janet Roberts*

CBI Review: Francesca Naish, a naturopath, hypnotherapist and herbalist, has a natural fertility clinic in Australia, while Janet Roberts is a clinical nutritionist. Their books, with a natural focus and particularly beneficial for Australian students, were recommended by a CBI student.

**** Recommended by a CBI student**

[A Labour of Love: An Australian Guide to Natural Childbirth](#)

Author: *Gabrielle Targett*

CBI Review: A book that focuses on natural childbirth with an Australian perspective.

**** Recommended by a CBI student**

Reading List: Books in Other Languages

[Duik in je wëeen!](#)

Auteur: *Carita Salomé and Juliette de Wit*

Beoordelingen: We have not reviewed this book and there is no description on the Amazon website. The book was recommended by one of our CBI students.

[Vivre sa grossesse et son accouchement : Une naissance heureuse](#)

Auteur: *Isabelle Brabant*

Student Review: A well-known and loved midwife from Montréal, who opened the birth centre ("maison de naissance") in Côte-des-Neiges. Her

masterpiece is a wonderful "guide to a better birth"-type book and for me, it empowered me to really *know* I could give birth on my own terms, trusting my body's inner wisdom and strength all the way...

Une Autre Césarienne ? Non Merci

Auteur: *Helene de Vadeboncoeur*

Student Review: We have not reviewed this book and there is no description on the Amazon website. The book was recommended by one of our CBI students.

Les 10 plus gros mensonges sur... L'accouchement

Auteur: *Blandine Poitel*

Présentation de l'éditeur: Aujourd'hui, l'accouchement et la naissance sont aux mains des médecins, sous un monopole hospitalier qui ne souffre guère d'exceptions. Vouloir se passer de l'hôpital est présenté comme dangereux, irréfléchi, à très hauts risques pour la mère et l'enfant. Pourtant, nos chiffres en matière de mortalité foeto maternelle sont et demeurent parmi les pires comparés aux pays européens de niveau sanitaire équivalent. Et nombre de femmes se plaignent que leur bébé ou elles ont pâti de cette médicalisation perçue comme contraignante, douloureuse, non respectueuse. Il est donc temps d'apporter un démenti à bon nombre de contre-vérités et de mensonges sur ce sujet. Si vous croyez notamment que : accoucher est dangereux, la position gynécologique imposée à la femme est la meilleure pour elle et son bébé, la douleur de l'accouchement est insupportable sans péridurale, les gestes faits sur le bébé à la naissance sont indispensables. Alors ce livre est fait pour vous. Ne vous laissez pas désinformer plus longtemps!

Pour une naissance sans violence

Auteur: *Frédéric Leboyer*

CBI Review: Another one of those books that is a classic. Leboyer was revolutionary in his approach to labor and birth, and the importance of a gentle birth for the baby. He advocated low lighting, a gentle welcoming bath and respect for the baby's experience. Written in an unusual style that is almost poetic, with powerful images of the difference between a medicalized birth and a gentle birth. One of the downsides of this book is the lack of focus on the mother. The baby is clearly the dominant factor in Leboyer's work, and the father is seen as having an important role, but there is little emphasis on the mother.

Au coeur de la naissance : Témoignages et réflexions sur l'accouchement

Auteur: *Lysane Grégoire et Stéphanie St-Amant*

Présentation de l'éditeur: Ce recueil accorde ainsi une place prépondérante aux histoires de naissance qui se sont déroulées avec le soutien d'une sage-femme dans l'une des sept maisons de naissance du Québec. Ces récits invitent à un voyage sur la route des émotions que procure le bonheur d'enfanter et à mieux apprivoiser cette expérience qui en est invariablement une de transformation. Chaque histoire est unique et constitue un épisode exceptionnel dans la vie d'une femme et d'un couple. De plus, quelques textes de réflexion, signés par des sages-femmes, des médecins et d'autres personnes-ressources, nous convient à élargir nos perspectives sur divers aspects de la naissance, en apportant un nouvel éclairage souvent à contre-courant de la culture obstétricale dominante. Au coeur de la naissance est un partage d'expériences qui fait valoir les bénéfiques ressentis par ces femmes qui ont fait le choix fondamental d'accoucher naturellement.

Accouchement, naissance : Un chemin initiatique

Auteur: *Martine Texier*

Présentation de l'éditeur: L'approche spécifique de l'auteur sur la douleur et la peur, sur la position verticale, se démarque de l'hyper-médicalisation et en fait une méthode révolutionnaire. « Actrice de son accouchement », la femme ouvre consciemment les différentes portes de son bassin, de son col, de son périnée. Elle « danse la naissance H dans la verticalité, au rythme du « mouvement de l'infini », elle enfante dans la joie, retrouvant toute la puissance de son rôle sacré. Le chemin initiatique au coeur de l'accouchement permet à la mère d'accéder à un niveau de conscience qu'elle n'a peut-être pas encore connu et lui offre des possibilités de transformation intérieure radicales. Dans cet état d'ouverture immense et de communion avec l'enfant, elle parviendra, avec le père, à lui insuffler un véritable « appel à la vie ». Ce sera la base irremplaçable sur laquelle l'enfant fondera son désir de vivre !

L'attente sacrée, 9 mois pour donner la vie

Auteur: *Martine Texier*

Présentation de l'éditeur: Les exercices de yoga de l'énergie, proposés par Martine TEXIER, faciliteront votre accouchement : illustrés de photos, ils sont très simples et accessibles aux néophytes. Des témoignages de femmes, authentiques et sincères, vous apporteront confiance et sérénité. Donnez-vous les moyens de faire de votre grossesse et de votre accouchement une expérience rayonnante dans votre vie de femme. De cette harmonie, vont naître les bases d'une relation réussie avec votre enfant.

A corps consentant

Auteur: Marie Bertherat, Thérèse Bertherat & Paule Brung

Review: We have not reviewed this book and there is no description on the Amazon website. The book was recommended by one of our CBI students.

Accoucher en sécurité : Plaidoyer pour choisir une naissance plus naturelle

Auteur: Sophie Gamelin-Lavois

Présentation de l'éditeur: Les croyances, peurs et dogmes, qui entourent la naissance, sont nombreux. Ce livre permet aux parents désireux de vivre une naissance moins médicalisée d'exercer leur autonomie et de faire leurs choix en conscience. L'auteur traite de sujets jusque-là inexplorés, comme la dimension sexuelle de l'accouchement, les droits des parents et de l'enfant, et met en avant des informations fondamentales en contradiction avec les pratiques médicales. Ce livre est novateur parce qu'il explore ce qui fait l'essence de l'accouchement ! Il est aussi un manifeste pour que les femmes reprennent leurs droits et leurs envies d'accoucher comme elles le souhaitent.

Bien-être et Maternité

Auteur: Bernadette de Gasquet

Présentation de l'éditeur: L'auteur y développe une démarche pratique qui respecte la physiologie maternelle et considère les futurs parents comme des partenaires actifs pour une implication sereine, en toute sécurité et en harmonie avec l'équipe obstétricale lors de la venue au monde de leur enfant. L'approche de Bernadette de Gasquet se fonde sur les études médicales les plus récentes et sur la réappropriation des pratiques traditionnelles des matrones d'autrefois ou d'autres cultures. Cette recherche du travail corporel juste l'amène à proposer des aménagements de la position d'accouchement, une poussée en douceur non violente pour l'enfant et pour le périnée maternel, un authentique suivi des suites de couches réduites trop souvent à quelques jours d'hospitalisation.

Bébé est là, vive maman : Les suites de couches

Auteur: Bernadette de Gasquet

Présentation de l'éditeur: Aujourd'hui, on fait des bébés parce qu'on le veut, presque sans risque, avec contrôle qualité compris dans le forfait et accouchement garanti sans douleur. Tout devrait donc être parfait et total le bonheur de la maman. En réalité, tout n'est pas aussi idyllique... à partir d'une approche pluridisciplinaire et pluriculturelle, tente de faire le lien entre ce qui est immuable (le

biologique et le psychique) et ce qui est changeant (le social). Notre société, si friande de modernité soit-elle, aurait tout à gagner à tirer des leçons et trouver des repères puisés dans une tradition bien comprise...

Parents futes bébes ravis

Auteur: Ingrid Bayot

Présentation de l'éditeur: Dans les sociétés occidentales, le mode de vie tribal, en clan ou en grande famille, a été progressivement abandonné. Le tissu des traditions et des obligations de toutes sortes s'est relâché, laissant a priori à l'individu un plus large champ d'initiative et d'autonomie. Mais, en même temps, les solidarités et les rituels qui accompagnaient les différentes étapes de la vie, dont la naissance, se sont effilochés et n'ont pas encore été efficacement remplacés malgré quelques initiatives excellentes en ce sens. Ce livre souhaite alimenter la réflexion et encourager la créativité de ceux ou celles qui veulent être à leur manière les parents de cet enfant-là à nul autre pareil.

Césariennes : questions, effets, enjeux : Alerte face à la banalisation

Auteur: Michel Odent

Présentation de l'éditeur: Pour les équipes médicales et les parents, la césarienne est devenue une pratique banalisée, facile et programmable, quasiment industrialisée. Dépassant le débat du "pour ou contre", le Dr. Odent donne ici un point très actuel sur les questions essentielles (pratiques, médicales, sociales et éthiques), liées à ce sujet. Sous forme de courts chapitres, concis et accessibles, Michel Odent interpelle avec puissance le devenir de nos sociétés sur le domaine fondamental de la naissance.

Das Stillbuch (The Breastfeeding Book)

Autor: Hannah Lothrop

Bewertungen: We have not reviewed this book and there is no description on the Amazon website. The book was recommended by one of our CBI students.

Die Hebammensprechstunde

Autor: Ingeborg Stadelmann

Bewertungen: "This book covers pregnancy, birth, the postpartum period and breastfeeding. It is written by a very experienced homebirth (German) midwife who is also a homeopath and aromatherapist." --CBI Student

Schwangerschaft und Geburt. Gesundheit. Ernährung. Pflege.

Autor: Birgit Gebauer-Sesterhenn & Thomas

Villinger

Bewertungen: "I consider it very informative about pregnancy, birth and the weeks after and it is definitely in line with the CBI philosophy." --*CBI Student*

Stillen kompakt: Atlas zur Diagnostik und Therapie in der Stillberatung

Autor: *Kerri Frischknecht*

Bewertungen: "A very informative book about breastfeeding, recommended by AFS breastfeeding counselors" -- *CBI Student*

Reading List: Midwives Tales

Baby Catcher: Chronicles of a Modern Midwife

Author: *Peggy Vincent*

Amazon Description: A fascinating read chronicling experiences of a midwife in North America.

Monique and the Mango Rains: Two Years with a Midwife in Mali

Author: *Kris Holloway*

Amazon Description: The inspiring story of Monique Dembele, an accidental midwife who became a legend, and Kris Holloway, the young Peace Corps volunteer who became her closest confidante. In a small village in Mali, West Africa, Monique saved lives and dispensed hope every day in a place where childbirth is a life-and-death matter and where many children are buried before they cut a tooth. Kris worked side-by-side with her as they cared for each other through sickness and tragedy and shared their innermost secrets and hopes. Despite her fiercely traditional society and her limited education [Monique] fought for her beliefs—birth control, the end of female genital mutilation, the right to receive a salary, and the right to educate her daughters. And she struggled to be with the man she loved. Her story is one of tragedy joy, rebellion, and of an ancient culture in the midst of change.

A Midwife's Story

Author: *Penny Armstrong & Sheryl Feldman*

Amazon Description: A Midwife's Story begins with Penny Armstrong's middle-of-the-night realization that she wants to be a midwife; by the time the book is over, Penny Armstrong has delivered more than one thousand babies and experienced a dramatic change in both her daily life and her beliefs. In their collaboration, Penny Armstrong and Sheryl Feldman have created a loving and generous book that speaks to many people on many issues: childbirth, families, the Amish, marriage, deformity, death, commitment, technology, and respect for the land.

Playing Catch: A Midwife's Memoirs

Author: *Sally Urang*

Amazon Description: With fortitude, humor and a

sarcastic, self-critical eye, Sarah weathers the humiliation of nursing school, lands smack in the middle of the crack cocaine epidemic as a new nurse and is finally, painfully initiated into midwifery. Told through Sarah's eyes, *Playing Catch* is not a crunchy, saffron-colored look at midwifery. It is a gritty, sexy, hilarious take on the modern world of birthing babies. In the end, Sarah must decide whether the transcendence and satisfaction she experiences as a midwife outweigh the exhaustion, self-doubt and ethical dilemmas she faces daily.

A Midwife's Tale: The Life of Martha Ballard, Based on Her Diary, 1785-1812

Author: *Laurel Thatcher Ulrich*

Amazon Description: This book is a model of social history at its best. An exegesis of Ballard's diary, it recounts the life and times of this obscure Maine housewife and midwife. Using passages from the diary as a starting point for each chapter division, Ulrich, a professor at the University of New Hampshire, demonstrates how the seemingly trivial details of Ballard's daily life reflect and relate to prominent themes in the history of the early republic: the role of women in the economic life of the community, the nature of marriage and sexual relations, the scope of medical knowledge and practice. Speculating on why Ballard kept the diary as well as why her family saved it, Ulrich highlights the document's usefulness for historians.

Sisters on a Journey: Portraits of American Midwives

Author: *Penfield Chester*

Amazon Description: In the United States, the hallowed female ground of birth may be trampled by so many doctors, nurses, and machines that the laboring woman gets lost in the rush. The 27 midwives interviewed in *Sisters on a Journey* speak out on the frustrations and joys of helping women give birth in a country that embraces the mumbo jumbo of science more readily than simple body knowledge. Most consider empowerment a crucial part of good prenatal care. "Don't ever place a shadow of doubt in a woman," advises one

seasoned midwife. "You just let her rip into it." Penfield Chester, herself a midwife, skillfully weaves the threads spun by women with differing politics, backgrounds, and views on spirituality and the calling of midwifery into a coherent oral history.

Orlean Puckett: The Life of a Mountain Midwife, 1844-1939

Author: *Karen Cecil Smith*

Amazon Description: There is no description for this book. One reader review says: "This book presents a picture of a strong mountain woman who, after giving birth to and losing 24 babies, decided to become a midwife in southwestern Virginia. Puckett was a strong woman with a good attitude and a quick humor. The author did an excellent job of capturing the essence of mountain life from the mid-1800s to the early 1900s. "

LISTEN TO ME GOOD: The Life Story of an Alabama Midwife

Author: *Margaret Charles Smith*

Amazon Description: Even in recent times, poor African American women living in the rural South often had no access to healthcare. Local women serving as midwives were an important part of the community; they assisted with birthing and helped with household chores while the new mother recovered. Smith, a 91-year-old retired midwife, offers readers a firsthand account of rural lay midwifery and life in a small Alabama town. She describes her formal and informal training, the laws that allowed her to practice and later prohibited her work, the respect of the few local doctors for the lay midwives, and her views on civil rights issues. Smith's dedication, strong religious faith, and dignity are evident throughout this tribute to a

Reading List: Pain in Labor

Easing Labor Pain : The Complete Guide to a More Comfortable and Rewarding Birth

Author: *Adrienne B. Lieberman*

Amazon Description: "*Easing Labor Pain* is Adrienne Lieberman's positive and encouraging guide to everything an expectant mother can do to make sure pain doesn't overshadow the joy of giving birth.

What a Blessing She Had Chloroform: The Medical and Social Response to the Pain of Childbirth from 1800 to the Present

Author: *Donald Caton*

CBI Review: An interesting review of the history of obstetric anesthesia. There is an enormous amount of information on how social and scientific developments affected the use of anesthesia in childbirth. The book is not the easiest of reads, and does not adequately explore the risks of modern-day anesthesia. The author is not exactly complimentary of doulas! Despite this, if you are interested in how anesthesia developed to today's use, this is an interesting book.

Labor Pain: A Natural Approach to Easing Delivery

Author: *Nicky Wesson*

Amazon Description: Explains the physical and psychological processes of labor and covers issues relevant to birthing at home or in a hospital. She offers many options for effective natural pain relief, including acupressure and acupuncture, hydrotherapy, herbal remedies, aromatherapy and massage, relaxation techniques, homeopathy, and reflexology. An essential guide for every pregnant woman, *Labor Pain* provides you with the information you need to prepare for this transformative event.

Pain, Pleasure, and American Childbirth: From the Twilight Sleep to the Read Method, 1914-1960 (Contributions in Medical Studies)

Author: *Margarete Sandelowski*

Amazon Description: This scholarly work results from a study of childbirth in the United States between 1914 and 1960, for which the author has consulted a plethora of both popular and technical sources. For a medical text, it is very readable, as it traces women's shifting attitudes toward control over birth processes, alleviation of pain, and pursuit of pleasure from participation in the birth of their children. An excellent history, copiously

Reading List: Parenting

The Attachment Parenting Book : A Commonsense Guide to Understanding and Nurturing Your Baby

Author: *William & Martha Sears*

Amazon Description: Attachment Parenting encourages early, strong, and sustained attention to the new baby's needs and this book outlines the steps that will create the most lasting bonds between parents and their children. Practical and

inspirational, this book, the heart of the Sears parenting creed, is a necessity for every new parents' bookshelf.

The Continuum Concept: In Search Of Happiness Lost

Author: *Jean Liedloff*

Amazon Description: Jean Liedloff, an American

writer, spent two and a half years in the South American jungle living with Stone Age Indians. The experience demolished her Western preconceptions of how we should live and led her to a radically different view of what human nature really is. She offers a new understanding of how we have lost much of our natural well-being and shows us practical ways to regain it for our children and for ourselves.

Attachment Parenting: Instinctive Care for Your Baby and Young Child

Author: *Katie Allison Granju & William Sears*

Amazon Description: Information is provided in a well-organized format that parents will find useful. This book also provides a fairly broad discussion of how working parents can incorporate such a "high-touch" style of care into their busy schedules. The authors are sometimes painfully straightforward about the cost-benefit analysis parents must go through when deciding to work outside the home, but they do not patronize working parents by glossing over this difficult decision. They show how Attachment Parenting can be especially beneficial to these families and give advice on choosing child care, breastfeeding after returning to work, and the techniques for creating a breastfeeding-friendly workplace. As a whole, parents will find this a good overview of some compelling arguments for Attachment Parenting and a wonderful resource for delving deeper into the issues it addresses.

The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two

Author: *William Sears, Martha Sears, Robert Sears & James Sears*

Amazon Description: Attachment parenting is a gentle, reasonable approach to parenting that stresses bonding with your baby, responding to her cues, breastfeeding, "wearing" your baby, and sharing sleep with your child. For those parents who worry about negative effects of this attention, the

Sears say, "Spoiling is what happens when you leave something (or some person) alone on the shelf--it spoils."

The Vaccine Book: Making the Right Decision for Your Child

Author: *Robert Sears*

Amazon Description: Sears' goal is "to give you a balanced look at pros and cons of vaccination so that you can make an educated decision." Sears does not advocate for or rail against vaccination, stating it doesn't have to be an all or nothing decision--there are choices. Sears does offer guidance for those who are indecisive, offering his opinion based on clinical experience and 13 years of research taken from product inserts, pediatric reference books, articles and databases. Additional chapters illuminate more controversial aspects of the debate, such as how vaccine safety is researched and what the findings are, side effects and how to minimize them, common myths and questions.

Primal Health: Understanding the Critical Period Between Conception and the First Birthday

Author: *Michel Odent*

Other Languages: **French**

Amazon Description: In this prophetic book [Odent] argues that different parts of the 'primal adaptive system' develop, regulate and adjust themselves during fetal life and the time around birth and infancy. He suggests that the later well-being of adults, their ability to withstand the "diseases of civilization" such as hypertension, cancer, alcoholism and failures of the immune system resulting in AIDS, allergies and viral diseases, can all be traced back to society's ignorance of the vital importance of the primal period. Since the first edition of this groundbreaking work, research has continued apace, offering further evidence to substantiate Odent's ideas. This book is essential reading for all who care about the health of our

Reading List: Politics of Birth

Birth Crisis

Author: *Sheila Kitzinger*

Amazon Description: When a woman is denied all choice - feels as if she has been swallowed up by a vast machine and spat out at the other end with a baby - how can she come to terms with that ordeal? *Birth Crisis* draws on mothers' voices and real-life experiences to explore the suffering after childbirth which has, until now, been brushed under the carpet. It is a fascinating and useful resource for student and practicing midwives, all health professionals, and women and their families who

want to learn how to overcome a traumatic birth.

Pushed: The Painful Truth About Childbirth and Modern Maternity Care

Author: *Jennifer Block*

Editorial Review: "Block shows how, in transforming childbirth into a business, hospitals have turned "procedures and devices developed for the treatment of abnormality" into routine practice, performed for no reason than "speeding up and ordering an unpredictable...process." Block looks into a growing contingent of parents-to-be exploring

alternatives to the hospital-and the attendant likelihood of medical intervention-by seeking out birthing centers and options for home-birth. Unfortunately, obstacles to these alternatives remain considerable-laws across the U.S. criminalizing or severely restricting the practice of midwifery have led the trained care providers to practice underground in many states-while tort reform has done next to nothing to lower malpractice insurance rates or improve hospital birthing policies. This provocative, highly readable expose raises questions of great consequence for anyone planning to have a baby in U.S., as well as those interested or involved in women's health care." --*Publishers Weekly*

Birth: The Surprising History of How We Are Born

Author: *Tina Cassidy*

Editorial Review: "Anyone who has taken a prenatal education class in the last decade can detail much of what *Boston Globe* reporter Cassidy documents about birthing battles in her enjoyable new book. What she so cogently adds is a history of Western practices and attitudes surrounding birth, from the "God-sibs" (or "gossips") who sat by a woman's bed in Europe and early America to the scheduled cesarean of today. The book is well written and will be an important eye-opener to many. Cassidy works hard to remain neutral, but a preference for the discourse of "natural" birth creeps in." --*Publishers Weekly*

Born in the USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First

Author: *Marsden Wagner*

Amazon Description: In this rare, behind-the-scenes look at what goes on in hospitals across the country, a longtime medical insider and international authority on childbirth assesses the flawed American maternity care system, powerfully demonstrating how it fails to deliver safe, effective care for both mothers and babies. Written for mothers and fathers, obstetricians, nurses, midwives, scientists, insurance professionals, and anyone contemplating having a child, this passionate exposé documents how, in the most expensive maternity care system in the world, women have lost control over childbirth and what the disturbing results of this phenomenon have been.

Vaginal Politics: A midwife story

Author: *Judy Lee*

Review: There is no Amazon description for this book. One customer review said "This book was hard to put down and would have been read in one sitting if I had the time This book tells of the hardships that lay-midwife Judy Lee went through and mastered.

As an aspiring midwife, I hope to have the strength and courage that Judy did to stand up for midwifery, and to not simply succumb to "powerful" dictating doctors who think technical birth is better than the way nature intended. This book is a must read for any one in the medical field as well as patients. My only disappointment is that the book ended before I wanted it too."

Mind over Labor: A Breakthrough Guide to Giving Birth

Author: *Carl Jones*

Amazon Description: Jones stresses the importance of a mellow labor environment and subtly promotes the idea of delivery at home or in a childbearing center, but he fails to spell out the risks of a nonhospital delivery. His goal of a well-informed, positive-thinking pregnant couple is admirable, but his insistence that attitude can overcome virtually any problem is questionable.

Birth as an American Rite of Passage

Author: *Robbie E. David-Floyd*

Amazon Description: Davis-Floyd has written a brilliant feminist analysis of childbirth rites of passage in American culture. These rites, she argues, take away women's power over their bodies, naturally designed to bring life into the world, and for no physiological reason give it to the medical system. She believes that society, intimidated by women's ability to give birth, has designed obstetrical rituals that are far more complex than natural childbirth itself in order to deliver what is from nature into culture. "In this way," she writes, "society symbolically demonstrates ownership of its product." This beautiful book, full of insightful interviews with women on a range of birth experiences and with an extensive bibliography, is a wonderful addition to the growing literature on the anthropology of the body and the theoretical debates over mind/body and nature/culture dichotomies. Essential for all anthropology and women's studies collections and medical school libraries and highly recommended for public libraries.

The Politics of Birth

Author: *Sheila Kitzinger*

Amazon Description: The Politics of Birth explores ways in which we learn about birth, how we talk and feel about it, assumptions that professional caregivers may make, and the roles and skills of midwives. Topics include home birth and water birth; the use of drugs in childbirth; obstetric and nursing interventions which are often used routinely; Caesarean sections; pressures that caregivers are under, and the choices presented to

women that are more apparent than real. Throughout, the author draws on research-based evidence to present both an holistic yet grounded examination of topical issues surrounding pregnancy and childbirth. This is not a "how to" book. The aim

Reading List: Pregnancy

[The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts](#)

Author: *Martha Sears, William Sears & Linda Hughey Holt*

Amazon Description: An excellent all-in-one guide to pregnancy. The approach is gentle, thorough, and includes more information than some month-by-month guides, which makes *The Pregnancy Book* an excellent choice for pregnant couples.

[Pregnancy the Natural Way](#)

Author: *Zita West*

Other Languages: [Spanish](#)

Amazon Description: An inspiring program to take you safely and naturally through each stage of pregnancy and birth and give your baby the best start in life. Ideal either as quick reference or as a complete guide.

[Nutrition for a Healthy Pregnancy: The Complete Guide to Eating Before, During, and After Your Pregnancy](#)

Author: *Elizabeth Somer*

CBI Review: It is important that doulas and childbirth educators are well informed on the impact that diet can have on the health and wellbeing of the mother and baby during pregnancy, which is why we chose to have a book on this topic in the reading list. Unfortunately, this

would not be our book of choice, but we were unable to find one that was more appropriate. It has some interesting information about the impact of diet. The downside of the book is that it is, at times, a bland read, and not always evidence based. If you are looking to understand nutrition and the different vitamins and minerals better, it would be a good addition to your library.

[Having Twins And More: A Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood](#)

Author: *Elizabeth Noble*

Amazon Description: This comprehensive handbook emphasizes optimal health as well as physical and emotional adjustments to bearing and raising multiples, and it offers striking new insights into risks, complications, and treatments -- candid information that is gathered only in this book.

[Complete Book of Pregnancy and Childbirth](#)

Author: *Sheila Kitzinger*

Other Languages: [German](#) [Spanish](#)

CBI Review: Sheila consistently produces books that are easy to read, focused on mother and baby centered care, and packed full of information. This book is no exception! Although Sheila is based in the UK her writing style appeals to women everywhere. The photographs throughout her book show positive images of women in labor, reinforcing the message that birth is normal.

Reading List: Sleep Issues

[Crying Baby, Sleepless Nights: Why Your Baby Is Crying and What You Can Do About It](#)

Author: *Sandy Jones*

CBI Review: An easy to read book covering how to cope with a crying or sleepless baby, with an emphasis on keeping the baby close. Sandy reinforces the importance of parents adjusting their expectations rather than expecting the baby to be trained to sleep through the night.

[The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night](#)

Author: *Elizabeth Pantley & William Sears*

Amazon Description: There are two schools of thought for encouraging babies to sleep through

the night: the hotly debated Ferber technique of letting the baby "cry it out," or the grin-and-bear-it solution of getting up from dusk to dawn as often as necessary. If you don't believe in letting your baby cry it out, but desperately want to sleep, there is now a third option, presented in Elizabeth Pantley's sanity-saving book *The No-Cry Sleep Solution*.

[Nighttime Parenting: How to Get Your Baby and Child to Sleep](#)

Author: *William Sears*

Amazon Description: Parenting is a full-time, twenty-four-hour-a-day job. *Nighttime Parenting* was written to make that job easier and to help the

whole family--mother, father, baby--sleep better. It helps parents understand why babies sleep differently than adults, offers solutions to nighttime problems, and even describes how certain styles of nighttime parenting can aid in child spacing and lower the risks of Sudden Infant Death Syndrome (SIDS). Renowned pediatrician Dr. William Sears helps you find a solution to your

baby's sleepless nights and offers comprehensive, caring advice.

Three in a Bed : The Benefits of Sharing Your Bed With Your Baby

Author: *Deborah Jackson*

CBI Review: A great book on bed-sharing. Easy to read for those who are already committed to the

Reading List: Doula Support

The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth

Author: *Penny Simkin*

Amazon Description: A clear, informative guide that includes a thorough description of everything a birth partner can expect. Every section includes a description of a stage of labor or circumstance, a description of what the caregiver (doctor, nurse or midwife) might do, and suggestions about what the birth partner's role should be.

The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth

Author: *Marshall Klaus, John Kennell, & Phyllis H. Klaus*

CBI Review: A good summary of the role of a doula and impact a doula can have on labor and birth. Studies are used throughout to show the benefits and all are referenced. Unfortunately, many of the studies consisted of small groups of women so it is difficult to know how much of an impact a doula can have in larger groups.

Special Women: The Role of the Professional Labor Assistant

Author: *Paulina Perez & Cheryl Snedeker*

CBI Review: This book may be more appropriate for the monitrice rather than the birth doula. Perez sometimes suggests the doula role may be more clinical than CBI feels is relevant. Worth considering the different perspectives of what the role of a doula is and how these different perceptions impact the reputation of the occupation as a whole.

The Doula Advantage: Your Complete Guide to Having an Empowered and Positive Birth with the Help of a Professional Childbirth Assistant

Author: *Rachel Gurevich*

CBI Review: A well presented book for women considering a doula that includes research and tips on how to work with a birth, postpartum or antepartum doula.

A Tip Toe Through the Doulas

Author: *Breck Hawk*

Amazon Description: An expectant mother's guide to birthing options. It was created from tips, tricks, and techniques of over one hundred Birth Professionals across the US and Canada. There are over 300 pages of tried-and-true wisdoms that will help make your pregnancy safe and satisfying.

Nurturing the Family The Guide for Postpartum Doulas

Author: *Jacqueline Kelleher*

CBI Review: The only book we have been able to find that specifically addresses the postpartum doula. Nurturing the Family has received positive reviews on Amazon and is reported as being an easy read.

The Nurturing Touch at Birth: A Labor Support Handbook

Author: *Paulina Perez*

Amazon Description: Contains a compilation of numerous tips and hints on how to support women through the hard work of giving birth, including relaxation and visualization techniques, touch and massage, position changes, how to talk to women in labor, and a variety of strategies and techniques for pain relief. The book will be a valuable library addition for inexperienced doulas and childbirth educators.

Reading List: Prenatal Testing

[The Tentative Pregnancy: How Amniocentesis Changes the Experience of Motherhood](#)

Author: *Barbara Katz Rothman*

CBI Review: This is a fascinating read. There is a focus on ultrasound being used as a tool to determine the well being of the baby and Barbara raises many questions about the emotional and physical impact on the mother and baby. Using case studies to explain the choices parents have been faced, this book raises provocative questions on the ethics of routine prenatal screening and diagnostic tests.

[Testing Women, Testing the Fetus : The Social Impact of Amniocentesis in America \(The Anthropology of Everyday Life\)](#)

Author: *Rayna Rapp*

Amazon Description: Rapp examines the social impact and cultural meaning of the prenatal tests currently available, having interviewed women waiting for test results, deciding whether to continue a pregnancy, or who refused to be tested.

[Expecting Trouble: The Myth of Prenatal Care in America](#)

Author: *Thomas H. Strong Jr.*

Amazon Description: Drawing from the literature of

medical and epidemiological research, Strong- "a second-generation obstetrician"- presents compelling evidence that prenatal care in the United States does little to improve birth outcomes. The current trend toward universal prenatal care is fueled not by evidence that it is effective, he argues, but by unexamined assumptions as well as political expediency and economic greed. While stressing that access to prenatal care should not be impeded, Strong recommends that the technology and costs for uncomplicated pregnancies be scaled down, noting that prenatal care for these pregnancies could be shifted from obstetricians to midwives whose care is as effective but less costly. Obstetricians, in turn, could then focus on what they do well - "assisting pregnancies with medical complications that respond to treatment" - and the routine use of costly, high-tech procedures that do not improve outcome could be halted. In support of his vision, Strong explores a range of medical and public-policy issues currently under debate. Provocative and stimulating, this book performs a valuable service by bringing evidence on this vital issue out of the research literature and into public discourse and providing the tools for a long-needed paradigm shift.