

# Recommended Reading and Childbirth preparation tools



*The Thinking Woman's Guide to a Better Birth* - Henci Goer

"The Pink Kit"

-order from ICAN online [http://www.ican-online.org/shop/other\\_pinkkit.f](http://www.ican-online.org/shop/other_pinkkit.f)  
call them at: 1 (800) 686-ICAN

*Bradley Coached Childbirth* -Dr. Bradley

*Birthing From Within* -Pam England and Rob Horowitz

*Who's Having This Baby Anyway?* – Breck Hawk

*Beliefs and Intentions, How Belief Shapes Birth* – Kim Wildner

*The Complete Book of Pregnancy and Childbirth.* -Sheila Kitzinger.

*Naturally Healthy Pregnancy* -Shonda Parker

*Woman's Guide to Childbirth.* -Ina May Gaskin

*Birth Choices: Making Informed Decisions About Birthing Centers, Birth Plans, Water Birth, Home Birth, Hospital Birth.* -Barbara Harper, R.N

*101 Questions on Parenting* -Dr. Frederick Wirth

*How to Be a Good Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth* -Penny Simkin.

*The Natural Womanly Art of Breastfeeding.* -La Leche League International.

*Childbirth Without Drugs* -Susanne Renfrew

*How to Use a Birth Book* - Dr. Sears

*How to Care for a Crying Newborn* -Klaus and Klaus

**For homebirth or birth center births, you may want to consider the following:**

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| 101 Questions on Parenting | Natural Health After Birth | Breastfeeding and Natural Child | Homebirth | Spiritual Midwifery |
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