

LENDING LIBRARY

(please note that this library is by no means comprehensive. Also, several of these books may be available in newer, revised editions. Please consult your local library and bookstores for additional titles and revisions.)

PREGNANCY

Brott, Armin A., And Jennfer Ash. *The Expectant Father*. New York: Abbeville Press, 1995.

Curtis, Glade B. *Your Pregnancy Week-by-Week*. Tuscon, AZ: Fisher Books, 1989, 1994.

Douglas, Ann. *The Mother of All Pregnancy Books*. New York: Hungry Minds, 2002.

Hanley, Kate, ed. *The parentsoup Baby Name Finder*. New York: iVillage, 1998.

Kitzinger, Sheila. *The Complete Book of Pregnancy and Childbirth*. New York: Random House, 2004.

Nilsson, Lennart. *A Child is Born*. New York: Dell Publishing, 1993.

Sears, MD, William, and Martha Sears, RN. *The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts*. Boston: Little, Brown and Company, 1997.

Simkin, Penny, et al. *Pregnancy, Childbirth, and the Newborn: The Complete Guide*. New York: Meadowbrook Press, 2010.

Tupler, R.N., Julie. *Maternal Fitness: Preparing for a Healthy Pregnancy, an Easier Labor, and a Quick Recovery*. New York: Simon & Schuster, 1996.

CHILDBIRTH

Balaskas, Janet. *Active Birth: The New Approach to Giving Birth Naturally*. Boston: Harvard Common Press, 1992.

Buckley, Sarah. *Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices*. Berkeley, CA: Celestial Arts, 2009.

Churchill, Helen, and Wendy Savage. *Vaginal Birth After Cesarean*. London: Middlesex University Press, 2008.

Condon, Susanrachel and Richard. *Partners in Pregnancy: Hands'On Preparation for Labor*. Niara Healing Arts, 2004. [DVD]

Davis, Elizabeth. *Heart and Hands: A Midwife's Guide to Pregnancy and Birth*. Berkeley: Celestial Arts, 2004.

Gabriel, Cynthia. *Natural Hospital Birth: The Best of Both Worlds*. Boston: Harvard Common Press, 2011.

Gaskin, Ina May. *Ina May's Guide to Childbirth*. New York: Bantam Books, 2003.

Anne Schuchman Berrettini, Doula-in-Training (DONA)
Mamma Mia Doula Services

Harper, Barbara, R.N. *Gentle Birth Choices*. Rochester, VT: Healing Arts Press, 2005. [comes with a 60-min dvd that includes interviews with midwives and physicians and footage from six different births, including home birth, water birth, and vbac]

Kitzinger, Sheila. *The Complete Book of Pregnancy and Childbirth*. New York: Random House, 2004.

Lieberman, Adrienne. *Easing Labor Pain: The Complete Guide to a More Comfortable and Rewarding Birth*. Boston: Harvard Common Press, 1992.

Lowe, Ananda, and Rachel Zimmerman. *The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know*. New York: Bantam Books, 2009.

Mongan, Marie F. *HypnoBirthing: The Mongan Method: A Natural Approach to a Safe, Easier, More Comfortable Birthing*. Deerfield Beach, FL: Health Communications, Inc., 2005.
[INCLUDES CD]

Peterson, Gayle, PhD. *An Easier Childbirth: A Mother's Guide for Birthing Normally*. Berkeley, CA: Shadow & Light Publications, 1993.

Sears, William and Martha Sears. *The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth*. New York: Little, Brown and Company, 1994.

Simkin, Penny. *The Birth Partner: Everything You Need to now to Help a Woman Through Childbirth*. Boston: Harvard Common Press, 1989.

Simkin, Penny, et al. *Pregnancy, Childbirth, and the Newborn: The Complete Guide*. New York: Meadowbrook Press, 2010.

Simkin, Penny, and Ruth Anceta. *The Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia*. Chichester and Oxford: Wiley-Blackwell, 2011.

DOULA CARE

Klaus, M.D., Marshall H., John H. Kennell, MD, and Phyllis H. Klaus, MFT, LMSW. *The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth*. Boston: Perseus Press, 2012.

Perez, Paulina. *The Nurturing Touch at Birth: A Labor Support Handbook*. Johnson, VT: Cutting Edge Press, 1997.

Perez, Paulina, and Cheryl Snedeker. *Special Women: The Role of the Professional Labor Assistant*. Johnston, VT: Cutting Edge Press, 2000.

Simkin, Penny. *The Birth Partner: Everything You Need to now to Help a Woman Through Childbirth*. Boston: Harvard Common Press, 1989.

Stansfield, Penny Bussell. *Labors of Love: A Doula's Birth Stories*. Princeton, NJ: Farfallina Press, 2010.

POSTPARTUM CARE

Anne Schuchman Berrettini, Doula-in-Training (DONA)
Mamma Mia Doula Services

Kelleher, Jacqueline. *Nurturing the Family: The Guide for Postpartum Doulas*. Bloomington, IN: Xlibris, 2002.

McClure, Vimala, Schneider. *Infant Massage: A Handbook for Loving Parents*. New York: Bantam Books, 1989.

Romm, Aviva Jill. *Natural Health After Birth: The Complete Guide to Postpartum Wellness*. Rochester, VT: Healing Arts Press, 2002.

Stadlen, Naomi. *What Mothers Do Especially When It Looks Like Nothing*. New York: Tarcher, 2004.

BREASTFEEDING

Flower, Hilary. *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*. Schaumburg, IL: La Leche League International, 2003.

Gotsch, Gwen. *Breastfeeding: Pure and Simple*. Schaumburg, IL: La Leche League International, 1993.

Huggins, Kathleen. *The Nursing Mother's Companion*. Boston, MA: The Harvard Common Press, 1990.

Mohrbacher, Nancy. *The Breastfeeding Answer Book. Pocket Guide Edition*. La Leche League International, 2005.

Newman, M.D., Jack, and Teresa Pittman. *The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America*. New York: Three Rivers Press, 2006.

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Faber, Adele, and Elaine Mazlish. *How to Talk So Kids Will Listen and Listen So Kids Will Talk*. New York: Avon Books, 1999.

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Anne Schuchman Berrettini, Doula-in-Training (DONA)
Mamma Mia Doula Services

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Sears, William, M.D., and Martha Sears, R.N. *The Baby Book: Everything You Need to Know About Your Baby--From Birth to Age Two*. Boston: Little, Brown and Company, 1993.

Sears, William, MD. *Becoming a Father: How to Nurture and Enjoy Your Family*. Schaumburg, IL: La Leche League International, 1986.

Shelov, MD, Steven P., Ed. *The American Academy of Pediatrics Complete and Authoritative Guide Caring For Your Baby and Young Child: Birth to Age 5*. New York: Bantam, 1993.

Spock, M.D., Benjamin, and Steven J. Parker, M.D. *Dr. Spock's Baby and Child Care*. New York: Simon & Schuster, 1998.

FERTILITY

Weschler, MPH, Toni. *Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control and Pregnancy Achievement*. New York: Harper Collins, 1995.