

# Pregnancy Resources

Many sources of information are available as you are forming your family. Here are a few of our favorites:

## Books:

***The Labor Progress Handbook.*** Penny Simkin and Ruth Anchea

***Great Expectations. Your All-in-One Resource for Pregnancy & Childbirth.*** Sandy Jones & Marcie Jones

***The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and Other Labor Companions.*** 3<sup>rd</sup> edition. Penny Simkin.

***Prepared Childbirth the Family Way.*** Debbie Amis & Jeanne Green

***Pregnancy, Childbirth, and the Newborn: The Complete Guide.*** Penny Simkin, Janet Whalley, and Ann Keppler.

***Conception Pregnancy & Birth.*** Dr. Miriam Stoddard

***When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women.*** Penny Simkin and Phyllis Klaus.

***Our Bodies, Ourselves: Pregnancy and Birth.*** The Boston Women's Health Book Collective.

***The Official Lamaze Guide: Giving Birth With Confidence.*** Judith Lothian.

***The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth.*** Marshall H. Klaus, John H. Kennell, and Phyllis H. Klaus.

***Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers.*** Nancy Nohrbacher

***The Breastfeeding Mother's Guide to Making More Milk.*** Diana West IBCLC & Lisa Marasco MA IBCLC

## Web Sites:

### American College of Nurse-Midwives, "My Midwife"

<http://www.mymidwife.org/>

Information about midwifery, care during pregnancy, general women's health, and parenting. Pregnancy advice about pain during labor, testing in pregnancy, and more.

### Childbirth Connection

<http://www.childbirthconnection.org/>

"Evidence-based information and resources on planning for pregnancy, labor and birth, and the postpartum period." Consumer-friendly.

### DONA

<http://www.dona.org/>

Information about doulas for labor, delivery, and postpartum from the international certifying body.

### Lamaze

<http://www.lamaze.org/>

"Lamaze is a nonprofit organization that promotes a natural, healthy and safe approach to pregnancy, childbirth and early parenting."

### March of Dimes

<http://www.marchofdimes.com/>

Information, blogs, and resources related for pregnant women and their families, centered on decreasing the incidence of preterm birth.

### Penny Simkin

<http://www.pennysimkin.com/>

Penny Simkin, PT, is a physical therapist who has specialized in childbirth education & labor support since 1968.

### Spinning Babies

<http://www.spinningbabies.com/>

Spinning Babies Website takes the topic of Optimal Fetal Positioning and makes it easier to understand. [The 3-Principles](#) give you a step-by-step way approach to fetal positioning.

### Daily Food Plans for Pregnancy & Breastfeeding

<http://www.mypyramid.gov/mypyramidmoms/index.html>

When you are pregnant or breastfeeding, you have special nutritional needs. This section is designed just for you. It has advice you need to help you and your baby