

**Books on pregnancy and postpartum:**

Spiritual midwifery by Ina May Gaskin  
A guide to childbirth by Ina May Gaskin  
Gentle Birthing Gentle Mothering by Sarah Buckley  
Birthing from within by Pam England  
Active Birth by Janet Balakas  
Birth without violence by Frederick Leboyer  
Mindful birthing by Nancy Bardake  
Birth: the surprising history of how we are born by Tina Cassidy  
The Fourth Trimester by Kimberly Ann Johnson  
The Bradley Method by Susan McCutcheon  
Hypnobirthing by Marie Mongan  
The first 40 days by Heng Ou

**For Breastfeeding and mothering:**

The Self confident child by Magda Gerber  
Guide to breastfeeding by Ina May Gaskin  
You are your child's first teacher by Rahima Baldwin Dancy  
The whole-brain child by Daniel J. Siegel  
The  
Birth Kweens podcast  
Wonder weeks by Frans Pooij

**Other resources:**

La leche league  
The motherhood center  
Prenatal center podcast  
Megamama podcast  
Period Power podcast