



Our Top Books and DVDs

BIRTHING FROM WITHIN by Pam England & Rob Horowitz, 1998. An in-depth focus on birthing and self, an excellent read. Our community midwives recommend this book above all others.

GENTLE BIRTH, GENTLE MOTHERING by Dr Sarah Buckley, 2005. A well written spiritual and practical guide to natural birth and parenthood.

A LABOUR OF LOVE: An Australian Guide to Natural Childbirth by Gabrielle Targett, 2006. The book covers topics such as: preparing for a positive birth experience, planning ahead, siblings at birth, being physically fit, special pregnancy issues, the power of pregnancy and labour hormones, and pain relief.

25 WAYS TO AWAKEN YOUR BIRTH POWER by Danette Watson & Stephanie Corkhill Hyles, 2004. This book and CD cover visualization, affirmation, breathing exercises and relaxation as preparation and inspiration for the body, mind and spirit.

BIRTH REBORN: WHAT CHILDBIRTH SHOULD BE by Michel Odent, 2005. Talks about Odent's work at Pithiviers, south of Paris, and about focusing on the mother.

BIRTH SKILLS by Juju Sundin & Sarah Murdoch, 2007. This book, based on the classes taught by Sundin, a well known physiotherapist and childbirth educator in Sydney, will help pregnant women understand what is happening to their body during labour, particularly dealing with pain.

CHILDBIRTH WITHOUT FEAR: The principles and practice of natural childbirth by Grantly Dick-Read, 2004. Explores the emotional journey of childbirth, offering reassuring and confirming reflections of your ability to birth and trust. An old and fabulous classic.

GENTLE BIRTH CHOICES - Book and DVD by Barbara Harper, 2005. Very soothing, spiritual guide to birthing that helps parents to plan a meaningful, family-centred birth experience. The DVD blends interviews with midwives and physicians and shows six births, including water birth, home birth, and vaginal birth.

INA MAY'S GUIDE TO CHILDBIRTH by Ina May Gaskin, 2003. A historical look at birth and what birth means to this day.

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THE WATER BIRTH BOOK by Janet Balaskas, 2004. Based on 15 years of working with water births, the book is packed with inspiring stories.

SLEEPING WITH YOUR BABY by James McKenna, 2007. A great read on co-sleeping.

UP THE DUFF: The Real Guide To Pregnancy Book by Kaz Cooke, 1999. This will appeal to you if you want a light-hearted look at pregnancy, birth and babies.

MEN AT BIRTH by David Vernon, 2006. Full of stories written by men, for men, about their birth experiences.

HELLO BABY by Jenni Overend & Julie Vivas, 1999. Read how one family celebrate the birth of a baby at home with warmth, honesty and joy. A beautiful book.

OPTIMAL FOETAL POSITIONING by Jean Sutton & Pauline Scott, 1996. Suggests ways to help align the baby in utero in the maternal pelvis before labour starts.

THE BUSINESS OF BEING BORN by Ricki Lake and Abby Epstein , 2007. This film interlaces intimate birth stories with surprising historical, political and scientific insights and shocking statistics about the current American maternity care system.

EXPECTING ADAM : A True Story of Birth, Rebirth, and Everyday Magic by Martha Beck, 2000. A story about a couples second child who has Down syndrome and what they learnt and unlearnt.

THE PINK KIT by Wintergreen & Common Knowledge Trust, 2007. A multimedia kit includes tips on how to prepare your birthing body; childbirth skills using information from women of different cultures, religions and socio-economic backgrounds.

THERE'S A HOUSE INSIDE MY MUMMY by Giles Andreae and Vanessa Cabban, 2002. A good book for young siblings portraying the special time for the family.

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