



Montana Birth and Midwifery

H O M E B I R T H S E R V I C E S

TO WATCH AND READ

“Nothing in life is to be feared. It is only to be understood. “
Marie Curie

Birth is often feared, simply because it is not understood. When you become pregnant, or even prior to conception, it is very important to educate yourself, and those around you, on the process of birth. Knowledge changes outcomes. Below are some of my favorite resources to expel the myths, encourage your belief in your own capacity and learn about birth from those who know it well and trust it.

MOVIES

In the Womb National Geographic
40 Weeks
Babies
Discovery Health: The Ultimate Guide to Pregnancy
Discovery: From Conception to Birth
The Face of Birth
Freedom for Birth
The Business of Being Born
Laboring Under an Illusion: Mass Media Childbirth vs. The Real Thing
Orgasmic Birth
Born in the USA
Pregnant in America
Gentle Birth Choices
It's My Body, My Baby, My Birth
Woman to Woman
Call the Midwife (TV Series)
Why Not Home
Laboring Under an Illusion
Birth Story: Ina Mae Gaskin and the Farm Midwives
The Face of Birth
The Milky Way
These Are My Hours

BOOKS

Birthing From Within-Pam England
Pushed by Jennifer Block
The Thinking Woman's Guide to a Better Birth by Henci Goer
Ina Mae's Guide to Childbirth
The Labor Progress Handbook
Silent Knife: Cesarean Prevention and Vaginal Birth After Cesarean (VBAC)
The Birth Partner by Penny Simkin
When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women
Childbirth Without Fear-Grantly Dick Reed
The Waterbirth Book- Janet Balaskas
The Natural Pregnancy Book- Aviva Jill Romm
The Pregnancy Book- William and Martha Sears
Natural Childbirth After Cesarean: A Practical Guide
Active Birth-Sheila Kitzinger
Your Baby Your Birth-Hollie DeCruz
The Mama Natural Week by Week Guide
Natural Birth-Kristina Turner

WEBSITE

www.birthwithoutfearblog.com
www.bellybelly.com.au
www.scienceandsensibility.org
www.ican-online.org
www.birthingfromwithin.com
www.birthingnaturally.net
www.spinningbabies.com
www.evidencebasedbirth.com

APPS

Pregnancy Sprout
Ovia
Glow Nurture
Hello Belly
Who's Your Daddy
Baby Bump Pregnancy Pro
Pregnancy ++
Full Term

BREASTFEEDING

The Ultimate Answers Breastfeeding Book Dr. Jack Newman
The Womanly Art of Breastfeeding
Medications and Mother's Milk Dr. Thomas Hale
www.llli.org
www.kellymom.com