

RECOMMENDED READING

Checklist

Congratulations on making the decision to take charge of your prenatal education! Here is my go-to list of practical, evidence-based books about pregnancy, childbirth, and the postpartum period!

- Pregnancy Childbirth & The Newborn - The Complete Guide by Penny Simkin & Others
- Mayo Clinic Guide to a Healthy Pregnancy by Myra J. Wick
- The Birth Partner by Penny Simkin
- Caesarean Birth: A Positive Approach to Preparation and Recovery By Leigh East
- The Complete Book of Breastfeeding by Marvin S. Eiger, MD & Sally Wendkos Olds
- The First 40 Day: The Essential Art of Nourishing The New Mother by Amely Greeven, Heng Ou and Marisa Belger
- The Fourth Trimester by Kimberly Ann Johnson
- The Motherhood Complex by Abimbola Akande
- The Womanly Art of Breastfeeding by Diane Wiessinger, Diana West, and Teresa Pitman

Many of these books are available on Amazon, Indigo Books, and Audible (audiobooks). You can also check with your local library, thrift stores, Doula/childbirth educators and parenting groups for copies you may be able to borrow!
