

Suggested Reading:

Preparing for Birth / Labor

- **The Birth Partner** - Penny Simkin
- **Why Did No Tell Me This? The Doula's (Honest) Guide for Expectant Parents** - Ash Spivak + Natalia Hailes
- **Birth Without Fear: The Judgment-Free Guide to Taking Charge of Your Pregnancy, Birth, and Postpartum** - January Harshe
- **The Mindful Mother: A Practical Guide to Enjoying Pregnancy, Birth, and Your Baby's First Year with Mindfulness** - Naomi Chunilal
- **Nurture: A Modern, Caring Guide to Pregnancy, Birth and Early Motherhood** - Erica Chidi Cohen
- **Bumpin': The Modern Guide to Pregnancy** - Leslie Schrock
- **Pregnancy, Childbirth and the Newborn: The Complete Guide** - Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham + April Bolding