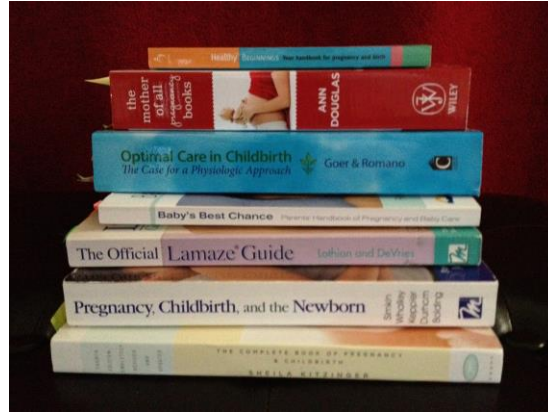


REQUIRED READING & RESOURCES



- Douglas, Ann. **The Mother of All Pregnancy Books** 3rd edition
- Lothian, Judith & DeVries, Charlotte. **Giving birth with confidence** 3rd edition
- Public Health Agency of Canada, 2021, **Your Guide to a Healthy Pregnancy** <https://www.canada.ca/content/dam/phac-aspc/documents/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.pdf>
- **Baby's Best Chance** <https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>
- Simkin, Penny, Whalley, J. Keppler, A. Durham, J. Bolding, A. **Pregnancy, Childbirth and the Newborn** 5th edition
- La Leche League International. **The Art of Breastfeeding** (9th edition)
- Colson, Suzanne. **Biological Nurturing: Instinctual Breastfeeding**
- Society of Obstetricians & Gynaecologists of Canada. **Healthy Beginnings: Giving your Baby the Best Start From Preconception to Birth** 5th Edition.

WHY SO MANY BOOKS?

Each of these books looks at different aspects of pregnancy, birth, breastfeeding or postpartum from a different perspective. Together they provide a wide range of evidence-based information that you can feel confident sharing with your prenatal classes. They also provide the basis for a birth library that you will consult time and time again throughout your career as a childbirth educator. These books are primarily for pregnant families so the information and language is appropriate for

prenatal classes. They are also relatively inexpensive compared to a textbook. You will be able to find some of them in used bookstores.

You will notice that we have not listed a nursing or midwifery text on the required reading list. Several were evaluated and all were clearly directed to care providers focusing on diagnosis, evaluation and treatment and clearly outside the scope of practice of the childbirth educator. If you have one of these texts feel free to consult it but remember that for the assignments and later for teaching, the required books are the ones to consult.

BOOKS

It is recommended to use the most up to date edition of the books. However, if you already have the older edition, it will suffice. The chapters and page numbers may differ from the assignment and you may have to look online for updated information/recommendations.

[The Mother of All Pregnancy Books, 3rd edition](#) by Ann Douglas, focuses specifically on pregnancy, with over 400 pages devoted to all aspects of pregnancy from pre-conception and assisted reproduction to birth. The birth and postpartum chapters make up less than 100 pages together. Ann Douglas provides excellent Canadian research and information. The tone is unique to Ann, but the information is always excellent.

[Giving Birth with Confidence, 3rd edition](#) by Judith Lothian and Charlotte DeVries is based on the Lamaze Six Healthy Birth Practices and explores many of the challenges of pregnancy and childbirth from the perspective of keeping birth normal.

[Baby's Best Chance, Online](#) published by the Province of British Columbia, Ministry of Healthy Living and Sport.

[Pregnancy, Childbirth and the Newborn, 5th edition](#) by Penny Simkin, provides a solid evidence-based information about childbirth, combined with the www.pcnguide.com website it is a useful source of information on all aspects of birth, dealing with complications, and many charts for interventions and procedures.

[The Art of Breastfeeding, 9th edition](#) La Leche League international contains practical advice on all aspects of breastfeeding and focuses on allowing the baby to access his natural instincts to breastfeed. This book also covers special circumstances and problem solving. *The 8th edition, The Womanly Art of Breastfeeding will suffice if you already have it.*

[Biological Nurturing: Instinctual Breastfeeding](#) by Suzanne Colson describes the research evidence that suggests that mothers and babies innately know how to breastfeed and introduces a new approach to supporting mothers and babies to access their instinctive ability to breastfeed.

[Healthy Beginnings: Giving your baby the best start from preconception to birth](#)
This is the official book by the Society of Obstetricians and Gynecologists of Canada

WEB RESOURCES

Most modules will have required web resources. View these resources before completing the assignments. We do our best to ensure all links are functional. However, it is common for the websites to change.

If you encounter a link that does not work, please let us know as soon as possible so we can update the assignment. Google the missing website name or topic and you will most often be able to find it on your own so you are not held up in completing your assignments. Also try copying the link into your browser, that often solves the problem for links that won't open.

OTHER GREAT BOOKS

[Hit the Ground Crawling](#), by Greg Bishop explores pregnancy and birth from the dad's perspective. It encourages fathers to take an active role in supporting the mother through all the challenges of pregnancy and new parenthood.

[Dr. Jack Newman's Guide to Breastfeeding](#),

[The Birth Partner](#), by Penny Simkin gives practical, detailed advice on supporting women in labour. While primarily for doulas, this book gives helpful strategies that can be shared with partners in prenatal class.

[Brain Rules for Babies](#), John Medina is a fascinating exploration of how babies learn and what parents can do to promote the growth of their child to reach his full potential.

[Babies are not Pizza](#), by Rebecca Dekker

[Optimal Care in Childbirth: the Case for Physiologic Birth](#), by Henci Goer and Amy Romano explores the medical evidence around many of the most controversial medical procedures in maternity care. Their discussion of the research is meticulous and "mini-reviews" are provided summarizing their findings.