

YOGA IN PREGNANCY

Yoga & Breathing for Pregnancy & Birth by Susannah Dean
Preparing for Birth with Yoga by Janet Balaskas
The Yoga of Pregnancy Week by Week by Mel Campbell
Easy Exercises for Pregnancy by Janet Balaskas
Mother's Breath by Uma Dinsmore-Tuli
Pregnancy Health Yoga by Tara Lee

PREGNANCY & BIRTH

The Good Birth Companion by Nicole Croft
Ina May's Guide to Childbirth by Ina May Gaskin
Give Birth Like A Feminist Your Body, Your Baby, Your Birth by Milli Hill
The Positive Birth Book by Milli Hill
The Oxytocin Factor by Kerstin Uvnas Moberg
Gentle Birth, Gentle Mothering by Dr Sarah Buckley
The Happy Birth Book by Beverley Turner
Birthing from Within by Pam England
The Heart in the Womb by Amali Lokugamage
Birth in Focus by Becky Reed
How to Have a Baby: Mother-Gathered Guidance on Birth and New Babies by Natalie Meddings
Why Homebirth Matters by Natalie Meddings
The Seven Secrets of a Joyful Birth: the guide to preparing emotionally and psychologically for birth and early parenting by Dominique Sakoilsky
Birth Reborn by Michel Odent
New Active Birth by Janet Balaskas
Birthing Your Placenta: The Third Stage of Labour by Dr Sara Wickham and Nadine Edwards
Placenta, the Forgotten Chakra by Robin Lim

POSTNATAL

What Mothers Do by Naomi Stadlen
Three in a Bed by Deborah Jackson
The Womanly Art of Breastfeeding – La Leche League
Why Doulas Matter by Maddie McMahon
Why Breastfeeding Matters by Charlotte Young
The Food of Love: your formula for successful breastfeeding by Kate Evans
An Introduction to Biological Nurturing by Suzanne Colson
Why Love Matters by Sue Gerhardt
Kiss Me by Carlos Gonzalez
The Fourth Trimester by Kimberley Ann Johnson
Houser, Patrick (2008) Fathers-to-be Handbook Creative Life Systems

WEBSITES

Support and information

www.aims.org.uk

www.birthrights.org.uk

www.sarawickham.com

www.midwifethinking.com

www.evidencebasedbirth.com

www.homebirth.org.uk

www.doula.org.uk

www.nurturingbirth.co.uk

www.imuk.org.uk

www.neighbourhoodmidwives.org

<https://breastfeedingsupportgroups.co.uk>

www.breastfeedinglondon.com

www.kellymom.com (breastfeeding support)

www.lalecheleague.org

www.birthtraumaassociation.org.uk

www.makebirthbetter.org

www.positivebirthmovement.org

www.birthbecomesher.com

www.gentlenaturalbirth.com

www.orgasmicbirth.com

www.paintopowerchildbirth.com

www.tellmeagoodbirthstory.com

www.positivebirthmovement.org

www.spinningbabies.com

www.iburobin.com

www.biologicalnurturing.com

www.sarahockwell-smith.com

www.pelvicpartnership.org.uk

www.sands.org.uk

www.tommys.org