

Our favourite books, podcasts, links, feeds & videos to watch

In your own time - Doctor Sarah Wickham

Birth as a right of passage - Doctor Rachel Reed

Birth Matters – A midwives manifesto or Guide to Childbirth – Ina May Gaskin.

Spiritual Midwifery & Birth Matters Ina May Gaskin. – Loose yourself in this wonderful, primal women centred book to empower your birth experience.

How to have a baby – Natalie Meddings

Why Homebirth Matters - Natalie Meddings

Your no guilt Pregnancy plan by Rebecca Schiller –All you need to know book

Baby development - Wonder weeks book <https://www.thewonderweeks.com>

Doctor Sara Wickham – invaluable resources, up to date reports and analysis on all birth related topics. <https://www.sarawickham.com>

KGH Hypnobirthing book – Katharine Graves & MVP downloads – copy onto phone to listen. <https://kghypnobirthingmedia.com/hskjdfy897/downloads/mp3s/colour-and-calmness/Colour-and-Calmness-05-Full-Playlist.mp3>

Watch – the physiology of childbirth from All4 maternity - <https://vimeo.com/544895152>

Ricki Lake – The Business of being born documentary 2008. https://www.amazon.com/gp/video/detail/B00D5VGKPU/ref=atv_dp_amz_det_c_UTPsmN_1_3

Positive Homebirth video - https://youtu.be/H5XL4fV_qBY

Positive Hospital birth at 42 weeks - <https://youtu.be/3l-JE6tLwv8>

Birth Becomes Her - Get the tissues ready for this fab video - <https://youtu.be/UyaqSWp0QYY>

Based on births in Italy - The performance of Sex like Birth - https://www.youtube.com/watch?v=jACKa9YW2Yg&has_verified=1

Failure to progress the movie - <https://www.youtube.com/watch?v=N5J3o6AvSq4>

Positive birth stories

<http://www.tellmeagoodbirthstory.com/>

<https://www.australianbirthstories.com/>

Positive birth instagram accounts

@positivebirthmovement

@birthbecomesyou

@badassmotherbirther

@barefootmidwife

@australianbirthstories

@lucyflow_official

@betterbirthuk

@kemibirthjoyjohnson

@monetnicolebirths

Podcasts

Dr Sarah Buckley on How To Have An Ecstatic Childbirth with Melissa Ambrosini

https://www.youtube.com/watch?v=_PELHtZNCmk

<https://podcasts.apple.com/gb/podcast/the-midwives-cauldron/id1523178579>

<https://podcasts.apple.com/gb/podcast/the-ultimate-guide-to-being-a-birth-partner/id1541228817>

<https://podcasts.apple.com/us/podcast/birthing-instincts/id1552816683>

[LACTATION – BREASTFEEDING VIDEO https://www.youtube.com/watch?v=IBZGDjInYwE](https://www.youtube.com/watch?v=IBZGDjInYwE)

https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/04/happybaby_leaflet_web.pdf

<https://globalhealthmedia.org/portfolio-items/positionsforbreastfeedinghttps://www.nhs.uk/start4life/baby/breastfeeding/>

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/positioning-and-attachment-video/>

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/ineffective-attachment/>

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/maximising-breastmilk-video/>

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/meeting-baby-for-the-first-time-video/>

Favourite leaflet-Happy baby

https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/04/happybaby_leaflet_web.pdf

Sleep information <https://www.basisonline.org.uk>

Formula feeding questions answered - <https://www.firststepsnutrition.org/parents-carers>

BFN – Breast Feeding Network - <https://www.breastfeedingnetwork.org.uk>

Kelly Mom website - great source of information for all feeding related questions.
<https://kellymom.com>

Emotional & Mental wellbeing

<https://www.psychologytoday.com/gb/blog/headshrinkers-guide-the-galaxy/201205/in-search-the-good-enough-mother>

<https://www.mothering.com/threads/are-you-suffering-from-depleted-mother-syndrome.1626248/>