



The following are several resource options including books and web sites that we suggest you seek out. We hope this information will guide and assist you during and after your pregnancy. This resource list was compiled by our obstetric team.

Resources for Patients

Pregnancy and Childbirth - Recommended Books

Mayo Clinic Guide to a Healthy Pregnancy
BabyCenter Pregnancy from Preconception to Birth by Linda J Murray
The Complete Book of Pregnancy & Childbirth by Sheila Kitzinger
Ina May's Guide to Childbirth by Ina May Gaskin
Gentle Birth Choices by Barbara Harper and Suzanne Arms

Breastfeeding – Recommended Books

Breastfeeding Made Simple by Kendall-Tackett, Mohrbacher, Newman
Breastfeeding Answers Made Simple by Nancy Mohrbacher
The Womanly Art of Breastfeeding by Wiessinger, West and Pitman

Recommended Websites

www.babycenter.com
www.whattoexpect.com
www.thebump.com

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