

St John Medical Center
Holistic Birth Center & Family Suite

Highly recommended reading / videos:

BOOKS

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| 1. Spiritual Midwifery | author, Ina May Gaskin |
| 2. Ina May's Guide to Childbirth | author, Ina May Gaskin |
| 3. The Complete Book of Pregnancy & Childbirth | author, Sheila Kitzinger |
| 4. Gentle Birth Choices | author, Barbara Harper |
| 5. Birth From Within | author(s), Pam England & Rob Horowitz |
| 6. Birth Reborn | author, Michel Odent |
| 7. The Doula Advantage | author, Rachel Gurevich |
| 8. The Birth Partner | author, Penny Simkin |
| 9. Homebirth in The Hospital | author, Stacey Marie Kerr, MD |

VIDEOS

1. The Business of Being Born
2. Gentle Birth Choices
3. Penny Simkin's Comfort Measures For Childbirth

Suggested items to bring from home:

Pillow

I-pod or CD's

Beverages

(Juice, Gatorade, labor aide)

Snacks

(Fresh fruit, granola bars, yogurt)

Garden kneeler

(For use in the tub)

Inflatable pillow

(For use in the tub)

Camera / Video camera