

# BOOKS YOUR PATIENTS MAY BE READING ABOUT DIFFERENT PERSPECTIVES ON CHILDBIRTH AND PARENTING

Women who want to experience a less “conventional” pregnancy and labor may be interested in the following books; it is worth it for clinicians to be familiar with them as well. Some of the books listed in this Whole Health tool have been the subject of some degree of controversy.

## PARENTING AND BABY CARE

- *Baby-Led Weaning: The Essential Guide to Introducing Solid Foods and Helping Your Baby to Grow Up a Happy and Confident Eater*, Gill Rapley and Tracey Murkett (2019)
- *Everyday Blessings: The Inner Work of Mindful Parenting*, Mayla Kabat-Zinn and Jon Kabat-Zinn (1998)
- *Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition and Health*, Aviva Jill Romm and William Sears (2003)
- *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*, La Leche League International (2014)
- *The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two*, William Sears, Martha Sears and Robert W. Sears (2013)
- *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night*. Elizabeth Pantley (2020)
- *The Vaccine Book: Making the Right Decision for Your Child*, Robert W. Sears (2011)
- *Your Baby's Best Shot: Why Vaccines Are Safe and Save Lives*. Stacy Mintzer Herlihy AM and E. Allison Hagood (2015)

## BREASTFEEDING

- *Birth Without Fear: The Judgement-Free Guide to Taking Charge of Your Pregnancy, Birth, and Postpartum*, January Harshe (2019)
- *Birthing From Within: An Extra-Ordinary Guide to Childbirth Preparation*, Pam England and Rob Horowitz (1998)
- *Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military*, Robyn RochePaull (2010)
- *Hirkani's Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working*, Jennifer Hicks (2005)
- *Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby Is Born*, Elizabeth Noble (1988)
- *Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices*, Sarah J. Buckley, (2008)

- *Ina May's Guide to Childbirth*, Ina May Gaskin (2003)
- *Natural Health After Birth: The Complete Guide to Postpartum Wellness*, Aviva Jill Roman (2002)
- *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions*, Penny Simkin (2018)
- *The Thinking Woman's Guide to a Better Birth*, Henci Goer (1999)
- *The Womanly Art of Breastfeeding*, La Leche League International. (2010)

## **AUTHOR**

“Books Your Patients May Be Reading about Different Perspectives on Childbirth and Parenting” was written by [Jill Mallory](#), MD (2014, updated 2020).

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