



BBDC Approved Reading List

Required Titles

- **Babies are not Pizzas: They're Born Not Delivered!**
Rebecca Dekker
- **Breastfeeding Made Simple**
Nancy Mohrbacher and Kathleen Kendall-Tackett 2nd edition
- **The Doula Book**
Marshall H. Klaus
- **The Birth Partner**
Penny Simpkin
- **Ina May Gaskin's Guide to Childbirth**
Ina May Gaskin

Approved Titles

Narratives

- **Rediscovering Birth**
Sheila Kitzinger
- **Raising Henry: A Memoir of Motherhood, Disability, and Discovery**
Rachel Adams
- **Listen to me Good: The life story of an Alabama Midwife**
Margaret Charles Smith and Linda Janet Holmes
- **Supernatural childbirth**
Jackie Mize

Parent-Focused

- **Taking Charge of your fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health**
Toni Weschler
- **Home Birth: a practical guide 4th edition**
Nicky Wesson
- **Birthing Normally After a Cesarean or Two**
Helene Vadeboncoeur
- **Gentle Birth, Gentle Mothering: A doctor's guide to Natural Childbirth and Gentle Early Parenting Choices**
James J. McKenna PH.D.
- **The Expectant father 4th edition**
Armin a. Brott and Jennifer Ash

Nutrition & Breastfeeding

- **Real Food for Pregnancy: The Science and wisdom of Optional Prenatal Nutrition**
Lily Nichols
- **Your Baby's Microbiome: The Critical Role of Vaginal Birth and Breastfeeding for Lifelong Health**
Toni Herman and Alex Wakeford
- **Why the politics of breastfeeding Matters**
Susan Last and Gabrielle Palmer
- **Breastfeeding: Empowering Parents**
Dr. Jack Newman FRCPC
- **The Ultimate Breastfeeding Book of Answers**
Jack Newman

Politics & Evidence-Based

- **What's Right for me? : Making decisions in pregnancy and childbirth**
Sara Whickham RM MA BA(Hons) PGGCE(A)
- **Gentle Birth Choices: A Guide to Making Informed Decisions about Birthing Centers, Birth Attendants, Water Birth, Home Birth, and Hospital Birth**
Barbra Harper
- **Birthing Justice: Black Women, Pregnancy, and childbirth**
Julia Chinyere Oparah and Alicia D. Bonaparte

Skill Development & Overcoming Challenges

- **Oxytocin: The Biological Guide to Motherhood**
Kerstin Uvnas-Moberg 2016
- **Traumatic Childbirth**
Cheryl Tatano Beck, Jeanne Watson Driscoll, and Sue Watson
- **How to Heal a Bad Birth: Making Sense, Making Peace and Moving On**
Melissa J. Bruijn and Debby A Gould
- **Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression and Anxiety**
Shoshana s. Benett and Pec Indman
- **Disability in Pregnancy and Childbirth**
Stella Frances McKay-Moffat MPhil
- **Women's Health Communication: High-Risk Pregnancy and Premature Birth Narratives**
Jennifer G Hall
- **Natural Hospital Birth**
Cynthia Gabriel
- **Cut, Stapled and Mended**
Rosanna Rosewood

