

Pregnancy & Birth Resources

Websites

Perinatal Organizations

- Midwives Association of BC - www.bcmidwives.com
- East Kootenay Midwives - www.eastkootenaymidwives.com
- BC Doulas - www.bcdoulas.org
- Breastfeeding Mamas - www.breastfeedingmamas.org
- Ideal Society - www.idealsociety.org

Maternal Health

Pregnancy & Birthing

- Womb Ecology - www.wombecology.com
- Sacred Birthing - www.sacredbirthing.com
- Spinning Babies - www.spinningbabies.com
- HypnoBirthing - www.us.hypnobirthing.com

Pelvic Floor

- kGoal Smart Kegel Pelvic Floor Trainer - www.minnalife.com/products/kgoal
- Epi-No Delphine Plus Pelvic Floor Stretcher - www.pelviennewellness.com
- In Shape Moms, Hypopressive Keys - www.hypopresives.com
- Hypopressives Vancouver - www.hypopressivesvancouver.com

Pediatric Health

Microbiome & Probiotics

- Lab4 Probiotics - www.lab4probiotics.co.uk
- Swansea Newborn Study - <http://www.lab4probiotics.co.uk/the-swansea-baby-trial/>
- ProChild Study - <http://www.lab4probiotics.co.uk/the-prochild-study/>

Baby Education & Supplies

- Apple Cheeks Cloth Diapers - www.applecheeks.com
- Tula Baby Carriers - www.tulababycarriers.com
- Birthing & Breastfeeding Educational Dolls - www.mamamordolls.com

You Tube Videos

- Zinc Flash at Conception - <https://www.youtube.com/watch?v=b9tmOyrIIYM>
- If Sex was like Birth - <https://www.youtube.com/watch?v=IZG0T7xHy6A>
- From Conception to Birth - <https://www.youtube.com/watch?v=fKyljukBE70>
- Braxton Hicks Demonstration - <https://www.youtube.com/watch?v=URyEZusnjBI>
- Water Birth of Sloane - <https://www.youtube.com/watch?v=pSyCal8fqig>
- Photo Montage to Fathers - https://www.youtube.com/watch?v=4R1WiT_qz40
- Natural Cesarean - <https://www.youtube.com/watch?v=wdyzAuc3Ff8>
- It's My Body, My Baby, My Birth - <https://www.youtube.com/watch?v=dn3Pb-IgqvM>
- Freedom for Birth Trailer - https://www.youtube.com/watch?v=bCH_PnxL8lc
- Pediatric Shoes - <https://www.youtube.com/watch?v=2FgcvJvpUhY>

Books

- Dick-Read, Grantly (2013). *Childbirth Without Fear: The Principles and Practice of Natural Childbirth*.
- England, Pam (1998). *Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation*.
- Gaskin, Ina May (2009). *Ina May's Guide to Breastfeeding*.
- Gaskin, Ina May (2003). *Ina May's Guide to Childbirth: Updated with New Material*.
- Gaskin, Ina May (2003). *Spiritual Midwifery*.
- Hayden, Elizabeth (2000). *Osteopathy for Children*.
- Lothien, Judith (2010). *The Official Lamaze Guide*.
- Mongan, Marie (2005). *Hypnobirthing: The Breakthrough Natural Approach to Safer, Easier, More Comfortable Birthing*.
- Odent, Michel (2012). *Primal Health: Understanding the Critical Period between Conception and the First Birthday*.
- Phillipson-Webb, Lianne (2010). *Sprout Right: Nutrition from Tummy to Toddler*.
- Rapley, Gill (2010). *Baby-Led Weaning: The Essential Guide to Introducing Solid Foods and Helping your Baby to Grow Up a Happy and Confident Eater*.
- Romm, Aviva Jill (2003). *Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition and Health*.
- Romm, Aviva Jill (2001). *Vaccinations - A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives*.
- Sears, William (2013). *The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts*.
- Sears, William (2013). *The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two*.
- Sears, William (2011). *The Vaccine Book: Making the Right Decision for Your Child*.
- Simkin, Penny (2013). *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions (4th Edition)*.
- Smith, Jenny (2009). *Your Body, Your Baby, Your Birth: The Must-Have Handbook to Help You Have the Best Possible Pregnancy, Labor and Birth*.
- Verney, Thomas (1988). *The Secret Life of the Unborn Child*.
- West, Zita (2014). *Eat Yourself Pregnant: Essential Recipes to Boosting Your Fertility Naturally*.
- West, Zita (2008). *Acupuncture in Pregnancy and Childbirth*.