



## Recommended reading and resources

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### Pregnancy & Birth:

- The Australian Pregnant Book - Dr Derrick Thompson
- Up The Duff - Kaz Cooke
- What To Expect When Your Expecting - Eisenberg/Murkoff
- The New Pregnancy & Childbirth Book - Sheila Kitzinger
- New Active Birth - Janet Balaskas
- The Natural Way to Better Pregnancy - Naish & Roberts

### For Fathers:

- So You're Going To Be A Dad - Peter Downey
- Cheers To Childbirth - Lucy Perry
- Manhood - Steve Biddulph

### Caesarean Section:

- Caesarean Birth - Zena Armstrong
- Caesarean Experience - Sarah Clement
- VBAC booklet (Vaginal birth after caesarean) - Royal Women's Hospital (avail on their website)

### Breastfeeding:

- Breastfeeding, I Can Do That - Sue Cox
- Breastfeeding with Confidence - Sue Cox
- Breastfeeding... Naturally - Australian Breastfeeding Association publication
- Breastfeeding Made Simple - Mohrbacher, Kendall-Tackett & Newman
- Breastfeeding: How to Breastfeed Your Baby - Renfrew, Arms & Fisher
- The Nursing Mothers Companion - Kathleen Huggins

### Multiple Pregnancies:

- Having Twins - Elizabeth Noble
- Twins - From Conception to Five Years - Clegg & Woolett

### Sleep & Settling:

- The no-cry Sleep Solution - Elizabeth Pantley
- Sleeping Like A Baby - Pinky McKay
- 100 Ways to Calm The Crying Baby - Pinky McKay