

My Pregnancy Reading List

Title

Author

Guide to Childbirth by Ina May Gaskin

I highly recommend reading this book if you are new to motherhood. It opened my mind and myself for positive birthing experience. All that you need to know about childbirth are well defined here!

Ayurveda Mama by Dhayna Masla

Another empowering book to lay hands is this one! I read it twice and find all the ayurvedic insights very helpful, positive, and affirming.

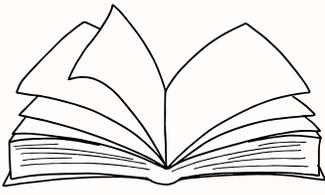
Baby Sears Book

All that you need to know about taking care of a baby! This one is filled with so much good information. If you can find some time to read this one, you may not need to scan other different books for baby caring!

The Nursing Mother's Companion

If you are planning to breastfeed your child then this one covers all aspects of breastfeeding. Before you go and buy supplies such as breast pumps, hand expression of colostrum before birth, or buying any baby formula, I'd highly recommend giving this one a quick read.





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The Birth Partner by Penny Simkin

This book has all the information that you will typically find in a prenatal classes. That being said, prenatal classes are more informative and engaging. However, for any reason if you are not able to do a prenatal class or otherwise too, this is a very informative read, which talks about how your partner or family can help you before, during, and after birth.

Our Baby Ourselves

Why our parents raised us a certain way? And how we will raise our kids? This one is written from a scientific bent of mind, talks about evolution, our parenting instincts, habits, and what influence our style of parenting. This book gives a deeper insight into parenting.

The Sears Baby Book

All that you need to know about taking care of a baby! This one is filled with so much good information. If you can find some time to read this one, you may not need to scan other different books for baby caring!

Childbirth without fear by Grantly Dick-Read

Spiritual Midwifery by Ina May Gaskin

Guide to Breastfeeding by Ina May Gaskin

