

Resources for Parents

On Birth Choices

Ina May's Guide to Childbirth, Ina May Gaskin

The Thinking Woman's Guide to a Better Birth, Henci Goer

Water Birth: A Midwife's Perspective, Susanna Napierala

Choosing Waterbirth: Reclaiming the Sacred Power of Birth, Laksmi Bertram

<http://www.thebusinessofbeingborn.com/index.php>

Midwives and Doulas

Midwives Alliance of North America: <http://mana.org/links.html>

Teresa Fischer, CD (DONA) Childbirth Educator and Doula: www.yourownbirth.com

On Cloth Diapers/Sustainable Choices

Raising Baby Green: the Earth-Friendly Guide to Pregnancy, Childbirth and Baby Care, Alan Greene, M.D.

http://www.mothering.com/articles/new_baby/diapers/joy-of-cloth.html

<http://www.verybaby.com/ccp0-display/health.html>

For cloth diapers --Bummis, Fuzzi Bunz, prefold diapers, hemp inserts, Snappi fasteners and more www.babynaturale.com (if you call, talk to Amber who is a big help)

Fuzzi Bunz all-in-one diapers: <http://fuzzibunz.com/news.php>

www.mommasbaby.com (Lori is teaching cloth diaper classes in Allentown)

Good birth stories:

<http://www.hackettstownmidwives.com/DesktopDefault.aspx?tabindex=7&tabid=15>



We have a secret in our culture, and it's not that birth is painful. It's that women are strong.

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