

WomanCraft Midwifery Studies Course

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Reading List

Part I: Foundation - Read 1 book from each section for a total of 5 books

Part II: Midwifery History and Information – read Women Are Strong and any 2 other books from this section

Part III: Midwifery Textbooks – **you must have access to all of these for your course modules**

You do not need to buy all the books in Part I & II. You just need to read some of them so try the local library, inter library loan programs, used books stores or even borrowing from a friend.

You will need to own all the books from Part III: Midwifery Texts. Books in this section are listed with a number after them which designates which module you will first need the books for. Please purchase the book BEFORE this module.

You will also need to purchase the WomanCraft Student Midwifery Kit from Everything Birth before our first class. Please bring your kit to class with you. http://www.everythingbirth.com/WomanCraft-Midwifery-Education-Program-New-Student-Package_p_2955.html If you already own any of this equipment simple call everything birth and they can remove those items from your kit.

For Part I: Foundation - read 1 book from each section (5 books)

Natural Birth

- The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth by William and Martha Sears
- Ina May's Guide to Childbirth Ina May Gaskin
- A Good Birth, A Safe Birth : Choosing and Having the Childbirth Experience You Want, 3rd Edition Diana Korte
- Mother's Intention: How Belief Shapes Birth Kim Wildner
- Spiritual Midwifery Ina May Gaskin
- Gentle Birth Choices by Barabara Harper
- Mothering Magazine's Having a Baby, Naturally: The Mothering Magazine Guide to Pregnancy and Childbirth by Peggy O'Mara
- Your Best Birth by Ricki Lake and Abbie Epstein

VBAC

- Silent Knife: Cesarean Prevention and Vaginal Birth after Cesarean by Nancy Wainer Cohen & Lois J. Estner
- The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean by Diana Korte
- Immaculate Deception II: Myth, Magic & Birth by Suzanne Arms
- Vaginal Birth After Cesarean: The Smart Woman's Guide to VBAC by Elizabeth Kaufmann
- Open Season: A Survival Guide for Natural Childbirth and VBAC in the 90s by Nancy Wainer Cohen
- Birth After Cesarean: The Medical Facts by Bruce L. Flamm
- Natural Childbirth After Cesarean: A Practical Guide by Karis Crawford & Johanne C. Walters
- The Cesarean Myth by Mortimer Rosen & Lillian Thomas

Breastfeeding

- The Womanly Art of Breastfeeding: Seventh Revised Edition by La Leche League International
- Ina May's Guide to Breastfeeding by Ina May Gaskin
- The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America by Jack Newman M.D. & Teresa Pitman
- Breastfeeding Pure & Simple by Gwen Gotsch
- The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning by Martha & William Sears
- The Nursing Mother's Companion by Kathleen Huggins
- Fresh Milk: The Secret Life of Breasts by Fiona Giles
- Breastfeeding Your Baby: Revised Edition by Sheila Kitzinger
- Breastfeeding: How to Breastfeed Your Baby by Mary Renfrew, Chloe Fisher & Suzanne Arms
- Birth And Breastfeeding: Rediscovering The Needs Of Women During Pregnancy And Childbirth by Michel Odent
- Mothering Multiples: Breastfeeding and Caring for Twins or More by Karen Kerkhoff Gromada (A LLLI Book)
- Adventures in Tandem Nursing: Breastfeeding During
- Pregnancy and Beyond by Hilary Flower

Postpartum Mood Disorders

- This Isn't What I Expected: Overcoming Postpartum Depression by Karen Kleiman & Valerie Raskin
- Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression by Shoshana S. Bennett Ph.D. & Pec Indman
- The Hidden Feelings of Motherhood: Coping with Stress, Depression, and Burnout by Kathleen A. Kendall-Tackett
- The Postpartum Husband: Practical Solutions for living with Postpartum Depression by Karen R. Kleiman
- A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs
- The Ghost in the House: Real Mothers Talk About Maternal Depression, Raising Children, and How they Cope by Tracy Thompson
- Sleepless Days: One Woman's Journey Through Postpartum Depression by Susan Kushner Resnick
- Overcoming Postpartum Depression and Anxiety by Linda Sebastian
- The Mother-to-Mother Postpartum Depression Support Book by Sandra Poulin
- And Down Came the Rain: My Journey Through Postpartum Depression by Brook Shields
- Understanding Postpartum Psychosis: A Temporary Madness by Teresa M. Twomey

Parenting

- Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition, and Health by Aviva Jill Romm
- Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives by Aviva Jill Romm
- The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two (Revised and Updated Edition) James Sears
- The Discipline Book: How to Have a Better-Behaved Child From Birth to Age Ten by Martha, William Sears
- The Attachment Parenting Book : A Commonsense Guide to Understanding and Nurturing Your Baby Martha Sears, William Sears
- Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason by Alfie Kohn
- Attached at the Heart: 8 Proven Parenting Principles for Raising Connected and Compassionate Children by Barbara Nicholson and Lysa Parker
- The Natural Child: Parenting from the Heart by Jan Hunt

- Primal Health: Understanding the Critical Period Between Conception and the First Birthday by Michel Odent
- Attachment Parenting: Instinctive Parenting by Katie Allison Granju
- The Continuum Concept by Jean Leidloff
- Natural Family Living : The Mothering Magazine Guide to Parenting by Peggy O'Mara

Part II – Midwifery Basics and History

(read Women are Strong and any 2 other books on this list)

- Women are Strong: A Midwife's Birth Stories by Beth Anne Moonstone
- Becoming a Midwife by Carolyn Steiger* (out of print but if you can find one a great book)
- A Book for Midwives by the Hesperian Foundation (full text available on line)
- Birth Matters: A Midwife Manifesta by Ina May Gaskin
- Lying In by Wertz
- Birth Chairs, Midwives and Medicine by Amanda Banks
- A Midwives Story by Penny Armstrong
- The Midwife: A Memoir of Birth by Jennifer Worth
- Monique and the Mango Rains: Two Year with a Midwife in Mali by Kris Holloway
- A Midwife's Tale by Laurel Thatcher Ulrich

Part III: Midwifery Textbooks –

You need all of these for your modules.

The numbers after each are which module you will first need the book for.

- Practical Skills Guide for Midwifery 5th edition (buy from <http://www.morningstarpub.com/>) 1
- Heart and Hands by Elizabeth Davis 1
- Taber's Medical Encyclopedia 1
- Holistic Midwifery Volume I (revised 2010) by Anne Frye 1
- The Developing Human: Clinically Oriented Embryology (2007 edition) by Keith Moore 2
- Oxborn and Foote 6th edition (2013) by Glen Posner 2
- Optimal Care in Childbirth: The Case for a Physiologic Approach by Henci Goer, Amy Romano 2
- Anatomy and Physiology for Midwives (2011 edition) by Jane Coad 4
- Holistic Midwifery Volume II by Anne Frye 5
- Understanding Diagnostic Tests in the Childbearing Year 7th edition (2007) by Anne Frye 6
- Physical Assessment of the Newborn by Tapperro 7