

Birth India

Library list

Updated JUNE 2011

No	Name	Author
1.	Misconceptions: Truth, Lies, and the Unexpected on the Journey to Motherhood.	Naomi Wolf, First Edition
2.	Text Book of Obstetrics.	D.C Dutta M.B.B.S., D.G.O., M.O(CAL). Sixth edition.
3	Medicolegal Aspects in Obstetrics and Gynecology. VOL 1.	Gita Ganguly Mukherjee, Narendra Malhotra. Second Edition.
4.	INA MAY's Guide To Childbirth.	Ina May Gaskin.
5.	Becoming A Father	William Serars, M.D. Revised Edition.
6.	The Expectant Parent's Guide To Preventing a Cesarean section.	Carl Jones.
7.	Birthing From Within; An Extra-ordinary Guide To Childbirth Preparation.	Pam England,
8.	Garbhasanskar In Pregnancy; Creating The Perfect Baby.	Dr.Vikram Shah, M.D., & Dr. Geetanjali Shah, M.D. First Edition.
9.	Natural Pregnancy; Complementary Therapies For Preconception, Pregnancy and Postnatal Care.	Zita West.
10.	Fetal Attraction; Everything Indian Parents-To-Be Need To Know About Pregnancy and Childbirth.	Dr. Duru Shah, MD, FCPS, FICS, FICOG, DGO, DFP, FICMCH.
11.	Pregnancy Parenthood and Yoga .	Hansa Jayadeva Yogendra & Armaiti N. Desai.
12.	101 Essential Tips on Childbirth.	Elizabeth Fenwick.
13.	YOGA For Young Mothers.	Seema Sondhi.
14.	Painless Childbirth: The Lamaze Method.	Fernand Lamaze.
15.	Choosing WaterBirth: Reclaiming The Sacred Power of Birth.	Lakshmi Bertam.

16.	Essentials Of Obstetrics.	Sabaratnam Arulkumaran, Alokendu Chatterjee, Pratap Kumar, First edition.
17.	Guidelines For Ante-Natal Care and Skilled Attendance At Birth.	ANM's & LHV's.
18.	Search For Mothers.	Valerie Albrecht.
19.	Active Birth; The New Approach to Giving Birth Naturally.	Janet Balaskas. Revised Edition.
20.	The Birth Partner; A Complete Guide to Childbirth For Dads, Doulas & All other Labor Companions.	Penny Simkin, P.T. Third Edition.
21.	The Complete Book of Pregnancy and Childbirth: Week By Week, Month By Month, The Most Comprehensive & Authoritative Guide For Expectant Parents.	Sheila Kitzinger. Fourth Edition.
22.	Immaculate Deception II Myth, Magic & Birth.	Suzanne Arms.
23.	Obstetric Myths Versus Research Realities; A Guide to The Medical Literature.	Henci Goer, A.C.C.E.
24.	From Outrage To Courage; Women Taking Action For Health & Justice.	Anne Firth Murray.
25.	Impact of Birthing Practices On Breastfeeding.	Linda.J.Smith. Second Edition.
26.	Ina May Guide to Breastfeeding.	Ina May Gaskin.
27.	Birth without Violence.	Frederick Leboyer, M.D.
28.	The Art of Giving Birth: with Chanting, Breathing and Movement.	Frederick Leboyer, M.D. First U.S Edition.
29.	Spiritual Pregnancy: Inner Wisdom to Nourish and Nurture Y/our Child.	Gopika Kapoor.

1. Active Birth-SHEILA KITZINGER

“In an active birth,” a mother moves about freely, finds comfortable positions for labor and delivery, and seldom needs drugs or obstetrical interventions. In *Active Birth*, Janet Balaskas teaches mothers to develop all of their bodily resources for giving birth, to follow their own instincts, and to take full control of the childbirth experience. *Active Birth* includes:

- Fully-illustrated exercises for a comfortable, energetic pregnancy
- Massage for pregnancy and labor
- Ways to create the ideal setting for an active birth in the hospital or at home
- Positions for labor and birth, for maximum comfort and efficient contractions.
- The latest information about Water Birth, and how to plan one.
- Exercises for recovery and relaxation after the birth
- Helpful tips for partners and birth attendants.

2. The Birth Partner-PENNY SIMKIN,P.T.

The *birth partner* remains the definitive guide for preparing to help a woman through childbirth & the essential manual to have at hand during the event. This completely updated edition includes thorough information on

- Preparing for labor and knowing when it has begun;
- Normal labor and how to help the women every step of the way;
- Epidurals and other medications for labor;
- Non-drug techniques for easing labor pain;
- Cesarean birth & complications that may require it;
- Breast feeding and new born care;
- And much more.

For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

3. The Complete Book Of Pregnancy And Child Birth-SHEILA KITZINGER

Reassuring, informative, and uniquely inspiring, *the complete book of pregnancy & child birth* is the indispensable encyclopedic reference for expectant mothers from the moment of conception to the moment of delivery and beyond with extra-ordinary photographs of labor and delivery, authoritative advice on natural child birth, and an up- to- up the minute directory of useful organizations and resources, this fourth edition of the best selling classic addresses the issues of greatest concern to today's parents, including

- Conception
- Calculating the baby's due date
- Pain relief
- Tests and technology, from amniocentesis to fetal monitors
- Exercise and nutrition

- Week-by-week changes in the baby's body and your own
- Selecting a childbirth class and method
- The partner's role
- Sex during pregnancy
- The three stages of labor
- What to expect post partum
- The first day of life.

4. Immaculate Deception II Myth Magic and Birth – SUZZANNE ARMS

Immaculate is an intimate view of the true nature of birth and its profound impact on women, children, and our world. Renowned author, photographer, and speaker Suzanne Arms shows us the wisdom inherent in the natural process. In the new immaculate deception II, she reveals how modern birth practices evolved, challenges commonly held belief and explores the subjects of pain and fear in birth. Hers is a compassionate yet provocative voice, with a clear vision of what is possible and of how everyone can benefit from changing the way our culture approaches birth.

5. Obstetric Myth Versus Research Realities-HENCE GOER

Unencumbered by the burden of conventional obstetrical thinking, Ms.Goer takes a fresh look at current customs in maternity care. Using logic, common sense, and the latest scientific findings, she has written an incisive critique, inspiring us all – physicians, midwives, child birth, educator, nurses, doulas, and expectant parents-to rethink and question routine care as it exists today. This is 'must' reading for all who participate in maternity care.

6. From Outrage To Courage – ANNE FIRTH MURRAY

Shows how the abrogation of women's right around the world persists as central issue for everyone concerned with human rights. Panoramic in scope, this book illuminates the details of women's lives-their struggles, their resilience and the ability of so many to respond with practical and visionary solutions. A rare combination of clear analysis and inspiration.

7. Impact Of Birthing Practices On Breastfeeding – LINDA J. SMITH

Impact of birthing practices on breastfeeding, second edition examines the research and evidence connecting birth practices to breast feeding outcomes. It takes an in – depth look at the post birth experiences of the mother and the baby. Using the baby's ability to breastfeed as the vehicle, the mother's lactation capacity as a factor, and the intact mother baby dyad as the model to explore birth practices that affect breastfeeding.

8. Misconceptions- NAOMI WOLF

Naomi Wolf particular gifts-her moral integrity, clear, truth, telling and stirring compassion-shine throughout these pages. This is a ground breaking book, in its revelations about women, about men, about our society and about love.

9. Ina May's Guide to Child Birth-INA MAY GASKIN

Ina may gaskin is a magnificent midwife and a wondrous storyteller-and a writer who thinks deeply about the literal and metaphoric place of birth in this country. This book belongs on the table of every expectant mothers.

10. Becoming a Father-WILLIAM SEARS, MD

This newly revised edition of *Becoming a father* features additional information for families where both parents work, along with updated information on support during child birth, co-sleeping, and breast feeding.

11. The Expectant Parent's Guide To Preventing A Cesarean Section-CARL JONES

In this country one in four women-750,000 each year-undergo cesarean sections. Most suffer pain and disappointment.... and search outways to avoid the experience again. Filled with authoritative and practical information, this book points the way toward safe and positive vaginal delivery for both first -time and post-cesarean parents.

12. Birthing From Within-PAM ENGLAND,C.N.M., M.A. & ROB HOROWITZ, PHD.

The discussion of non-pharmacological means of pain control is outstanding and should be required reading of every obstetrical anesthesiologist in the US.

Birthing from within, honors nature and helps a woman find her own way to go with nature and her body. This book will help tap their resources so that their birthing will be life enhancing and empowering.

13. Natural Pregnancy-ZITA WEST

An information Bible.... If you've even thought about using Natural remedies during your pregnancy, then this should be your first port of call.

14.Fetal Attraction-DR.DURU SHAH

This book is an excellent all- in- one joyful guide to what happens during pregnancy-mentally, emotionally and physically-to mom and baby. Aside from the great information, it is light-hearted and very easy to follow. The approach is gentle and thorough, and includes a lot of information specific to our Indian setting. I highly recommend this book.

15. Pregnancy Parenting & Yoga-JAYADEVA YOGENDRA

This book helps a mother to prepare for the great event go through the delivery without fear or misgivings, to take care of the child in the crucial first year and more important, take care of herself before, during and after child birth.

16. Yoga For Young Mothers – SEEMA SONDHI

Now that you have a baby, there is all the more reason to take care of your self – your health, your looks, and your body. This amazing book gives you simple and easy asanas and meditation techniques to make you look as beautiful and toned as ever, with the extra energy and charge u need to take care of your bundle of joy. There are also asanas that you can do with your little one that increase the bonding between the two of you and instil in your baby the basics of yoga right from the very beginning.

17. Painless Child Birth-FERNAND LAMAZE

A remarkable new book tells how you, yourself-at home-with no special training can actually add as much as thirty points to your child's effective I.Q....how you can help him move ahead quickly in school and enable him to more successful in an education-conscious world.

18. Choosing Water Birth –LASHMI BETRAM

In addition, *Choosing water Birth* contains a complete prenatal yoga program with exercises and breathing and relaxation techniques designed to prepare the mother for an easier labor and delivery. More than 80 photos, including some of the author giving birth in water, bring the experience vividly to life.

19. Essentials Of Obstetrics-SABARATNAM ARULKUMARAN, V SIVANESARATNAM, ALOKENDU CHATTERJEE, PRATAM KUMAR

This book is truly the work of select obstetricians who have a deep concern for women's health and in these chapters , they have dealt with practical aspects, with utmost care to provide a crystal clear pathway to obstetric management for the undergraduates.

20. Text Book Of Obstetrics- D.C.DUTTA.

This sixth edition of D.C. Dutta's widely acclaimed, comprehensive Text Book of Obstetrics has considered all the areas as discussed above. Each chapter has been thoroughly revised, updated and few rewritten to keep the students abreast of the most recent and relevant informaton.

21. Medicolegal Aspects in Obstetrics and Gynecology- GITA GANGULY MUKHERJEE AND NARENDRA MALHOTRA.

The book deals ethics, potential areas of litigation and means to minimize the same. Special focus has been given to Risk management, Audits and Effects to litigation on the society and doctors. Importance has been given to medicolegal issues in reproductive medicine-ART, gamete donation and surrogacy.

22.Garbhasanskar in Pregnancy- Dr. VIKRAM SHAH and Dr. GEETANJALI SHAH.

This book is a journey. A Journey starting from conscious conception through a holistic pregnancy to post natal care and baby care.

23. 101 Essential Tips Childbirth- ELIZABETH FENWICK.

Know- how in a nut shell. The step-by-step series that brings expert advice at an affordable price. Breaks down key information on childbirth into 101 easy-to-grasp tips. Gives quick answer to all questions. Fully illustrated in color through out.

24.Search for Mother- VALERIE ALBRECHT:

Share yoga, yoga birthing, massage therapy, hypnotherapy, speech pathology and writing from her home in the rolling green hills of Northern New South Wales, Australia. Her story, passions and inspirations became Search of Mother.

25. Guideline for Ante-Natal Care and Skilled Attendance at Birth, by ANM's & LHV's:Error! No index entries found.The guidelines given in this manual are meant for the Auxiliary Nurse/Midwife (ANM), the multi purpose health worker – female (MPW-F), the Lady Health Visitor (LHV), or any other paramedical health worker who is engaged in providing maternal care at the village level. The guidelines have been prepared keeping in mind that

these workers would be providing care in a domiciliary setting or at the level of the subcentre. And ANM's and LHV's can also use these guidelines when working at the Public Health Centre or other health facilities. These incorporate evidence-based best practices for the provision of skilled attendance during pregnancy and at birth by these providers. It is hoped that these guidelines will serve as reading material during training in the Reproductive and Child Health (RCH) –II programme as reflected in the state programme implementation plans.

26. INA MAY's Guide to Breastfeeding – INA MAY GASKIN.

Ina May Gaskin is an international treasure, and her new guide to breastfeeding is the best thing ever written on the subject: a must have for all pregnant women interested in the best start for their babies.

27. Birth Without Violence – FREDERICK LEBOYER.

Birth Without Violence is telling a story. Stories are very important. As important as dreams. Without violence which, as we all know, Life becomes impossible. A story. A love story. The one love story behind all love stories. *Birth Without Violence* is literary text, a book of poetry.

28. The Art of Giving Birth: With Chanting, Breathing, and Movement – FREDERICK LEBOYER.

Dr. Frederick Leboyer. Author of the groundbreaking book *Birth Without Violence*, which looks at birth from the baby's point of view, now explores the birth process from the mother's perspective. Through the heartfelt letters of women sharing their experiences, which are accompanied by his advice and commentary, he reveals how women can develop the skills needed to create a successful and joyful birth.

29. Spiritual Pregnancy: Inner Wisdom to Nourish and Nurture Your Child – GOPIKA KAPOOR.

A Surprisingly fun read, the thought provoking book deals with difficult and sometimes abstract subjects yet provides essential guidance to young parents in a logical, linear way..... a great addition to the family bookshelf.

List of the films we have

No	Films	By
1.	Birthday: A woman can be joyous giving Birth. Home Birth Series – Vol II	Naoli Vinaver Lopes.

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| 2 | Pregnant In America. | |
| 3. | Birth As We Know It (Educational Edition). | Elena Tonetti Vladimirova. |
| 4. | Fables of Birth. | Sahana Bhattacharya. |
| 5. | Born in Water: A sacred journey. | AndaLuz Water Birth Centre. |
| 6. | The Joy of Parenting (Life Yessence Academy) | |
| 7. | The Business of Being Born: A must see for every parent-to-be. | Abby Epstein. |
| 8. | Birth Without Violence. | Frederick Leboyer M.D. |
| 9. | Music for Divine Soul. | |
| 10. | The Joy of Parenting (Infant Siddha Programme). | |
| 11. | Interview of CNN IBN, with Birth India | |
| 12. | The Art of giving Birth: With Chanting, Breathing and Movement. (Music CD for relaxing) | Frederick Leboyer M.D. |

1. Birthday – NAOLI VINAVER LOPES

Birthday is a documentary exquisitely capturing the beauty of a natural home birth in the lush mountains countryside of Xalapa, Veracruz, Mexico.

3. Birth As We know It – ELENA TONETTI

Birth as we know it contains 11 Natural Births combined with an invoking Narrative and breathtaking Soundtrack. Embark on a journey of Conscious Birth, and discover first-hand the miracle of life and the ultimate possibilities of Birth.

4. Fables of Birth – SAHANA BHATTACHARYA

Fables of birth is a heart rendering and an outlandish look at the dying culture of midwifery in the remote and forgotten villages of Eastern India.

5. Born in Water – ANDALUZ WATER BIRTH CENTRE

This video is our gift to the babies of the world. Our hope is that their parents will have faith in their ability to give birth as they help to guide their babies on their sacred journey and welcome them to the light.

7. The Business of Being Born – ABBY EPSTEIN

Inspired by their own unique birth experiences producer Ricki Lake and director Abby Epstein team to provide a nation of mothers-to-be with insight into the process of childbirth and the various options available when preparing for life's most special event. From pregnancy to the miraculous moment of birth, *The Business of Being Born* is an entertaining and informative celebration of the road to motherhood that "should be seen by every pregnant woman in America".

8. Birth Without Violence – FREDERICK LEBOYER M.D.

"Apart from a short introduction there is no commentary or voice-over in these three films. Talking is the expression of your mind thinking. Thinking is nothing but an illusion, which u continuously project on what it is. I recommend to stop thinking while you watch these three movies, stop talking, quiet your mind, and be pure attention.

10. The Joy of Parenting (Infant Siddha Programme)

They say "The Child is the father of man". The infant Siddha Programme is proof enough of this saying. There are some things which cannot be seen as an achievement in it bits, nor can it be taught in school. The samaskaras, which the child learns in the ISP helps him to remain rooted in life. Other benefits come as a bi-products of this training.

