

fear in our providers? Are we assuming that if they (medical professionals) are present nothing can go wrong?

- ❖ Whose ultimate responsibility is it when a baby is born unhealthy? (Taking care of ourselves during pregnancy) Is it healthy and ok to place blame when there is no one to blame in order for us to “feel better”?
- ❖ “It is time we come to understand birth, not fear it, and usher in an age of autonomous childbirth.” (43)

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Evidence Based Birth’s mission is to get the research evidence on birth into the hands of mothers and families, inspiring them to make more informed decisions about their care during childbirth.

<http://evidencebasedbirth.com/>

The Rights of Childbearing Women PDF

www.childbirthconnection.org/pdfs/rights_childbearing_women.pdf

Public education program from the Midwives Alliance of North America <http://mothersnaturally.org/>

Henci Goer’s website (author of *The Thinking Woman’s Guide to a Better Birth*) has a great list of articles on a range of different topics <http://www.hencigoer.com/articles/>

Citizens for Midwifery – a consumer-based group that promotes the *Midwives Model of Care*

<http://cfmidwifery.org>

The American Pregnancy Association is a national health organization committed to promoting reproductive and pregnancy wellness through education, support, advocacy, and community awareness.

<http://americanpregnancy.org/>

Something different and meaningful as you prepare for birth and parenting

<http://www.birthingfromwithin.com/>

“The Pitfalls of Going with the Flow in Birth” by Melissa Bruijn and Debby Gould

<https://pathwaystofamilywellness.org/Pregnancy-Birth/the-pitfalls-of-going-with-the-flow-in-birth.html>

“The Hard Science of Supporting Low-Tech Birth” by Alice Dreger

<https://pathwaystofamilywellness.org/Pregnancy-Birth/the-hard-science-of-supporting-low-tech-birth.html>

“Taking Charge of Giving Birth” by Cynthia Overgard, MBA, HBCE

<https://pathwaystofamilywellness.org/Pregnancy-Birth/taking-charge-of-giving-birth.html>

Responses

Melanie – This is my personal opinion as a doula: please don't read What to Expect When You're Expecting! Don't even give it away - throw it out! In Pathways Issue 24 they give their Top Ten Books for Pregnancy and Birth:

- *Spiritual Midwifery* by Ina May Gaskin
- *Gentle Birth, Gentle Mothering* by Sarah J. Buckley
- *Mother's Intention: How Belief Shapes Birth* by Kim Wildner
- *Spontaneous Evolution* by Bruce H. Lipton, PhD, and Steve Bhaerman
- *Birth in the Spirit* by Cathy Daub
- *Birth from Within* by Pam England, MA, CNM
- *Active Birth* by Janet Balaskas
- *Pushed* by Jennifer Block
- *Having a Baby, Naturally* by Peggy O'Mara
- *Fathers-To-Be Handbook* by Patrick M. Houser