

Books Your Patients May Be Reading About Different Perspectives on Childbirth and Parenting

Women who want to experience a less “conventional” pregnancy and labor may be interested in the following books; it is worth it for clinicians to be familiar with them as well. Some of the books listed in this Integrative Health tool have been the subject of some degree of controversy.

Parenting and Baby Care

- *Baby-Led Weaning: The Essential Guide to Introducing Solid Foods and Helping Your Baby to Grow Up a Happy and Confident Eater*, Gill Rapley and Tracey Murkett (2019)
- *Everyday Blessings: The Inner Work of Mindful Parenting*, Mayla Kabat-Zinn and Jon Kabat-Zinn (1998)
- *Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition and Health*, Aviva Jill Romm and William Sears (2003)
- *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*, La Leche League International (2014)
- *The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two*, William Sears, Martha Sears and Robert W. Sears (2013)
- *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night*, Elizabeth Pantley (2020)
- *The Vaccine Book: Making the Right Decision for Your Child*, Robert W. Sears (2011)
- *Your Baby's Best Shot: Why Vaccines Are Safe and Save Lives*, Stacy Mintzer Herlihy AM and E. Allison Hagood (2015)

Breastfeeding

- *Birth Without Fear: The Judgement-Free Guide to Taking Charge of Your Pregnancy, Birth, and Postpartum*, January Harshe (2019)
- *Birthing From Within: An Extra-Ordinary Guide to Childbirth Preparation*, Pam England and Rob Horowitz (1998)
- *Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military*, Robyn RochePaull (2010)
- *Hirkani's Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working*, Jennifer Hicks (2005)
- *Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby Is Born*, Elizabeth Noble (1988)



- *Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices*, Sarah J. Buckley, (2008)
- *Ina May's Guide to Childbirth*, Ina May Gaskin (2003)
- *Natural Health After Birth: The Complete Guide to Postpartum Wellness*, Aviva Jill Roman (2002)
- *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions*, Penny Simkin (2018)
- *The Thinking Woman's Guide to a Better Birth*, Henci Goer (1999)
- *The Womanly Art of Breastfeeding*, La Leche League International. (2010)

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"Books Your Patients May Be Reading about Different Perspectives on Childbirth and Parenting" was adapted for the University of Wisconsin Integrative Health Program from the original written by Jill Mallory, MD (2014, updated 2020). Modified for UW Integrative Health in 2021.

This Integrative Health tool was made possible through a collaborative effort between the University of Wisconsin Integrative Health Program, VA Office of Patient Centered Care and Cultural Transformation, and Pacific Institute for Research and Evaluation.