

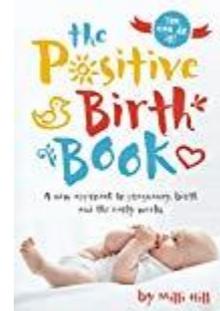
The Reading List

This list is not a definitive list of all the best birthing books In the world. There are way too many books out there to claim definitive status. But it is a pretty great list all the same. It comprises all the books that the speakers on the summit have either authored themselves or recommended because they found them useful in their own journey in motherhood. Collectively they form a brilliant resource for you to dip into and choose which suits you. I do hope you enjoy browsing and reading and it supports your confident birth.

Note: The books are in no particular order of importance or hierarchy. Most are specifically aimed at pregnant people, some are more generally feminist or historical. Read the description and pick out the ones you are most drawn to.

[The Positive Birth Book by Milli Hill.](#)

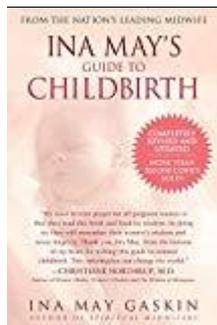
A guide to pregnancy, birth and the early weeks with everything from building birth plans to your choices and rights in the birth room. A book to challenge the negativity and fear of childbirth packed full of useful information.



[How to have a baby by Natalie Meddings.](#)

Reminding you what we have collectively forgotten, this book is full of real practical and mother gathered guidance which reassures, readies and restores your confidence.

Katharine Graves , The Hypnobirthing book. with Antenatal Relaxation Download: An Inspirational Guide for a Calm, Confident, Natural Birth. Teaching gentle and simple techniques that can shorten labour and reduce the need for pain relief.

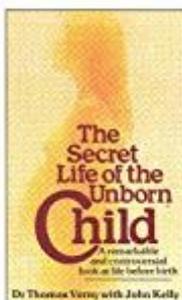
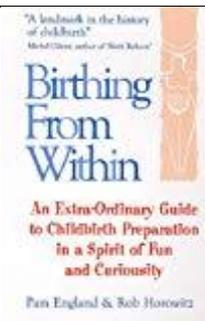


Ina May Gaskin – Ina May’s Guide to Childbirth.

A Fabulous Classic. Ina May is now internationally famous for her work at ‘The Farm’ The first part of the book comprises stories from women who birthed at ‘The Farm’ and the second part is all about how birth works.

Birthing From Within By Pam England.

A Practical book that teaches many exercises and wisdom for a woman to prepare for birth from within, from her own perspective. Pam’s methods allow a woman to fully understand her own strengths and resources.



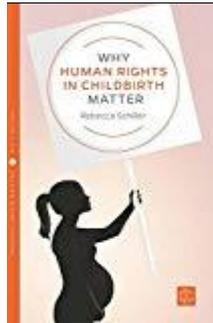
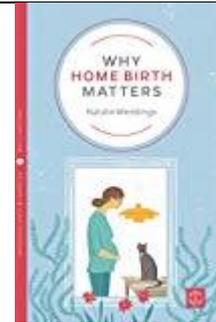
The Secret Life of the unborn child - by John Kelly and Dr. Thomas Verney.

2 decades of painstaking international research is presented and reveals the intelligence of the growing baby in the womb, their first world.

The Why It Matters Series – published by Pinter and Martin and edited by Susan Last. With 17 titles and growing this series of mini books covers a wide range of subjects related to birth and parenting and aims to cut through the sea of information to give you a clear framework to feel confident to make decisions of your own. The series includes the following titles authored by some of the Summit speakers – the other titles are worth checking out too.

Why Home Birth Matters. by Natalie Meddings.

Insightful and inspiring look at how the home environment supports and powers birth and encourages parents to reflect on how it might work for them supported by plenty of robust evidence to back up the safety of home birth

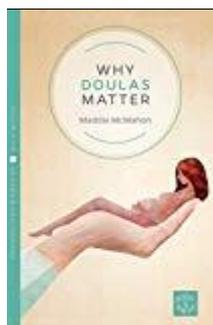


Why Human Rights in Childbirth Matter by Rebecca Schiller.

Rebecca Schiller advocates for the human rights of childbearing women around the globe, telling their real stories and exploring the cultural and political forces surrounding birth.

Why Birth Trauma Matters by Emma Svanberg.

Exploring what happens to women who go through a bad birth experience She explains in detail how birth trauma occurs, examines the wide-ranging impact on all of those involved in birth, and looks at treatments and techniques to aid recovery.



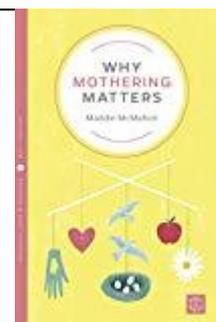
Why Doula's matter by Maddie McMahon.

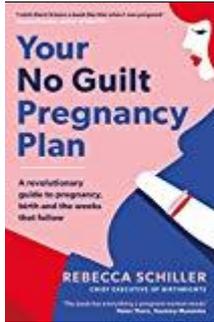
An experienced female birth companion, can have a tangible positive effect on your experience of childbirth.

This book explains how a doula can offer expectant and new parents information and practical and emotional support to improve their experience of birth and early parenting.

Why Mothering Matters by Maddie McMahon.

A discussion of how it can feel to become a mother in modern society. It calls for better recognition of the work of motherhood, and better support for women and families as they learn what parenting looks like for them.



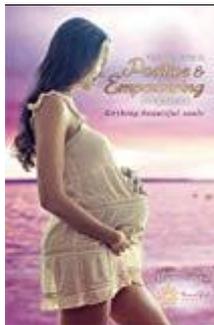


Your No Guilt Pregnancy Plan by Rebecca Schiller.

A guide to pregnancy birth and the first few weeks with a new baby. Helping you prepare for your fabulously good enough birth and new life with unbiased information and an honest conversation about how to make this new life fit in with your existing one.

10 Oils: Aromatherapy Oils for the Childbearing Year. by Nicola Goodall.

For you to relax and be well, without being overwhelmed with 100s of oils. A great addition to your medical cabinet while you grow your family risk free.



How to have a positive and empowering pregnancy by Clare Ford.

Connecting with your baby in the womb and learning tools to be calm and content that have far reaching benefits for you and baby for years to come.

Fearless Birthing: Clear your Fears for a Positive Birth by Alexia Leachman.

An essential road map to confront and conquer the fears that stand between you and motherhood. An alternative approach to hypnobirthing to help guide you with peace of mind.

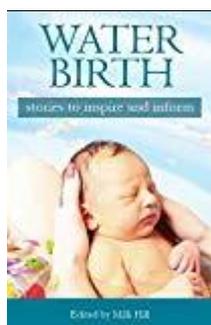


Am I allowed? AIMS (Association for the Improvement in Maternity Services).

Gives you all the information you need to make your informed decision. Brilliant concise booklet that will be incredibly useful.

Inducing labour : making informed decisions. By Sara Wickham.

Induction is increasingly common and this book explains the process and shares information from research, debates and women's midwives and doctors experience to help women and families make the decision that is right for them.

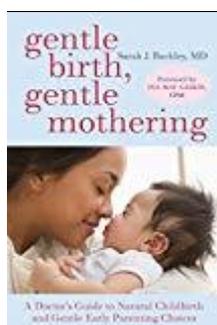
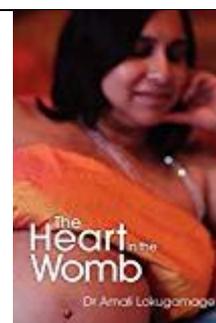


Water Birth: Stories to inspire and Inform Edited by Milli Hill

A collection of 30 different positive stories involving water, edited and introduced by Milli Hill. Stories from mums, grandmothers, midwives and some of the world's leading experts and pioneers of birth in water including Michel Odent and Janet Balaskas.

The Heart in The Womb by Dr. Amali Lokugamage.

Dr. Amali discusses ways to birth in the most natural supportive way possible and the wider implications for society at large and includes her own beautiful birth story that transformed her views and approach to birth.

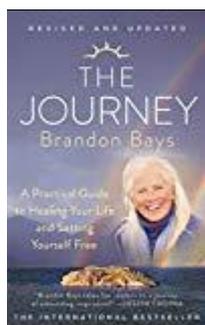
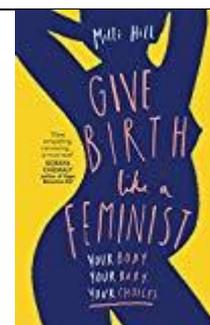


Gentle Birth:Gentle Mothering by Sarah Buckley.

Sarah examines both medicalized pregnancy and birth options alongside gentler options such as home birth and unmanaged third stage with research to back her insights. Interwoven into the text are the four birth stories of her own children. She also devotes a section to parenting in the first months.

Give Birth Like a Feminist by Milli Hill.

Your Body, Your Baby, Your Choices. This book explains why birth is a feminist issue. It is not just a healthy baby that matters, women matter too. This is a call-to-arms that will help you find your voice and change the way you think about childbirth.

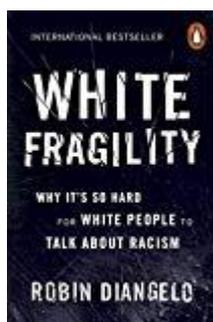
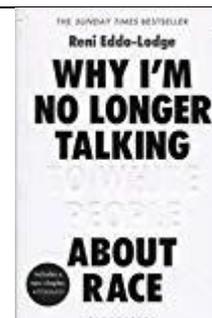


The Journey™ by Brandon Bays where you can download a [free ebook](#). Or click on image for a hard copy.

The Story of Brandon's recovery from a basketball sized tumour and subsequent development of the powerful method of cellular healing known as The Journey™

Why I'm no longer talking to white people about race by Reni Eddo -Lodge – multi award winning book.

A new framework for how to see, acknowledge and counter racism which explores issues from eradicated black history to the politics of white dominance, and whitewashed feminism.

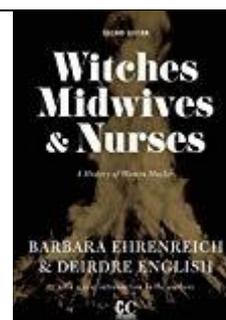


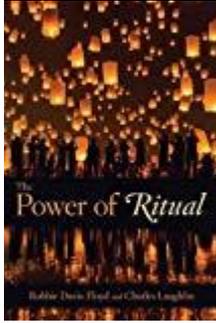
White Fragility by Robin Diangelo.

Exposing the reactions by ordinary white people that silence people of colour lest they provoke a dangerous emotional reaction. Shows us how we can start having more honest conversations, listen better and react to feedback with grace.

Witches Midwives and Nurses by Deirdre English and Barbara Ehrenreich.

Fascinating look at the corruption of the medical establishment and its historic roots in the demonizing of women healers.





[The Power of Ritual by Robbie Davis-Floyd.](#)

This book is about ritual itself-what it is, how it works to influence human belief and behaviour, what makes it powerful, what makes it dangerous, and most of all, what makes it useful to contemporary humans.

Some Web based Free Resources – offering evidence based information and signposting or support. (mostly UK based information)

- **[The Positive Birth Movement](#)** - a global network of free to attend peer groups to discuss positive birth founded by Milli Hill.
- **[BirthRights](#)** A charity dedicated to ensuring women receive the dignity and respect they deserve in pregnancy and childbirth. Find a range of **[Factsheets](#)** to support you in every birth situation.
- **[AIMS](#)** - The Association for Improvement in the Maternity Services - campaigning for a better birth for all. They sell a fantastic range of small books and leaflets including **[Am I allowed?](#)** for a small cost.
- **[Make Birth Better Website](#)**: Find fully downloadable **[cribsheets](#)** explaining what trauma is, Am I traumatised? Self care for couples and many other topics.
- **[BigBirthas](#)**: UK Information and support for bigger mums/mums-to-be.
- **[Well Rounded Mamas](#)**: USA based site for larger mums.
- The **[BRAIN Acronym](#)** to help you make decisions.
- **[Dr. Sara Wickham](#)**, midwife, author, speaker, researcher – great resources and links on her website.
- **[Midwife Thinking](#)** – Useful research and evidence-based articles.
- Supportive UK facebook groups include: **[Home Birth UK](#)**, **[Breech birth UK](#)** and **[VBAC](#)**. There are many more, these were the ones mentioned in the Summit.