



## Pregnancy/Birth/Postpartum Resource List

### Books:

**\*Ina May's Guide to Childbirth**, by Ina May Gaskin

\*Hands down something every birthing woman should read!!

**Birthing From Within**, Pam England & Rob Horowitz

\*A really lovely artful and soulful guide to honouring your pregnancy

**The secret life of the unborn child**, by Thomas Verny & John Kelly

**The Birth Partner**, by Penny Simkin

\*A nice read for the supporting people in the mama's life, all about birth!

**Hypnobirthing**, by Marie F. Mongan

\*This one is all about birthing and the natural approach to it (a tonne of people recommend taking a course if you can!)

**\*The Fourth Trimester**, by Kimberly Ann Johnson

\*Another critical read to prepare for what happens when baby comes!

**\*The First Forty Days: The Essential Art of Nourishing the New Mother**, by Heng Ou

\*A cookbook for replenishing our bodies during postpartum & breastfeeding

**The Postnatal Depletion Cure**, by Dr. Oscar Serrallach

\*such a good read if you, too, feel fatigued and zombie-like into motherhood...

### Videos:

Prenatal Yoga w/ me: [https://youtu.be/ykINW7Gz\\_uY](https://youtu.be/ykINW7Gz_uY)

First trimester nausea/fatigue yoga: [https://youtu.be/hGZ5Hx7\\_sDg](https://youtu.be/hGZ5Hx7_sDg)

Kundalini yoga: <https://youtu.be/c3nqr4PjwqU>

Kundalini yoga to banish fear: <https://youtu.be/JG2bUAPW7AA>

Bellydancing!: <https://youtu.be/q1Tl-gHitF0>

**Up breathing for labour:** <https://youtu.be/GRMBY8JCPqE>

**Down breathing for labour/pushing:** <https://youtu.be/dbAx5GgYL2Y>

Anatomy of Pregnancy: <https://www.khanacademy.org/science/health-and-medicine/human-anatomy-and-physiology/reproductive-system-introduction/v/maternal-changes-in-pregnancy>

Anatomy of Labour: <https://www.khanacademy.org/science/health-and-medicine/human-anatomy-and-physiology/reproductive-system-introduction/v/labor-parturition>

Birthing in Squatting Position: <https://youtu.be/aAF5n3GBkPA>

Labour position ideas: <https://youtu.be/rpzBPqKgvGk>

Video on **Maternal Nutrition**: <https://www.innatetraditions.com/motherfoods-replay>

### Apps:

**Expectful**: Paid: meditation, movement & support for pregnancy & postpartum

<https://shareasale.com/r.cfm?b=1782563&u=3140138&m=111052&urlink=&afftrack=>

**Insight Timer**: (free) meditation app: some meditations & lives specifically for pregnancy

**InLoveWhileParenting**: (free) shares 2-3 minute videos to help you learn about relating with your partner (or anyone) and your children based on our emotional and physical needs





**Full Term:** Free app to track your labour progression (for when to call the midwife or head to hospital)  
**Baby Tracker:** (there are a few versions) good to track how often baby is feeding/sleeping/potty

**Instagram channels to follow:**

**@Mamatayoga :** This is my prenatal yoga teacher trainer! She has SO many amazing videos and posts about pregnancy and postpartum (you could also follow her on Youtube if you prefer that platform:

[https://www.youtube.com/watch?v=fqMyOS\\_0yc8](https://www.youtube.com/watch?v=fqMyOS_0yc8))

**@cosmicmamamedicine**

**@badassmotherbirther**

**@thepositivepregnancyjourney**

**@spinningbabies**

**@restoredphysique**

**FREE classes on pelvic floor/core:** <https://www.restoredphysique.com/free-prenatal-postnatal-class>

**Websites:**

A spiritual overview of the birthing phases: <https://thematrona.com/the-holistic-stages-of-birth/>

Everything about pregnancy: <https://havingababy.co/pregnancy>

Evidence Based Birth Information: <https://evidencebasedbirth.com/resources-for-parents/>

**A comprehensive pregnancy/new mom guide:**

<https://www.healthyparentshealthychildren.ca/app/uploads/2018/12/2018-Pregnancy-and-Birth.pdf>

**The Miles Circuit:** [http://www.milescircuit.com/uploads/4/8/1/4/4814341/miles\\_circuit.pdf](http://www.milescircuit.com/uploads/4/8/1/4/4814341/miles_circuit.pdf)

Movements to help position the baby during the last trimester

Consignment maternity clothes (will deliver): <https://dragonfly-maternity.myshopify.com>

For maternity coats/bras for a reasonable price: <https://moderneternity.ca>

For a **postpartum corset**/girdle/yoga pants: <https://www.bellefit.com/?rfsn=6307391.4af0d4>

For **yonis wands**/eggs (use code SELFLOVE for 10% off): <https://waands.com/?ref=G7YgHkS1xjTGP>

**Period Panties** (also good postpartum): <http://ref.thinxify.me/v/sarahcurts>

For birth/postpartum supplies: <https://www.midwiferysupplies.ca>

Waterproof Birthing Blanket (use code SARAHANDERSON for 10% off): <https://free-bleed.com/?ref=DXaG3vhp>

For healing your yoni/perineum: <https://www.formodernmothers.com/blog/heal-your-perineum-after-birth-5-tips>

**Yoni Steaming Postpartum:** <https://freebirthsupport.com/services/poststeam/#tve-jump-17e9b297a65>

For potting training right from birth! <https://godiaaperfree.com/elimination-communication-book/>

For all things breastfeeding: <https://kellymom.com>

<https://www.lli.org>





**Helpful breastfeeding positions:** <https://www.healthline.com/health/parenting/breast-feeding-positions#football-hold>

**Helpful Newborn Baby Videos:**

Way to **burp** a baby: <https://youtu.be/q-ZVhkdmDdE>

ILU **Massage:** <https://www.instagram.com/reel/CYRtjH1HhP/?igshid=ZmYzMmJlODA%3D>

Baby Sign Language: <https://www.instagram.com/reel/Cbke09-Dvmv/?igshid=ZmYzMmJlODA%3D>

Secret Language of Babies (**5 baby cries**): <https://www.youtube.com/watch?v=afMNP6Q4u7s>

How to get **baby to sleep:** <https://www.youtube.com/watch?v=EqrQIKRZa4w>

**Side-lying** Breastfeeding: <https://www.youtube.com/watch?v=MZARPE9RUGE>

**My Musical Playlists:**

Prenatal Yoga: [https://music.youtube.com/playlist?list=PL6hXVqNZWcK7SNb0b-S3zJ1jOEDQ\\_F16J&feature=share](https://music.youtube.com/playlist?list=PL6hXVqNZWcK7SNb0b-S3zJ1jOEDQ_F16J&feature=share)

Birthing Music: <https://music.youtube.com/playlist?list=PL6hXVqNZWcK5LNdghL0WCLw10lZbgN4pO&feature=share>

Baby Tunes: <https://music.youtube.com/playlist?list=PL6hXVqNZWcK4qMRkX-2dBUWT0r7q-YT9F&feature=share>

