

NIKI CLEUET

NATUROPATHY | BIRTH EDUCATION

Resources List - Pregnancy & Birth

WEBSITES

- Midwife Thinking, by Dr Rachel Reed
- Dr Sara Wickham
- Evidence Based Birth
- Childbirth Connection
- Breech Without Borders
- Spinning Babies
- Birthing Instincts with Dr Stu

BOOKS ON BIRTH PREPARATION

- Birth Skills, by Juju Sundin
- Reclaiming Childbirth as a Rite of Passage, by Dr Rachel Reed
- Gentle Birth, Gentle Mothering, by Dr Sarah Buckley
- Birth with Confidence, by Rhea Dempsey
- Guide to Childbirth, by Ina May Gaskin

BOOKS ON PREGNANCY NUTRITION

- Real Food for Pregnancy, by Lily Nichols
- Real Food for Gestational Diabetes, by Lily Nichols

BOOKS ON INDUCTION

- Why Induction Matters, by Dr Rachel Reed
- In Your Own Time, by Dr Sara Wickham

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BOOKS ON OTHER PREGNANCY & BIRTH-RELATED TOPICS

- Birth After Caesarean, by Dr Hazel Keedle (VBAC)
- GBS Explained, by Dr Sara Wickham (Group B Strep)
- Birthing Your Placenta, by Dr Sara Wickham (placental birth)
- Anti-D Explained, Dr Sara Wickham (anti-D and rhesus factor)
- Vitamin K and the Newborn, by Dr Sara Wickham (Vitamin K injection)
- Informed is Best, Dr Amy Brown (interpreting information in pregnancy)
- The First Forty Days, by Heng Ou (postpartum nourishment)
- Adventures in Tandem Feeding, by Dr Hilary Flower (tandem breastfeeding)

PODCASTS

- The Midwives' Cauldron
- The Great Birth Rebellion
- Evidence Based Birth
- Australian Birth Stories
- Birthing Instincts with Dr Stuart Fischbein

OTHER ONLINE RESOURCES

- Birth Time documentary
- Calmbirth Australia
- Hypnobirthing Australia
- Birth-Ed. by Megan Rossiter
- The Positive Birth Company, by Siobhan Miller
- Core and Floor Restore - Free antenatal classes

PERINATAL MENTAL HEALTH SUPPORT SERVICES

- PANDA
- Gidget Foundation
- ForWhen
- Lifeline: For 24/7 mental health support

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