

# Doula Katy's Resource References for Birth Clients

I can not stress enough how much I encourage women to take in all the knowledge they can before giving birth. Our country has a very high cesarean rate and too many women have no idea what they don't know until it's too late, and they are left to process birth trauma they never expected. Know your stuff! It will leave you feeling so much more prepared and ready to advocate for yourself and your baby.

## Books:

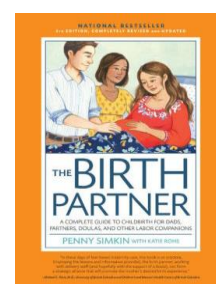
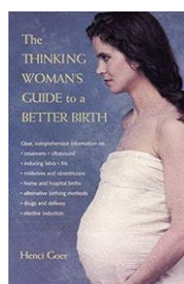
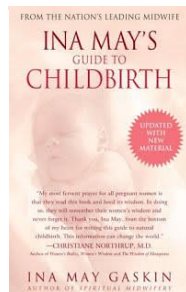
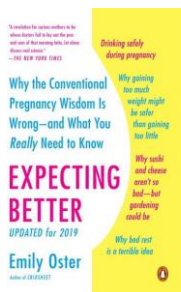
-Ina May Gaskin's "Guide to Childbirth" (This book has two sections. One is her teaching on birth and the other is birth stories. I highly suggest reading her teaching in full and then going back to the birth stories for encouragement.) **(My number one recommendation for mom.)**

-"Expecting Better" by Emily Oster

-Henci Goer's "The Thinking Women's Guide to a Better Birth"

-Cynthia Gabriel's "Natural Hospital Birth" (If planning a hospital birth. Even if you're not planning a natural birth.)

-Penny Simkin's "The Birth Partner" **(Great read for dad/partner.)**



## Videos:

- "Business of Being Born" (This documentary gives great insight into our country's birthing system.)

- "Why Not Home?" (A great documentary on medical professionals who choose homebirth.)

- Spinning Babies "Daily Essentials" provides great exercises for Pregnancy (You can buy the DVD or stream online)



## Childbirth Classes:

*In my prenatal visits with clients, we will be doing condensed birth classes/prep (We do 2, 2-2.5 hour classes.). Some clients take other classes in preparation as well. I always say that more prep and more information can never hurt, as knowledge is such power in the birthing process!*

### **IN-PERSON or ONLINE:**

Bradley Method, Hypnobabies and Hypnobirthing all provide great prep for Natural Birth if you'd like to seek additional education. **We will be covering birth prep in great detail as well.**

In general, hospital birth classes prepare you for birth in the way they would like you to birth, according to their hospital guidelines, etc.

### **ONLINE:**

- Built to Birth Online Class
- Mamaste Childbirth Class
- Painfree Birth Childbirth Class
- Mama Natural Childbirth Course
- The Birth Hour Know Your Options Childbirth Class
- Christian Hypnobirthing

## Instagrams:

- Down to Birth (Great birth tips and facts.)
- Painfree Birth (Great birth tips and facts.)
- Built to Birth (Great birth tips and facts.)
- Mamastfit (Great exercises and stretches for labor and birth.)
- OneStrongMamaPrenatal (Great exercises and stretches for labor and birth.)

## Relaxation Apps:

- GentleBirth Hypnobirthing
- Christian Hypnobirthing (for Christian moms)
- Built to Birth Meditations (through her website)

## Podcasts:

**I love, love, love podcasts. They are an excellent source of information, are easy listening while driving, exercising, resting, etc. They are a great way for you to get knowledge and feel more prepared for birth.**

### **- Down to Birth Podcast**

Provider Red Flag" Episodes: 118, 124, 129.

Episode 99: Easier Pushing, Less Tearing

165: the Holistic Obgyn

182: Labor Induction: Risks and Reasons

186: Five Tips for Your Easiest Birth

200: Physiologic Birth of Placenta

203: Pre-eclampsia: Diet and Nutrition

212: A Conversation on Pitocin

213: Choosing Homebirth (Safety of Homebirth)

229: Sara Wickham: The Risk of the Risk-Based Approach (SUCH A GOOD EPISODE!)

**-Evidence Based Birth** (I LOVE a lot of her strictly evidence based podcasts. For some of the older podcast, they won't be on the podcasts sites, but you can google and still listen.)

*Recommended Episodes:*

1: Intro to Evidence Based Birth

2: What is Evidenced Based Care

3: Why is it so hard to get Evidence Based Care?

4: Evidence of Prenatal Vaginal Exams

9: Epidural during Labor for Pain Management

12: Epidurals & Breastfeeding

13: Epidurals and 2nd Stage

14: Injectable Opioids

15: Nitrous Oxide  
16: Movements & Positions  
17: Evidence on Birthing Positions  
20: Water Immersion  
21: Doula  
22: Rise of Homebirth  
30: Fetal Monitoring  
38: Breathing  
48: Inductions when Water Breaks at Term  
49: Suspected Big Baby  
50: Maternal Age  
51: Accuracy of Due Dates  
55: Advocating for Evidence Based Care  
84: The Latest Evidence of Vitamin K  
96: Communication Between Families & Providers  
101: Gail Tully of Spinning Babies  
104: Evidence of Saline Locks  
113: Evidence on VBAC  
117: Evidence on Inducing for Due Dates  
128: Induction with Castor Oil  
132: Evidence of Pitocin During the 3<sup>rd</sup> Stage  
134: Natural Induction Series: Evening Primrose Oil  
139: Evidence of Red Raspberry Leaf Tea for Natural Labor Induction  
140: From Hospital Birth to Homebirth  
144: Evidence on Pineapple and Sex for Labor Induction  
151: Updated Evidence of the Pros and Cons of Membrane Sweeping  
153: Pros and Cons of the Foley and Dilapan-S for Cervical Ripening for Induction  
159: Evidence on Failure to Progress  
167: Evidence on Erythromycin Eye Ointment for Newborns  
175: Evidence on Midwives  
176: Evidence on Advanced Maternal Age  
190: Updated Evidence on Big Babies  
210: Evidence on Warm Compresses and Hands-on vs. Hands-off Pushing  
224: Failure to Progress or Failure to Wait  
233: Updates on Eating in Labor  
235: Evidence on IV Fluids  
241: Evidence on Birthing Positions  
244: Evidence on Artificial Rupture of Membranes  
245: Evidence on Pitocin Augmentation, Epidurals, Cesarean  
254: Evidence on Group B Strep  
257: Part 2 for Group B Strep  
262: Advocacy During Birth (also references delayed cord clamping at end)

### **-The Birthful Podcast**

#### *Recommended Episodes:*

132: Working with Childbirth Pain  
170: Delayed Cord Clamping  
176: Baby's Position & Labor Flow (Spinning Babies)  
180: The Purpose of Childbirth Pain

188: Inductions with Gene Declercq  
195: Rethinking the Pushing Stage  
203: Choosing Your Care Provider  
205: Big Babies & Shoulder Dystocia  
211: Flowing with Your Birth Hormones  
215: The Problem with Due Dates  
218: 5 Physiological Birth Mantras that Work  
227: Evidence Based Care  
229: Informed Consent in Childbirth  
235: Insider Tips from a Labor & Delivery Nurse  
237: Updates on What You Should Eat in Pregnancy  
383: Chiropractic Care in Pregnancy  
391 and 392: Transformation Through Holistic Stages of Birth  
394: Water Birth  
396: Purpose of Childbirth Pain

**-Birthing Instincts (with Dr. Stu and Midwife Blyss)** *They are two of my birthworker favorites!*

### **-The VBAC Link Podcast**

Especially great for women desiring a vaginal birth after a cesarean.

### **-The Birth Hour**

This is a space where women share their birth stories. They are excellent for encouragement. (*One of my clients is Episode 305.*)

## ***Websites:***

-Dr. Sara Wickham (She is an EXCELLENT source for understanding research studies around birth.)

<https://www.sarawickham.com/>

-Evidence Based Birth (Great Articles on different birth topics. Also a great resource for formulating birth principles/birth plan.)

<https://evidencebasedbirth.com/>

-Birth By the Numbers (The numbers don't lie! More evidence based research to help you navigate this country's birthing system and make evidence based decisions.)

<http://www.birthbythenumbers.org/>

-ACOG's Website (Even though I have a lot of issues with how ACOG is run, I always suggest my clients browse their website. ACOG sets the guidelines for how your OBGYN is supposed to practice. ACOG has a very long way to go, but it is amazing to see how even some of their more helpful recommendations are ignored in the hospital setting.)

<https://www.acog.org/Clinical-Guidance-and-Publications/Committee->

[Opinions/Committee-on-Obstetric-Practice/Approaches-to-Limit-Intervention-During-Labor-and-Birth?IsMobileSet=false](#)

-Spinning Babies (Helpful tips for daily exercises, stretches, resting positions, etc. to help your baby be in the optimal position for labor and for dealing with breech, OP, etc.)

<https://spinningbabies.com/start/in-pregnancy/daily-activities/>

<https://spinningbabies.com/learn-more/techniques/the-three-sisters/>