

## **Natural birth & pregnancy reference packet**

I consider this a pregnancy reference sheet — a list of ways to help with a healthy natural pregnancy and ways to raise y our child naturally. Some will resonate with you and some will not interest you. Researching all the options & decisions there are to make during pregnancy is crucial and overwhelming. It's up to you to research your options, knowing the risks & benefits of every procedure. This list is just a start.

### **Suggested websites:**

<https://evidencebasedbirth.com/resources-for-parents/>

Evidence Based Birth® is an online childbirth resource that informs, empowers and inspires expecting parents and birth-care practitioners globally, to understand the latest, proven, evidence based care practices.

[www.SpinningBabies.Com](http://www.SpinningBabies.Com)

Learn tips about optimal fetal positioning

[www.icpa4kids.org](http://www.icpa4kids.org)

International Chiropractic Pediatric Association. Review recent articles on pediatrics and pregnancy.

<http://pathwaystofamilywellness.org/>

Magazine and website with info for you and your family's quest for wellness

<http://americanpregnancy.org/>

Website with info on healthy pregnancy

<https://www.ican-online.org/newjersey>

International Cesarean Awareness Network, Bergen & Essex County chapter. A must for anyone who has had a prior C-section, to realize you have options, get emotional support from others, plan a VBAC if desired, etc. Join their FACEBOOK group:

<https://www.facebook.com/icannorthernNJ>

### **Doulas**

Having a Doula: Is a Doula For Me? <http://americanpregnancy.org/labor-and-birth/having-a-doula/>

Benefits of a Doula and Finding a Doula <https://www.dona.org/what-is-a-doula/benefits-of-a-doula/>

### **Childbirth Education Classes**

A comparison of choices <http://americanpregnancy.org/labor-and-birth/childbirth-education-classes/>

### **Hospital report card: NJ**

Click on the following link and then look up your hospital to find birth statistics:

[https://nj.gov/health/maternal/morbidity/mhh\\_reportcard/2018/](https://nj.gov/health/maternal/morbidity/mhh_reportcard/2018/)

### **Creating a Birth Plan**

<http://americanpregnancy.org/labor-and-birth/birth-plan/>

### **Epidurals**

Using Epidural Anesthesia During Labor: Benefits and Risks <http://americanpregnancy.org/labor-and-birth/epidural/>

### **Ultrasounds**

Perils of Peeking into the Womb: Ultrasound Risks <http://kellybroganmd.com/utrasound-risks-perils-of-peeking-into-the-womb/>

Birth Educator Yolande Clark talks about some of the risks of ultrasound, and why "informed consent" when it comes to the issue of ultrasound and many other obstetric procedures undertaken during pregnancy and birth should be investigated more deeply.

<https://www.facebook.com/Bauhauswife/videos/1636995669751374/>

Every Week Counts <https://womenandbabiesresearch.com/resources/every-week-counts/>

Cesarean Section [Risks and benefits](#)

#### Vaccines

Vaccination decision, you do have a choice <https://www.nvic.org/vaccination-decisions.aspx>

What You Need to Know Before & After Vaccination <https://www.nvic.org/Ask-Eight-Questions.aspx>

You cannot sue if your child has an adverse reaction: <https://www.nvic.org/reporting-systems.aspx>

#### Breastfeeding

101 Reasons to Breastfeed Your Baby <http://www.notmilk.com/101.html>

10 Breastfeeding Tips You Need Now <https://www.mom365.com/baby/breastfeeding/our-top-10-breastfeeding-tips>

La Leche League International: <https://www.llli.org/>

#### The Facts Behind Circumcision

It's a common misconception that there are tangible health benefits to male circumcision, but the truth is *no medical society in the world recommends it*. <http://www.intactamerica.org/>

Cloth Diapering <https://www.whattoexpect.com/baby-products/diapering-potty/best-cloth-diapers>

#### Chiropractic care and infants:

Parents often ask why a newborn baby should be checked by a chiropractor. Ask us and/or read about it here:

<http://pathwaystofamilywellness.org/Chiropractic/adjusting-to-a-new-life.html>

#### Postpartum Depression

<http://www.postpartumprogress.com/the-symptoms-of-postpartum-depression-anxiety-in-plain-mama-english>

#### Baby devices and developmental support:

<https://pathwaystofamilywellness.org/Children-s-Health-Wellness/building-your-baby-from-the-ground-up.html?fbclid=IwAR3nzWo56pGyj3qMpG5Amx4i3o43iP-yC6ssABcMF2f3QQmceixxqwgWdXg>

<https://buildingyourbaby.com/how-to-interact-with-your-infant-for-ideal-motor-development/>

<https://buildingyourbaby.com/what-to-avoid-for-ideal-infant-motor-pattern-development/>

<https://buildingyourbaby.com/what-an-infant-needs-for-ideal-motor-development/>

Resources to Make Evidenced-Informed Conscious Choices in Pregnancy, Birth and Beyond...

Years of Articles on Pregnancy and Birth

- <http://pathwaystofamilywellness.org/labels/pregnancy-and-birth.html>

Years of Articles on Chiropractic in Pregnancy and for Children

- <http://pathwaystofamilywellness.org/labels/chiropractic.html>
- <http://www.icpa4kids.org/research/wellness.htm>
- <http://icpa4kids.org/Chiropractic-Research/>

Extensive Resources for All Choices in Birth:

<http://www.makinmiracles.com/resources.html>

Pregnancy and Birth Support Sites:

- <http://hypnobirthing.com/>
- [http://www.motherfriendly.org/resources/Documents/Having%20a%20Baby--Ten%20Questions%20to%20Ask%20\(2015\).pdf](http://www.motherfriendly.org/resources/Documents/Having%20a%20Baby--Ten%20Questions%20to%20Ask%20(2015).pdf)

Favorite Evidenced Based Sites:

- <http://www.ican-online.org/white-papers/>
- <http://www.childbirthconnection.org/>
- <http://birthmonopoly.com/>
- <http://www.motherfriendly.org/>
- <https://www.scienceandsensibility.org/>
- <http://improvingbirth.org/>
- <http://evidencebasedbirth.com/blog-topics/>
- <http://www.midwiferytoday.com/enews/index.asp>
- <http://www.aims.org.uk/?pubs.htm>
- <http://globalprenatalinitiative.org/>
- <http://birthmonopoly.com/>
- <http://birthmonopoly.com/IMPLIEDCONSENT/>
- <http://bradleybirth.com>