



DANDELION MIDWIFERY
MICHELE BUCHMANN BA RM
(250) 590.7770 TEL
(250) 590.7774 FAX

Reading List for Pregnancy & Childbirth

Nutrition

*Anne Lindsay's New Light Cooking	Lindsay A
Nourishing your Unborn Child	Williams
The Whole Grains Cookbook	Rich D
*The New Laurel's Kitchen	Robertson L et al

Pregnancy – Childbirth Preparation

Precious Lives, Painful Choice– a prenatal decision-making guide	Ilse S
The Tentative Pregnancy	Rothman B K
Birthing from Within	England P & Horowitz R
Childbirth without Fear	Dick-Read G
The Pregnancy Book	Sears W & Sears M
*Pregnancy and Birth: The Best Evidence	Barrett J & Pitman T
*The Complete Book of Pregnancy & Childbirth	Kitzinger S
*The Birth Partner	Simkin P
The Birth Book	Sears W & Sears M
Labor Support Guide	Simkin P
*Pregnancy, Childbirth & the Newborn	Simkin P
*A Child is Born	Nilsson L
*Giving Birth: How it really feels	Kitzinger S
*Being Born	Kitzinger S
*Pregnant Fathers	Heinowitz
*Active Birth	Balaskas J
The Water Birth Book	Balaskas J
The Waterbirth Handbook	Lichy, Roger & Herzber
Baby's Best Chance (ask for your free copy at our office)	BC Ministry of Health
Pregnancy and Childbirth Tips	Dahl G
Visualisation for an Easier Childbirth	Jones C
What to expect When your Partner is Expanding	Hill T
Ina May's Guide to Childbirth	Gaskin I M
After the Baby's Birth	Robert Lim

Sexuality

Making love during pregnancy	Bing E & Coleman L
*A Woman's Experience of Sex	Kitzinger S

Unexpected events of pregnancy and birth

Caesarean Birth Experience	Donovan
Premature Labour Handbook	Henning Robertson
The premature Baby Book	Harrison H
*The truth about Herpes	Sacks S
*Kangaroo Care	Ludington-Ho

Breastfeeding

Dr Jack Newman's Guide to Breastfeeding Pitman T

Newman J &

The Nursing Mother's Companion	Higgins K
*Breastfeeding your Baby	Kitzinger S
*Bestfeeding: Getting Breastfeeding Right for you	Renfrew, Fisher & Arms
*Womanly Art of Breastfeeding	La Leche League

Sibling Preparation

*Mom and Dad and I are having a Baby	Maleki
*Welcoming your second baby	Lansky V
*Facts of Life	Miller

Postpartum

*The Year after Childbirth	Kitzinger S
*Mothering the New Mother: Your postpartum Resource Companion	Plackson S
*Postpartum Survival Guide	Dunnewold
Postpartum Depression	Roan S

Parenting

The Baby Book	Sears J et al
*Nighttime Parenting	Sears W
*The Fussy Baby	Sears W
The no-cry sleep solution	Pantley E
*The Book of Baby Massage	Walker P
The Happiest Baby on the Block	Karp H
The Family Bed	Thevinen T
*Infants and Mothers	Brazelton B
*The Earliest Relationship	Brazelton B
*Working and caring	Brazelton B
*The book of baby massage	Walker P
*Your amazing newborn	Klaus M & Klaus P
*The Secret Language of your Child	Lewis
Women as mothers	Kitzinger S
Your Baby and Child: Birth to age five	Leach P
Healthy sleep habits – Happy Baby	Weissbluth M
Super Immunity for kids	Galland L
Vaccine Guide	Neustaedter R
What your doctor may not tell you about Children's Vaccinations	Cave S

*Available at the Greater Victoria Library

Other Useful Resources:

Maternity & Parental Benefits	www.hrsdc.gc.ca/en/ei/types/special.shtml
Jack Newman's Breastfeeding Handouts	www.bfirc.com/newman/articles.htm
KellyMom: Breastfeeding & Parenting Information	www.kellymom.com
Motherisk (1 800 436 8477): Relief from nausea & vomiting	www.motherisk.org
Welcome to the Parent Soup	http://parentsoup.com
La Leche League International	www.lalecheleague.org
Health Files, BC Ministry of Health	www.hlth.gov.bc.ca
Kidsource	www.kidsource.com
Kids In Victoria	www.kidsinvictoria.com
Circumcision Information for parents	www.cirp.org/

Resources In Victoria

* Please see additional information resources in 'Babies Best Chance' (p140)
We can also recommend local naturopaths, chiropractors & acupuncturists as needed

Childbirth Preparation Classes

- Birth & Beyond (private classes only) www.birthandbeyond.ca 889 6009

Mothering Touch Centre (Childbirth Preparation for Midwifery Clients) 595 4905

- YMCA – Laura Warren, Emma Dooley 386 7511
- Camosun College 592 1556
- Queen Alexandra 721 6751
- Island Childbirth Education www.islandChildbirth.com 889 2760
- HypnoBirthing - Childbirth Classes with Moira Campbell 361 4155

Prenatal Fitness

- Shannon Christmas (Registered physiotherapist) 881 1199
- Functional fitness & personal training 858 7972

Doula Services (*speak with Heather at our office or visit www.DoulasofVictoria.ca)

- Mothering Touch Centre 595 4905
- Birthpoint Doula & Acupuncture Group 361 4340 / 383 2626
- Island Childbirth Education www.islandChildbirth.com 889 2760
- Birth & Beyond Doula Services www.birthandbeyond.ca 889 6009

PostPartum (Visit www.doulasofvictoria.ca)

- Post Partum Support Program (Tracy McGee) 885 6760
- Bereavement Program (Joan Wale) 598 5791
- La Leche League 727 4384
- Living and Learning with your Baby 721 6751
- Postpartum Health for Moms (#102-4420 Chatterton Way) 881 1199

Mental Health & Addiction Services

- Quadra Street Clinic (2nd floor – 1250 Quadra St) 727 3544
- Pacific Centre (3221 Heatherbell Rd) 478 8357
- Cool Aid Community Health Centre (465 Swift St) 385 1466
- Salt Spring Island Community Services Society (268 Fulford-Ganges Rd) 537 9971
- Native Friendship Centre (610 Johnson St) 384 3211
- Victoria Youth Clinic (ages 12 – 24 yrs) 388 7841
- Catching Our Breath (help to quit smoking) -contact local Public Health Unit (see below)

Best Babies Programs

(Support programs for expectant and new parents)

- Esquimalt 385 2635
- Victoria 385 8979
- Peninsula 656 0134
- First Nations Best Babies 384 3211

Neighbourhood Family Resource Centres

(Resources and support programs)

- Blanshard Community Centre (901 Kings Rd) 388 7696
- Burnside Gorge Community Place (3130 Jutland Rd) 388 5251

- Esquimalt Neighbourhood House (511 Constance Ave) 385 2635
- Fairfield Community Place (1335 Thurlow Rd) 382 4604
- Fernwood Community Centre (1240 Gladstone St) 381 1552
- Goldstream Neighbourhood House (555 Goldstream Av) 478 1122
- James Bay Community Project (435 Simcoe St) 361 9757
- Sooke Family Resource (P.O. Box 1082, Sooke) 642 5152
- Western Saanich Community Place (3170 Tillicum Rd) 479 4633

Military Family Resource Centre www.esquimaltmfrc.com 1 800 353 3329
(Support, resources and programs for military families in Victoria)

MFRC 24 hour Information Line 363 2640

Native Friendship Centre www.vnfc.ca
384 3211

(resources including prenatal classes & care, parenting support & workshops, activities for children & youth)

Public Health Units

Support & education from public health nurses. Services include breastfeeding support, breastfeeding clinic, postpartum depression support, mother & baby groups, immunization clinics & more.....

Esquimalt

360 5600

- Western Communities 478 1757
- Peninsula 544 2400
- Saanich 744 5100
- Salt Spring Island 538 4880
- Sooke 642 1600
- Victoria 388 2200

Breastfeeding Counsellors

- Heather Minielly (Birth & Beyond) 889 6009
- Mothering Touch Centre 595 4905
- Heather McCue (Island Childbirth) 889 2760
- Dr J Wickens (IBCLC) 479 6721

Yoga

- Helga Beer 370 0464
- Florance Simpson 595 4905
- Moksana 385 2105
- Victoria Yoga Centre 386 9642
- Linda Cirella 472 1645
- YM-YWCA 386 7511

Dancing

- Belly Dancing (Carol Sokoloff) 361 9941
- Birth Dancing (Florance Simpson) 595 4905

Parenting

- Raising Parents - Linda (www.raisingparents.net) 386 2042
- Baby Group – James Bay Community Project 388 7844

- Living and Learning with your baby 721 6751

Miscellaneous:

- Celebrating Pregnancy Birth Art Classes (Florance Simpson) 595 4905
 - Child Seat Inspection Clinic 1 877 247 5551
 - Best Hand Breast Pumps; Medela (Mothering Touch) 1 800 542 8368
 - Avent (London Drugs, Toys R Us), Avent Breast Pump repairs & replacements
 - Electric Breast Pump rental; Mothering Touch – 595 4905 or Carol Arndt – 812 7370
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