

Here is the Birth Coach Method recommended resource list. Look at this wealth of resources: we gathered for you articles, books, YouTube clips, professional audio-visual guides, movies and recommended websites, which we rely on in our practice and in our training program. We also took the time to categorize it by topics. We are committed to enrich you and support you in becoming a successful

Resources to understand the Physiology and anatomy of birth:

YouTube videos:

<http://www.youtube.com/watch?v=Xath6kOf0NE#>

<http://www.youtube.com/watch?v=ze53Ep-gwBQ>

<http://www.youtube.com/watch?v=1zHsY1pC4ew&list=PLE0BEB81781D3FFFD>

Reading List:

The Belly Mapping Workbook, Gail Tully, BS, CPM, CD, 2010

<http://newdirectionnaturalmedicine.com/acupunctureforbreechbaby/>

Movies:

The Miracle of Birth, BBC production, in local libraries

Here are the most recommended resources for understanding Prenatal care and the most common complications in labor:

YouTube videos:

<https://www.youtube.com/watch?v=1LrxzFemJgk>

<https://www.youtube.com/watch?v=sXAvWIKTGfc>

<https://www.youtube.com/watch?v=EtLGfT4jAsY>

<https://www.youtube.com/watch?v=EVYp9cpQB0&list=PLD30435ECCC149B36>

Here are the resources to learn about the stages and phases of birth:

Stages of Labor, DVD, production of In-Joy, to be found in local libraries

YouTube videos:

<http://www.youtube.com/watch?v=tcljjW1zamWl>

<http://www.youtube.com/watch?feature=endscreen&v=crU8uOPY-9I&NR=1>

<http://www.youtube.com/watch?v=wDR6Cmf9KVU>

<http://www.youtube.com/watch?v=b-CtjWf7K8w>

Best resources to learn labor support tools for early phase of birth:

Relaxation Scripts:

<http://www.innerhealthstudio.com/free-relaxation-scripts.html>

The Gate Theory and Pain- why massage relieve pain:

<http://www.youtube.com/watch?v=ZfWO2wcilUY>

<http://www.buzzy4shots.com/Hospital/gate-theory.html>

Videos:

1. Practicing for an Active Birth, DVD, by Neri Choma, Early Phase video segment

2. Birth Day , DVD, with midwife Naolí Vinaver Lopez A Sage Femme Production, Available in English and Spanish

3. The Rebozo way, DVD, by Guadlupe Trueba

Most recommended resources to support you client through Active Birth:

1. "Practicing for an Active Birth" , DVD, By Neri Choma, Active birth video segment

YouTube clips:

https://www.youtube.com/watch?v=zG_6IVmXvr0

<https://www.youtube.com/watch?v=EsNhCWsDVQI>

Movies:

Orgasmic Birth by Debra Pascali Bonaro

Resources to support your client though Transition Phase of birth:

"Practicing for an Active Birth" , DVD, By Neri Choma, Transition Phase segment

YouTube videos:

<http://www.youtube.com/watch?NR=1&feature=endscreen&v=ACV>

<http://www.youtube.com/watch?v=PMDbLy6EqLsU6ZYaGcQ&list=PLEDFC65D30330A312>

<http://www.youtube.com/watch?v=5aWxDxJtax>

<http://www.youtube.com/watch?v=fXiylv8Chocs>

http://www.babycenter.com/2_inside-pregnancy-labor-and-birth_3658872.bc

Movies:

Birth as we know it, by Elena Tonetti

Most recommended resources to support you client through Active Birth:

1. "Practicing for an Active Birth" , DVD, By Neri Choma, Pushing phase segment

YouTube clips:

<http://www.youtube.com/watch?v=DK2P8Ziqc6Y>

www.epi-no.com

<http://www.youtube.com/watch?v=ot631TEvb4I>

<http://www.youtube.com/watch?v=CBuj5MAPa3g>

<http://www.youtube.com/watch?v=JSnC8a2xizQ>

<http://www.youtube.com/watch?v=9qe0dij8YMg>

<http://www.youtube.com/watch?v=97ikBlo95IY>

<http://www.youtube.com/watch?v=NjtM4EtSs34>

<http://www.youtube.com/watch?v=ZyGVGCH5B3Y>

<http://www.youtube.com/watch?v=bHIVhqf0klc>

<https://www.youtube.com/watch?v=R34RnZfAWDc>

http://www.youtube.com/watch?v=TpNuX4qx_Qo&list=PLjXrfXknElrN2hGCGM-EqnQK457Zq4i9P

Recommended resources to understand medical interventions in Labor and Delivery:

Books:

<http://www.acog.org/~media/ACOG%20Today/acogToday0810.pdf?dmc=1&ts=20130404T2033573244>

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

<http://www.novabirthcenter.com/Birth/NaturalBirth/CascadeOfInterventions.aspx>

<http://birthissues.org/education/508-2/>

<http://www.acog.org/~media/ACOG%20Today/acogToday0810.pdf?dmc=1&ts=20130404T2033573244>

Movies:

Pregnant in America, DVD, by Steve Buonauguro, 2008

The Business of Being Born, DVD, by Ricki Lake and Abby Epstein

Choices in Birth , DVD, Epidural, by In-Joy.

Choices in Birth , dvd, Cesarean, by In-Joy

Books:

The Thinking Woman's Guide to a Better Birth, by Henci Goer

Optimal Care In Childbirth, by Henci Goer

For a better understanding of the relationships between different birth professionals and the birthing mother in labor and delivery:

Books:

Mothering the Mother by Marshall H. Klaus, John H. Kennell and Phyllis H. Klaus (Apr 3, 2012)

Natural Born Babies, A Modern Birth Story, DVD, by Lorri Walker, RNC, NP, CNM, owner and director of South Coast Midwifery & Women's Health Care (SCM)

<http://www.guardian.co.uk/lifeandstyle/2009/oct/18/men-birth-labour-baby?INTCMP=SRCH>