



Prenatal Resource Guide 2023 By Holland LeDelia

Reading Recommendations:

- **Early Pregnancy or when trying to conceive:**
 - Spirit Babies* by Walter Makichen
 - Spiritual Fertility* by Dr. Julie Von
 - Expecting Better* by Emily Oster
- **Pregnancy, Labor and Birth:**
 - Birthing from Within* by Pam England
 - The Birth Partner* by Penny Simkin ***great for your partner to read or listen to***
 - Ina May's Guide to Childbirth* by Ina May Gaskin
 - Birth with Confidence* by Rhea Dempsey
 - Transformed by Birth* by Britta Bushnell
 - Hypnobirthing* (there are many books out there, look up Marie Mongan to start)
- **Postpartum:**
 - Seven Sisters for Seven Days* by Michelle Peterson
 - The First Forty Days* by Heng Ou
 - Nourishing Newborn Mothers* by Julia Jones
 - The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality* by Kimberly Ann Johnson
- **Parenting:**
 - Hunt, Gather, Parent: What ancient cultures can teach us about the lost art of raising happy, helpful little humans* by Michaeleen Doucleff
 - Cribsheet* by Emily Oster
 - The Nurture Revolution: Grow Your Baby's Brain and Transform Their Mental Health through the Art of Nurtured Parenting* by Greer Kirshenbaum, PhD
 - Montessori Baby: A Parent's Guide to Nurturing Your Baby with Love, Respect, and Understanding* by Simone Davies & Junnifa Uzodike
- **Breastfeeding:**
 - Ina May's Guide to Breastfeeding* by Ina May Gaskin
 - Go Milk Yourself* by Francie Webb

Viewing & Listening Recommendations:

- Watch live birth videos/photos on Instagram or YouTube! Examples: *Empowered Birth Project*, *Birthing from Within*, *Birth Without Fear*, @Midwifeangelina
- Also on Insta - @prenatalyogacenter is where I got my certification and so you will see very familiar poses there as well as links to excellent blogs by the owner, Deb. She also does a podcast called YOGA. BIRTH. BABIES.
- <http://www.sevensistersprogram.com/> Resources for planning the care & support needed in postpartum
- <https://www.spinningbabies.com/> Resources for getting baby into optimal positioning for an easier labor
- <https://www.thethompsonmethod.com/> Video resources for breast-feeding as well as labor/birth

Supplements/Teas/Therapies Recommended for Symptoms: (research and check with doctor if necessary!)

- Leg/calf cramps: Amish remedy for leg cramps (Jonesboro Health Food Store), magnesium gel, stretch daily, try not to keep toes pointed while sleeping!
- Edema (swelling), prevention of spider/varicose veins/bloodclots in legs... Purchase some compression socks - especially if you are on your feet a lot OR sitting a lot. I like Comrad: <https://www.comradsocks.com/pages/pregnancy-socks>
- Anxiety or other strong emotions: Bach's rescue remedy (anxiety) or other Bach Flower Remedies for specific issues
- General wellbeing: Buy or mix your own pre/postnatal tea - red raspberry leaf, oat straw, nettles, alfalfa (bulk herbs available at Truck Patch or Jonesboro Health Food)
- Epsom salt bath soaks for de-stressing, leg cramps, circulation, edema (swelling)
- Acid Reflux: Apple Cider Vinegar (pre-made drinks available too), baking soda water, lemon water, raw almonds. Prop up in bed and keep head above heart when sleeping, exercising etc.
- Constipation: Add loads of daily fiber like prunes, bananas, apples, pineapple, flaxseed meal, oats. Can supplement with Calm magnesium powder or a gentle digestive enzyme. Gentle belly massage - try yourself and learn from your prenatal massage therapist! Get a "squatty potty"!
- Once baby arrives, check out teas and supplements (fenugreek, goat's rue etc) to increase lactation as well as recipes for lactation "cookies" with brewer's yeast & fennel.

Doula, Midwife, Naturopath, Acupuncture, Pelvic Floor PT Resources:

- Midwife Lanai Fields (operating out of Memphis/Hernando, Ms.), lanaifields@gmail.com, Full Circle Midwifery, memphismidwife.com
- List of Arkansas Midwives...generally they are willing to travel to Jonesboro they are within two hours away. https://www.healthy.arkansas.gov/images/uploads/pdf/LLM_Listing.pdf
- Doula - Sossity Lewis, awholenandhealthy@gmail.com, 870-278-0101
- Doula - Dillon Harvey-Williams, Jonesboro, Taking Root Birth & Wellness, takingrootbirth.com, takingrootbirth@gmail.com, 870-253-8540. Pre and postnatal doula services, placenta encapsulation, and beginning birth photographer (ask about discount rates as she builds her portfolio) **currently not practicing as she is having a baby!
- Lactation Specialist - Natural State Lactation, Amira Koster KosterIBCLC@gmail.com, 870-761-5700, on FB
- Doctor of Natural Medicine (Naturopath) - Amanda Yates, Mondays & Fridays at Jonesboro Health Food Store on Stone Street. Ask any questions about issues you're having or remedies you need (free of charge). 870-932-5301
- Acupuncture for treatment of any symptoms and to harmonize system for healthy pregnancy and birth + prescription of Chinese herbs if needed. Allison at Aurum Acupuncture in Memphis. <https://aurumacupuncture.com/>
- Pelvic Floor PT, Jonesboro/Paragould, Starla Denton. Recommended for pregnancy and postpartum care. <https://pfcjonesboro.wixsite.com/mysite-1>

At Eastern Livity:

Prenatal Yoga Live at EL + online digital library though Mindbody

Pre/Postnatal Massage with Jonathan. Swedish with organic coconut oil, padding to lie face down on table or Tui Na on table, wearing comfortable clothing, padding to lie face down, (no oil) OR Thai Massage in comfy clothes on futon mat with props

Childbirth Education Lamaze with Amber Ray of IN BHAVA

Partner's Prenatal Workshop with Holland and Jonathan. A two hour workshop with massage and movement for pregnancy, labor and birth.

Mother's Support Circle – Four class series for mother's of 0-6 month olds