



Celebrated BIRTH

Recommended Reading Postpartum

Attached at the Heart: 8 Proven Parenting Principles for Raising Connected and Compassionate Children **Barbara Nicholson & Lysa Parker**

Bestfeeding: How To Breastfeed Your Baby **Suzanne Arms, Chloe Fisher, & Mary Renfrew**

Mothering The New Mother: Women's Feelings And Needs After Childbirth, A Support And Resource Guide **Sally Placksin**

Real Food for Mother and Baby: The Fertility Diet, Eating for Two, and Baby's First Foods **Nina Planck**

The Attachment Parenting Book : A Commonsense Guide to Understanding and Nurturing Your Baby **William Sears & Martha Sears**

The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family **William Sears, Martha Sears, Robert Sears & James Sears**

The 90-Minute Baby Sleep Program: Follow Your Child's Natural Sleep Rhythms for Better Nights and Naps **Polly Moore**

The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through The Night **Elizabeth Pantley & William Sears**

The Nursing Mother's Companion **Kathleen Huggins**

The Science of Parenting **Margot Sunderland**

The Vaccine Book: Making The Right Decision For Your Child **Robert Sears & Martha Sears**

The Breastfeeding Book: Everything You Need To Know About Nursing Your Child From Birth Through Weaning **Martha Sears & William Sears**

The Womanly Art Of Breastfeeding **La Leche League International**