



# Top 10 Pregnancy, Labour and Birth and Postpartum Resources

1

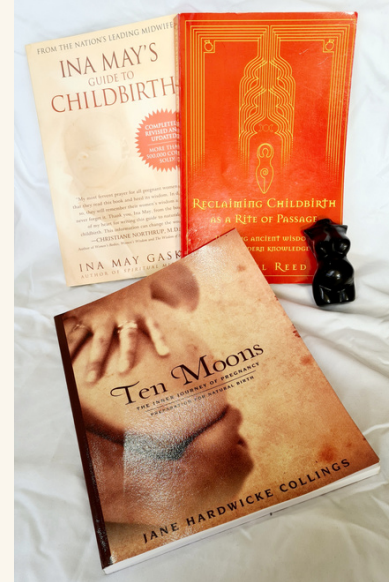
Ten Moons: The Inner Journey of Pregnancy by Jane Hardwicke Collings

2

Reclaiming Childbirth as a Rite of Passage by Dr Rachel Reed

3

Ina May Gaskin's Guide to Childbirth by Ina May Gaskin



4

**Dr Sara Wickham**  
midwife, author, speaker, researcher



Dr Sara Wickham  
[www.sarawickham.com](http://www.sarawickham.com)

5

The Great Midwife Rebellion Podcast



6

The Midwives Cauldron Podcast





7

Australian Breastfeeding Association  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
1800 mum2mum



8

Hypnobirthing Australia  
[www.hypnobirthingaustralia.com.au](http://www.hypnobirthingaustralia.com.au)



9

COPE- Centre of Perinatal Excellence  
[www.cope.org.au](http://www.cope.org.au)



10

Spinning Babies  
[www.spinningbabies.com](http://www.spinningbabies.com)



**BONUS**

Village for Mama  
[www.villageformama.com](http://www.villageformama.com)



For more specific resources or to look at our offerings,  
visit [www.gentlelotus.doula.com.au](http://www.gentlelotus.doula.com.au) or contact Stevie today

