



So Many Choices

External Links and Resources

Learn More about Your Maternity Care Choices

- <http://www.childbirthconnection.org>
- *The Great Starts Guide* at <http://www.parenttrust.org/web-store/books/>
- *Deliver This! Make the Childbirth Choice That's Right for You... No Matter What Everyone Else Thinks* by Marisa Cohen (2007)

Questions to Ask When Choosing a Birthplace

- http://www.motherfriendly.org/pdf/Having_a_Baby-English-8_5x11.pdf

Consumer Reviews of Local Birthplaces and Caregivers; Information about Local Intervention Rates

- <http://www.thebirthsurvey.com>

Find a Birth Center

- <http://www.birthcenters.org/find-a-birth-center/>

Find an Obstetrician

- <http://www.acog.org/member-lookup/>

Learn More about Family Physicians

- <http://familydoctor.org>

Learn More about Midwifery

- <http://cfmidwifery.org>

Find a Nurse-midwife

- <http://www.acnm.org/find.cfm>

Find a Licensed Midwife or Certified Professional Midwife

- <http://www.mana.org/memberlist.html>
- <http://cfmidwifery.org/find/>

Find a Childbirth Educator

- <http://www.icea.org>
- <http://www.lamaze.org>
- <http://www.bradleybirth.com>
- <http://www.birthingfromwithin.com>

Find a Birth or Postpartum Doula

- <http://www.dona.org>
- <http://www.doulamatch.net>

Find a Lactation Consultant

- <http://www.ilca.org>

World Health Organization's Baby-Friendly Award for Hospitals That Support Breastfeeding

- <http://www.babyfriendlyusa.org>

Information about Childbirth Preparation Classes

- <http://www.transitiontoparenthood.com/ttp/parented/birthclasses.htm>
- http://kidshealth.org/parent/pregnancy_newborn/pregnancy/birth_class.html





Benefits of Classes

- <http://www.parenttrust.org/for-families/parenting-advice/parenting-tips/additional-tips/class-or-epidural/>

Information about Doulas

- *The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth* by Marshall H. Klaus, John H. Kennell, and Phyllis H. Klaus (2002)
- *The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know* by Ananda Lowe and Rachel Zimmerman (2009)
- http://www.dona.org/publications/position_paper_birth.php

Waterbirth

- *The Waterbirth Book: Everything You Need to Know from the World's Renowned Natural Childbirth Pioneer* by Janet Balaskas (2004)
- Waterbirth International: <http://www.waterbirth.org>
- Evidence-based review: <http://pdfcast.org/pdf/the-use-of-water-during-childbirth>

Maternity Leave

- <http://www.wombtobloom.com/MaternityLeaveInsider.pdf>

