

## LENDING LIBRARY

### **Pregnancy and Childbirth**

Birthing from within

<https://www.chapters.indigo.ca/en-ca/books/birthing-from-within-an-extra/9780965987301-item.html>

Nurture

<https://www.chapters.indigo.ca/en-ca/books/nurture-a-modern-guide-to/9781452152639-item.html?ikwid=Nurture&ikwsec=Home&ikwidx=3>

The Mama Natural Week by Week Guide to Pregnancy & Childbirth

<https://www.chapters.indigo.ca/en-ca/books/the-mama-natural-week-by/9781501146671-item.html?ikwid=mama+natural&ikwsec=Home&ikwidx=0>

From The Hips

<https://www.chapters.indigo.ca/en-ca/books/from-the-hips-a-comprehensive/9780307237088-item.html?ikwid=from+the+hips&ikwsec=Home&ikwidx=1>

Ina Mays Guide to Childbirth

<https://www.chapters.indigo.ca/en-ca/books/ina-mays-guide-to-childbirth/9780553381153-item.html?ikwid=ina+mays+guide+to+childbirth&ikwsec=Home&ikwidx=0>

Pregnancy, Childbirth & the Newborn

<https://www.chapters.indigo.ca/en-ca/books/pregnancy-childbirth-and-the-newborn/9780738284972-item.html?ikwid=pregnancy+childbirth+and+the+newborn&ikwsec=Home&ikwidx=0>

The Birth Partner

<https://www.chapters.indigo.ca/en-ca/books/the-birth-partner-4th-edition/9781558328808-item.html?ikwid=the+birth+partner&ikwsec=Home&ikwidx=1>

Mindful Hypno Birthing

<https://www.chapters.indigo.ca/en-ca/books/mindful-hypnobirthing-hypnosis-and-mindfulness/9780091954598-item.html?ikwid=hypno+birth&ikwsec=Home&ikwidx=3>

The Mindful Mom To Be:

<https://www.chapters.indigo.ca/en-ca/books/the-mindful-mom-to-be/9781623363017-item.html?ikwid=THE+mindful+mom&ikwsec=Home&ikwidx=0>

The Doula's Guide To Empowering Your Birth

<https://www.chapters.indigo.ca/en-ca/books/the-doulas-guide-to-empowering/9781558328952-item.html?ikwid=doulas+guide+to+empowering+your+birth&ikwsec=Home&ikwidx=0>

Bountiful, Beautiful Blissful

<https://www.chapters.indigo.ca/en-ca/books/bountiful-beautiful-blissful-experience-the/9780312310882-item.html?ikwid=bountiful+beautiful+blissful&ikwsec=Home&ikwidx=0>

Essential Oils for pregnancy, birth and babies

<https://www.chapters.indigo.ca/en-ca/books/essential-oils-for-pregnancy-birth/9780985528027-item.html?ikwid=essential+oils+for+pregnancy%2c+birth+%26+babies&ikwsec=Home&ikwidx=0>

Your Survival Guide To Diabetes In Pregnancy

<https://www.chapters.indigo.ca/en-ca/books/gestational-diabetes-your-survival-guide/9781847094414-item.html?ikwid=your+survival+guide+to+diabetes+in+pregnancy&ikwsec=Home&ikwidx=0#algoliaQueryId=ee0d208bb30f704c1ea69b0feed39873>

Real Food For Gestational Diabetes

[https://www.amazon.ca/Real-Food-Gestational-Diabetes-Conventional/dp/0986295000/ref=sr\\_1\\_1?crd=2KYOFZMQBHHP7&dchild=1&keywords=real+food+for+gestational+diabetes&qid=1597726815&srefix=real+food+for+ges%2Caps%2C202&sr=8-1](https://www.amazon.ca/Real-Food-Gestational-Diabetes-Conventional/dp/0986295000/ref=sr_1_1?crd=2KYOFZMQBHHP7&dchild=1&keywords=real+food+for+gestational+diabetes&qid=1597726815&srefix=real+food+for+ges%2Caps%2C202&sr=8-1)

## **Birth Justice & Traditional Birthing**

Pushed

<https://www.chapters.indigo.ca/en-ca/books/pushed-the-painful-truth-about/9780738211664-item.html?ikwid=pushed&ikwsec=Home&ikwidx=0>

The Surprising History of How We Are Born

<https://www.chapters.indigo.ca/en-ca/books/birth-the-surprising-history-of/9780802143242-item.html?ikwid=the+surprising+history+of+how+we+are+born&ikwsec=Home&ikwidx=0>

Birthing Justice: Black Women, Pregnancy and Childbirth

<https://www.chapters.indigo.ca/en-ca/books/birthing-justice-black-women-pregnancy/9781138191457-item.html?ikwid=birthing+justice&ikwsec=Home&ikwidx=0>

Reproduction On The Reservation, Pregnancy, Childbirth and Colonialism in The Long Twentieth Century

<https://www.chapters.indigo.ca/en-ca/books/reproduction-on-the-reservation-pregnancy/9781469653167-item.html?ikwid=reproduction+on+the+reservation&ikwsec=Home&ikwidx=0>

Red Medicine, Traditional Indigenous Rites of Birthing And Healing

<https://www.chapters.indigo.ca/en-ca/books/red-medicine-traditional-indigenous-rites/9780816529568-item.html?ikwid=red+medicine&ikwsec=Home&ikwidx=0>

Birthing On The Land: Memories of Inuit Elders and Traditional Midwives

<https://www.amazon.ca/Birth-Land-Memories-Traditional-Midwives/dp/1897568185>

Revolutionary Mothering

<https://www.chapters.indigo.ca/en-ca/books/revolutionary-mothering-love-on-the/9781629631103-item.html?ikwid=revolutionary+mothering&ikwsec=Home&ikwidx=0>

Childbirth Wisdom From The World's Oldest Societies

[https://www.amazon.ca/Childbirth-Wisdom-Worlds-Oldest-Societies/dp/1733927611/ref=sr\\_1\\_1?dchild=1&keywords=childbirth+wisdom+from+the+worlds+oldest+societies&qid=1597726890&s=digital-skills&sr=1-1](https://www.amazon.ca/Childbirth-Wisdom-Worlds-Oldest-Societies/dp/1733927611/ref=sr_1_1?dchild=1&keywords=childbirth+wisdom+from+the+worlds+oldest+societies&qid=1597726890&s=digital-skills&sr=1-1)

## **Postpartum and Beyond**

This Isn't What I Expected: Overcoming Postpartum Depression

<https://www.chapters.indigo.ca/en-ca/books/this-isnt-what-i-expected/9780738216935-item.html?ikwid=this+isnt+what+i+expected&ikwsec=Home&ikwidx=0>

The First Forty Days: Nourishing The Essential Art of Nourishing The New Mother

<https://www.chapters.indigo.ca/en-ca/books/the-first-forty-days-the/9781617691836-item.html?ikwid=the+first+forty+days&ikwsec=Home&ikwidx=0>

Natural Health After Birth

<https://www.chapters.indigo.ca/en-ca/books/natural-health-after-birth-the/9780892819300-item.html?ikwid=natural+health+after+birth&ikwsec=Home&ikwidx=0>

### **Breastfeeding and Babies**

Latch- A handbook for breastfeeding with confidence

<https://www.chapters.indigo.ca/en-ca/books/latch-a-handbook-for-breastfeeding/9781623159306-item.html?ikwid=latch+a+handbook+for+breastfeeding&ikwsec=Home&ikwidx=0#algoliaQueryId=f8826fd4cb22fb2b7a670225f11d9f3c>

Dr. Jack Newman's Guide to Breastfeeding

<https://www.chapters.indigo.ca/en-ca/books/dr-jack-newmans-guide-to/9781443410038-item.html?ikwid=dr+jack+newmans+guide+to+breastfeeding&ikwsec=Home&ikwidx=0#algoliaQueryId=9d939d569df7d4113b669dbd4f128d56>

The Baby Book- Everything You Need to Know About Your Baby From Birth to Age Two

[https://www.chapters.indigo.ca/en-ca/books/product/9780316198264-item.html?ref=item\\_page:richrel:rr\\_carousel:json1](https://www.chapters.indigo.ca/en-ca/books/product/9780316198264-item.html?ref=item_page:richrel:rr_carousel:json1)