

Resources for Childfree People

Films, Podcasts, and Webinars:

- [Alliance of Childfree Voters webinar](#), a recorded version of a September 2024 webinar hosted by the newly formed Alliance of Childfree Voters. 95 minutes long, features 10 speakers. (Speakers listed [here](#).)
- [My So Called Selfish Life](#) by Therese Shechter, a 2022 documentary about “one of society’s greatest social taboos: choosing not to have children.”
- [Beyond Pronatalism: Finding Fulfillment With or Without Kids](#), a podcast hosted by Nandita Bajaj
- [The Overpopulation Podcast](#), hosted by Nandita Bajaj and Alan Ware
- [Choose the Bear](#) a podcast that dives deep into the power and joy of living a vibrant, independent life on your own terms. Hosted by author and organizer Kat Calvin, it features smart, fun conversations about how singles are changing society and what it all means for you.
- [The Kids or Childfree Podcast](#) hosted by Keltie Maguire

Articles & Essays:

- The Washington Post: “[There are 107 million single Americans. Why do politicians rarely mention us?](#)” by Vicki Larson (2016)
- Women’s Media Center: “[Celebrating the Childfree Choice](#)” by Therese Shechter (2023), includes a list of tips on how to reduce/eliminate pronatalist bias from conversations and support the childfree people in your life
- Harper’s Bazaar: “[Black and Childfree](#)” by Houreidja Tall (2021)

- Ms. Magazine: “[Abortion Bans Are a Natural Outgrowth of Coercive Pronatalism](#)” by Nandita Bajaj (2022)
- Huffington Post, “[No, I Don't Want To Have Kids And I'm Tired Of Having To Explain Why Not](#)” by Kerry Graham (2019)
- Harvard Business Review: “[How Biases About Motherhood Impact All Women at Work](#)” by Amy Diehl, Ph.D. and Leanne Dzubinski, Ph.D. (2024)
- The Guardian: “[The right’s obsession with childless women isn’t just about ideology: it’s essential to the capitalist machine](#)” by Nesrine Malik (2024)
- The Guardian: “[How I found joy in a life without children of my own](#)” by Lucy Handley (2023)
- Essence: “[Attacks On Kamala Harris For Being Child-Free Are Harmful To All Women](#)” by A. Rochaun Meadows-Fernandez (2024)
- The Atlantic: “[Kamala Doesn’t Have to Be Mamala to a Whole Country](#)” by Faith Hill (2024)
- The New York Times: “[Attacking Kamala Harris for Not Having Kids Will Backfire](#)” by Jessica Grose (2024)

Books:

- [Childfree by Choice: The Movement Redefining Family and Creating a New Age of Independence](#) by Amy Blackstone, Ph.D. (2019)
- [Mother State: A Political History of Motherhood](#) by Helen Charman (2024)
- [Without Children: The Long History of Not Being a Mother](#) by Peggy O'Donnel Heffington (2023)
- [Killing the Black Body: Race, Reproduction, and the Meaning of Liberty](#) by Dorothy Roberts (1997)

- [Harpy: a Manifesto for Child-Free Women](#) by Caroline Magennis (2024)
- [Otherhood: Essays on being childless, childfree and child-adjacent](#) by Alie Bengé Lil O'Brien, and Kathryn van Beek (2024)
- [Regretting Motherhood](#) by Orna Dornath (2016)
- [Glass Walls: Shattering the Six Gender Bias Barriers Still Holding Women Back at Work](#) by Amy Diehl, Ph.D. and Leanne Dzubinski, Ph.D. (2023)
- [The Baby Trap](#) by Ellen Peck (1971)
- [Childfree Across the Disciplines: Academic and Activist Perspectives on Not Choosing Children](#), edited by Davinia Thornley (2022)
- [All the Single Ladies: Unmarried Women and the Rise of an Independent Nation](#) by Rebecca Traister (2016)
- [Selfish, Shallow, and Self-Absorbed: Sixteen Writers on the Decision Not to Have Kids](#) by Meghan Daum, Johnny Heller, et al. (2015)
- [Women Without Kids](#) by Ruby Warrington (2023)
- [Others Like Me: The Lives of Women without Children](#) by Nicole Louie (2024)

Organizations, Websites, and Communities:

- [The Alliance of Childfree Voters](#) A brand new, nonpartisan grassroots coalition of individuals and organizations that fight for the visibility, rights, and policy priorities of consciously childfree people
- [TheChildfree.org](#) This website, created and maintained by the research team of Jennifer Watling Neal, Ph.D. and Zachary Neal, Ph.D., exists to “share and support research about childfree adults throughout the world”

- [Life Without Children](#), “The home for stories about not having children, whether by choice or circumstance.” site curated by Scottish writer Ali Hall
- [No Bibs Burps Bottles](#) “The mission of No Bibs Burps Bottles is to empower, highlight, and celebrate childfree African American/Black Women to embrace and live their best childfree life, free from societal expectations and stereotypes. We strive to create a safe and authentic space that validates their choices, while fostering a sense of community and belonging.”
- [Unmarried Equality](#) “Unmarried Equality advocates for equality and fairness for unmarried people, including people who are single, choose not to marry, cannot marry, or live together before marriage. We provide support and information for this fast-growing constituency, fight discrimination on the basis of marital status, and educate the public and policymakers about relevant social and economic issues.”
- [New Legacy Institute](#) “NLI's purpose is to influence and educate cultural and institutional leaders and policymakers to recognize people without children.”