



Recommended Books and References for Pregnancy, Birth, and Parenting

** indicates the provider or resource is gender-inclusive and trans affirming*

Pregnancy/Postpartum Nutrition and Exposures:

- *The First 40 Days: The Essential Art of Nourishing the New Mother* (Book) - Heng Ou
- Mother to Baby (Website from The Office of Tetralogy Information Science) - <https://mothertobaby.org/>
- *Real Food for Gestational Diabetes* (Book) - Lily Nichols
- *Real Food for Pregnancy* (Book) - Lily Nichols

Pregnancy/Birth:

- * Evidence-Based Birth (Website/Childbirth Education Provider) - <https://evidencebasedbirth.com/>
- *Expecting Better : Why the Conventional Pregnancy Wisdom Is Wrong -- And What You Really Need to Know* (Book) - Emily Oster
- *Parent Data* - website by author Emily Oster <https://parentdata.org/>
- * *Why Did No One Tell Me This: The Doulas' Honest Guide for Expectant Parents* (Book) - Natalia Hailes & Ash Spivak

References for Parenting:

- * [The Baby Center](#) (Website offering evidence-based information on pregnancy and early parenthood)
- Books by Daniel J. Siegel
- [The Car Seat Lady](#) (Website offering evidence-based information on car seat safety)

- [Children's Hospital of Philadelphia Vaccine Education Center](#) (Website with evidence-based information about childhood vaccinations)
- *The Informed Parent* (Book) - Emily Willingham and Tara Haelle
- *Zero to Five: 70 Essential Parenting Tips Based on Science* (Book) - Tracy Cutchlow

Fitness & Moving the Body

- Evlo Fitness: pilates-style exercise directed by doctors of physical therapy, for across the reproductive cycle - <https://evlofitness.com/>

Natural and Holistic Approaches:

- Aviva Romm, MD, Herbalist - <https://avivaromm.com/>
- Mama Natural - website with accompanying book - <https://www.mamanatural.com/>

Lactation:

- Kelly Mom: kellymom.com
- La Leche League International (Website and Support Groups): <https://llli.org/>
- Mother to Baby (Website from The Office of Tetralogy Information Science - OTIS): mothertobaby.org