



Lamaze Childbirth Educator Program Study Guide

Core Recommended Reading – Books

The books included under *Core Recommended Reading – Books* are, in our opinion, the best and most up-to-date books available for the information needed to meet the behavioral objectives. However, if you have already mastered the information needed for a specific behavioral objective, then it is not essential to read the recommended reference. You will also want to be familiar with the *Lamaze International Top Ten Recommended Resources for Pregnant Women and Their Families* (see Lamaze website at <www.lamaze.org> for current list). The books on the *Core Recommended Reading List* are available for purchase from the Lamaze Bookstore. Some books may also be available in community, hospital, and college libraries.

The most important book on the reading list	Lothian J & DeVries C. (2005). <i>The official Lamaze guide: Giving birth with confidence</i> . New York: Meadowbrook.
Evidence-based information for both parents and professionals about cesarean birth	Childbirth Connection. (2006). <i>What every pregnant woman needs to know about cesarean section</i> . New York, NY: Childbirth Connection. Available for purchase or online at no charge at < www.childbirthconnection.org >.
Comprehensive textbook about all aspects of childbirth education, including chapters on strategies such as relaxation, imagery, music, second stage, etc.	Nichols F & Humenick S. (2000). <i>Childbirth education: Practice, research, and theory</i> (second edition). Philadelphia, PA: W.B. Saunders.
Guide with teaching strategies for topics covered in childbirth classes and helpful resource section of teaching aids, audiovisuals, etc.	Amis D & Green J. (2007 or current). <i>Prepared childbirth – The educator’s guide</i> . Plano, TX: The Family Way Publications.
Readable and comprehensive guide to interactive teaching strategies and excellence in teaching adults	Renner P. (2005). <i>The art of teaching adults</i> . Vancouver: Training Associates. (For fastest delivery, order online at < www.peter-renner.com/ >.)
Positioning, movements, and other strategies to facilitate labor progress and comfort	Simkin P & Ancheta R. (2005). <i>The labor progress handbook</i> (second edition). Malden, MA: Blackwell Science.
Wonderful summary of newborn capabilities and strategies to encourage attachment; the video is outstanding and an excellent addition to childbirth classes.	Klaus M & Klaus P. (1998). <i>Your amazing newborn</i> . Reading, MA: Perseus Books. (Look in a library for the excellent companion video, <i>Amazing talents of the newborn</i> .)
For U.S. candidates: Advocacy; a provocative, well-researched, and incisive analysis of childbirth today in the USA	Block, J. (2007). <i>Pushed – The painful truth about childbirth and modern maternity care</i> . Cambridge, MA: Da Capo Press, a member of the Perseus Books Group.

In addition to the resources listed on the previous page, you will need access to a good midwifery or maternal-child nursing textbook and at least one good book on breastfeeding. If you are a nurse, your maternal-child textbook is most likely fine, even if it is a few years old.

Here are our suggestions:

Midwifery Text

Davis E. (2004). *Heart & hands*. Berkeley, CA: Celestial Arts.

This book is intended for home-birth midwives and emphasizes normal pregnancy and childbirth. It is much less expensive than many other midwifery textbooks. As of April 2007, Amazon has new copies for only \$19.77.

or

Maternal-Child Nursing Text

Orshan S. (2006). *Maternal, newborn, and women's health nursing: Comprehensive care across the lifespan*. New York: Lippincott Williams, & Wilkins.

Lamaze instructors contributed the chapters on labor and birth (Wendy Budin) and childbirth education (Barbara Hotelling).

Note: Because this is a textbook, used copies in excellent or good condition are readily available at discounted prices at websites such as <www.amazon.com>.

Breastfeeding Books (choose one of these)

1. Cox S. (2006). *Breastfeeding with confidence – a practical guide* (129 pages). New York: Simon & Schuster.
2. La Leche League. (2004). *Womanly art of breastfeeding* (480 pages). Schaumburg, IL: La Leche League.
3. Mohrbacher N. & Kendall-Tackett K. (2005). *Breastfeeding made simple* (260 pages). Oakland, CA: New Harbinger Publications.
4. Newman J & Pitman T. (2006). *The ultimate breastfeeding book of answers* (352 pages). New York: Three Rivers Press.
5. Tamaro J. (2005). *So that's what they're for! (third edition) The definitive breastfeeding guide* (324 pages). Avon, MA: Adams Media.

and/or (for teaching strategies for breastfeeding)

Smith L. (2002). *Coach's notebook – Games and strategies for lactation education*. Sudbury, MA: Jones and Bartlett Publishers.

Evidence-Based Maternity Care

In addition to accessing abstracts and reviews on the Cochrane Library website (see pages xvii-xviii) you may want to read the 2007 book, *Evidence-based care for normal labour and birth – A guide for midwives* by Denis Walsh. His short (146 pages) book is well-written, thought-provoking, and valuable for providing a summary of current evidence of maternity care practices.