

USEFUL RESOURCES

If we have an empowering rite of passage into motherhood then we become empowered mothers.

So how do we become empowered?

We get educated.

Birth is instinctive, we are born knowing how to give birth. We just need to have trust and confidence in our bodies and believe that they know exactly what to do!

There are many ways we can educate ourselves prior to birth but here are some great resources I love to recommend:

BOOKS

- Ina May's Guide to Childbirth by Ina May Gaskin
- Spiritual Midwifery by Ina May Gaskin
- Ten Moons by Jane Hardwicke Collins
- The Mindful Mother by Naomi Chunalal
- The Birth Space by Gabrielle Nancarrow
- The Postnatal Depletion Cure by Oscar Serrallach
- The First Forty Days: The Essential Art of Nourishing the New Mother by Heng Ou
- Birth with confidence by Rhea Dempsey
- Reclaiming childbirth as a right of passage by Rachel Reed
- Gentle birth gentle mothering by Dr Sarah Buckley
- Down to Earth Birth by Jenny Blyth

PODCASTS

- The Great Birth Rebellion
- The Road to Wisdom
- Australian Birth Stories
- Evidence Based Births
- A place called Birth
- The Birthing Dad's Podcast

COMMUNITY GROUPS

- Benevolent Society Gold Coast - Playgroups
- Social Mama Mothers Group - FB & Meet ups
- Bump Southport - Mum and Bubs classes
- Holistic Mama Centre - Pre & Postnatal Yoga
- Australian Breastfeeding Association - Breastfeeding hotline, education & support
- PANDA - website & hotline for mental health of mothers & families

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