



Sacred Spiral Doula

LENDING LIBRARY

Fertility and Conception

The Manual of Natural family planning,

BOOK by Dr Anna M Flynn & Melissa Brooks

I want to have baby?: essential reading for potential parents.

BOOK by Dr Sarah Brewer

The best start in life: How a woman's diet can protect her child from disease in later life.

BOOK by Professor David Barker

Conception, Pregnancy and Birth,

BOOK by Dr Miriam Stoppard

Pregnancy

The fertility & pregnancy cookbook: Improve your well-being, boost fertility, and help ensure a healthy pregnancy.

BOOK by Katherine Burke

Natural Pregnancy: A practical holistic guide to wellbeing from conception to birth.

BOOK By Janet Balaskas

Yoga for pregnancy,

BOOK By Wendy Teasdill

Better food for pregnancy: Nutrition guide & more than 125 recipes for healthy pregnancy & breastfeeding.

BOOK By Daina Kalnins & Joanne Saab

The complete book of pregnancy: a step by step guide from preconception to the first weeks following birth.

BOOK By Wendy Rose-Neil

Aqua yoga: for pregnancy, unique series of exercises for pregnancy, birth & beyond

BOOK by Françoise Barbira Freedman

Mother & Baby exercise: an easy fitness programme to take you through pregnancy

BOOK By Emma Scattergood

Simple yoga for pregnancy: suitable for women from 14th week of pregnancy
DVD by little gems yoga

Pilates in pregnancy: 2 great workouts for during and after pregnancy.
DVD by Lindsey Jackson

Yoga for pregnancy: includes 15, 20 & 30 minute routines
BOOK by Rosalind Widdowson

Antenatal yoga: relaxation and exercise in pregnancy
DVD with Kathy Tayler & Tricia Robinson

Preparing for birth with yoga: empowering and effective exercise for pregnancy and childbirth,
BOOK by Janet Balaskas

Baby Names: book of 5,000 boys and girls names
BOOK by WH Smith

The New Pregnancy and Birth Book, the complete practical guide for all parents-to-be.
BOOK by Miriam Stoppard

What to expect when you're expecting
BOOK by Heidi E Murkoff, Arlene Eisenberg, & Sandee E Hathaway

Working womans pregnancy
BOOK by Mitchell Beazley

Birth

Active Birth: the new approach to giving birth naturally
BOOK by Janet Balaskas

Childbirth Without Fear: The principles & practice of natural childbirth,
BOOK by Grantly Dick-Read

Birth without violence,
BOOK By Frederick Leboyer

Hypnobirthing – the Mongan method,
BOOK by Marie F Mongan

Natal hypnotherapy: effective birth preparation HOSPITAL BIRTH
CD by Maggie Howell

Birth Reborn: What childbirth should be,
BOOK by Michel Odent

Natal Hypnotherapy: Effective Birth Preparation. CAESAREAN
CD by Maggie Howell

TENS machine: electric. CHARGE FOR CONSUMERABLES ie: electrodes, batteries & skin prep.
EQUIPMENT by ELLE

Birth ball: 65cm birthing ball, comes with info sheet and foot pump,
EQUIPMENT by Berkshire birthing company

Stand & Deliver: And other brilliant ways to give birth,
BOOK, by Emma Mahony

Labour and birth: all your questions answered.
BOOK by Hamlyn

Caesarian birth in britain

BOOK by Dr Colin Francome, Professor Wendy Savage, Helen Churchill and Helen Lewison

Your Third Stage: delivering the placenta,

BOOKLET, by AIMS

Water Birth & Home-Birth

Aqualight: make the best of your birthing pool, before, during and after birth

BOOKLET by Francoise Barbira Freedman

The waterbirth book,

BOOK By Janet Balaskas

Water Birth: The concise guide to using water during pregnancy, birth and infancy.

BOOK by Janet Balaskas

Natal hypnotherapy: effective birth preparation HOMEBIRTH

CD By Maggie Howell

The Homebirth book,

BOOK By Sheila Kitzinger

Homebirth: a practical guide.

BOOK, by Nicky Wesson

Birth pool: inflatable. CHARGE FOR CONSUMERABLES ie: pool liner, thermometer etc.

EQUIPMENT by La Bassine

Birth pool: large, hexagonal, rigid side pool: CHARGE FOR 4 week HIRE

EQUIPMENT

Postnatal Recovery

Your body after the birth,

BOOK By Jane Chumbley

Breast-feeding

Medela **booklet: Breastfeeding Premies**

Medela **booklet: Breastfeeding**

Medela **booklet: give us a little time**, Breast feeding Babies with cleft palate or cleft lip.

Johnsons Breastfeeding: a practical guide for parents,

BOOK

Breastfeeding pillow: theraline (beanbag style) ,

EQUIPMENT by Grobag

Breastfeeding pillow: inflatable, with washable cover,

EQUIPMENT by Boots

Breast pump: electric,

EQUIPMENT by snow bear

Breastpump: manual,

EQUIPMENT by Maws

What To Expect When You're Breast-feeding, and what if you can't?

BOOK, by Clare Byam-Cook

Breast feeding pillow: my brest friend,

EQUIPMENT

Breastfeeding for Beginners: NCT

BOOK, by Caroline Deacon

The Art of Breast feeding,

BOOK, by La Leche League international, the worlds' foremost authority on breast feeding

Breastfeeding support pillow,

EQUIPMENT, by Floppeze

V pillow, hollow fibre, **EQUIPMENT**

Looking after Baby!

The organic Baby book: how to plan & raise a healthy child,

BOOK by Tanyia Maxted-Frost

Green Babies: practical guidance for today's parents,

BOOK by Dr Penny Stanway

The new contented little baby book,

BOOK by Gina Ford

Baby yoga: enhance your babies mental & physical development (newborn-18m),

DVD

Baby yoga for toddlers: as above, from 10 months,

DVD

Baby sign language basics: Early communication for hearing babies & toddlers,

BOOK, by Monta S Bryant

Baby Massage, the calming power of touch,

BOOK, by Dr Alan Heath, and Nicki Bainbridge

Mixed selection of washable nappies and equipment to loan for trial

SLING LIBRARY

Perraja knotted sling, with instructions, EQUIPMENT, from 'the carrying kind

Close Baby Carrier, EQUIPMENT

Kozy Baby Carrier, EQUIPMENT

Mai Tai Sling, EQUIPMENT

Kari-me, wrap sling, EQUIPMENT

Huggababy, Wrap sling, EQUIPMENT

Please let me know if you are interested in borrowing any of these books or equipment.

I can supply you with your own La Bassine birth pool (for you to buy) if you would like your own rather than a hire/borrowed one.