

***Ann Arbor's Reskilling Festival
February 2012***

Resources for more information about
Healthy Births & Breastfeeding

Birth

Birth and Breastfeeding: Rediscovering the Needs of Women During Pregnancy & Childbirth, by Michel Odent

Birthing From Within, by Pam England

Born in the USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First, by Marsden Wagner

Brought to Earth By Birth, by Harriette Hartigan (Ann Arbor Author!)

Ina May's Guide to Childbirth, by Ina May Gaskin

The Mind of Your Newborn Baby, by David B. Chamberlain

Natural Hospital Birth, by Cynthia Gabriel (Ann Arbor Author!)

The Natural Pregnancy Book: Herbs, Nutrition, and Other Holistic Choices by Aviva Jill Romm

Breastfeeding

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers, by Nancy Morhbacher & Kathleen A. Kendall-Tackett

Ina May's Guide to Breastfeeding, by Ina May Gaskin

The Ultimate Breastfeeding Book of Answers, by Jack Newman, M.D. and Teresa Pitman.

Movies

Business of Being Born

Pregnant in America

What Children Really Want

Orgasmic Birth

Websites

<http://www.wondrousbeginnings.com/> (Pre & Perinatal Psychology)
www.WhatBabiesWant.com (Website of the movie)
www.BreastfeedingMadeSimple.com (Practical breastfeeding information)
www.nbc.ca (Great Breastfeeding info & teaching videos)
www.ResonanceRepatterning.net (Healing Trauma)
www.inamay.com (Cutting edge articles and links from Ina May Gaskin)
www.HarrietteHartigan.com (Visual poetry with birth photographer)
www.Closeathandbaby.com (Safe baby-wearing resource)
www.wombecology.com (Dr. Odent's research - brilliant)
<http://www.notmilk.com/101.html> (101 Reasons to Breastfeed)
www.PositiveBirthStories.com (Balances public and media negativity)
www.BirthPsychology.com (Info & research)
www.WondersoftheWomb.com (Thoughtful awareness, encouragement)

A Healthy Naturopathic Resource

For preventing & healing trauma, health support and more.

Indigo Forest: Growing Healthy Naturally: www.TheIndigoForest.com Ann Arbor, MI 4121 Jackson Road, Ann Arbor, MI 48103

Indigo Forest is a store and class studio specializing in wholistic parenting & natural remedies. Also providing naturopathic consultations, healing birth story circles, herbs, essential oils, flower remedies to order, books and shipping.

Presenter Beth Bailey Barbeau is a Traditional Midwife, Resonance Repatterning Practitioner, Instructor for the Naturopathic Institute of Therapies & Education in Mt. Pleasant MI, and Owner of Indigo Forest, a store & class studio in Ann Arbor, MI specializing in healthy births and breastfeeding. She is available for private consultations as well as group classes. Contact her at Beth@VisitIndigo.com and through Indigo at (734) 994-8010.