



Postnatal Doula Library

I have the following postnatal books which you are welcome to borrow during our time together:

- The little Book of Self Care for New Mums, Beccy Hands and Alexis Stickland
- Nurturing New Families, Naomi Kemeny
- The Fourth Trimester, Kimberly Ann Johnson
- The First Forty Days, Heng Ou
- The Wonder Weeks, Heyy van de Rijt, PhD, Frans X. Plooij, PhD, and Xaviera Plas-Plooij
- Your Amazing Newborn, Marshall H. Kalus, M.D., Phyllis H. Klaus
- Your Baby Week by Week, Simone Cave and Dr Caroline Fertleman
- Developmental Baby Massage, Peter Walker
- What every parent needs to know, Margo Sunderland
- Let's talk about the first year of parenting, Amy Brown
- Let's talk about your new family's sleep, Lyndsey Hookway
- Why Did No One Tell Me? Emma Brockwell (Pelvic Health Physiotherapist)
- The Second Baby Book, Sarah Ockwell-Smith
- Mindful Mamma, Sophie Fletcher
- Mindful New Mum, Anna Marthur
- Why Doulas Matter, Maddie McMahon
- Why Mothering Matters, Maddie McMahon
- Why Postnatal Depression Matters, Mia Scotland
- Why Postnatal Recovery Matters, Sophie Messenger
- Why Infant Reflux Matters, Carol Smyth, IBCLC
- Why your Baby's Sleep Matters, Sarah Ockwell-Smith
- Why Babywearing Matters, Rosie Knowles
- Let's talk about feeding your baby, Amy Brown
- Why Breastfeeding Matters, Charlotte Young
- The Womanly Art of Breastfeeding, La Leche League
- The Positive Breastfeeding Book, Amy Brown
- Mixed Up (Combination Feeding by Choice or Necessity), Lucy Ruddle, IBCLC
- Eat to Feed, Eliza Larson and Kristy Kohler
- The Happy Kitchen, Good Mood food, Rachel Kelly with Alice Mackintosh
- Self-care for Tough Times, Suzy Reading
- Nurture Your Child's Emotional Intelligence, Dr Anne Lane
- Calm Parents, Happy Kids, The secrets of stress-free parenting, Dr Laura Markham
- Calm Parents, Happy Siblings, How to stop the fighting and raise friends for life, Dr Laura Markham
- The Gentle Sleep Book Sarah Ockwell Smith
- Mindful Mamma, Sophie Fletcher