

## Helpful Books & Resources

Douglas, Ann  
“The Mother of all Pregnancy Books”

England, Pam  
“Birthing From Within”  
<[www.birthingfromwithin.com](http://www.birthingfromwithin.com)>

Harper, Barbara  
“Gentle Birth Choices” 2005 ed.  
<[www.waterbirth.org](http://www.waterbirth.org)>

Kitzinger, Sheila  
“Complete Book of Pregnancy & Childbirth”

Mohrbacher, N. & Kendall-Tackett K.  
“Breastfeeding Made Simple”  
<[www.breastfeedingmadesimple.com](http://www.breastfeedingmadesimple.com)>

Newman, Dr. Jack  
“Dr. Jack Newman’s Guide to Breastfeeding”  
<[www.drjacknewman.com](http://www.drjacknewman.com)>

Simkin, Penny  
“Pregnancy, Childbirth, and the Newborn”  
“The Birth Partner”  
“The Simple Guide To Having A Baby”

MIDWIVES - [www.aom.on.ca](http://www.aom.on.ca)

EATING WELL - [www.blueribbonbaby.org](http://www.blueribbonbaby.org)

CIRCUMCISION - [www.infocirc.org](http://www.infocirc.org)

GENERAL INFO - [www.childbirth.org](http://www.childbirth.org)

FREE ONLINE CHILDBIRTH CLASS -  
[www.leslynnotes.com](http://www.leslynnotes.com)

WHAT POSITION IS YOUR BABY IN?  
[www.spinningbabies.com](http://www.spinningbabies.com)

I have a suggested sliding fee of \$250-\$450, & also do a limited number of reduced fee & no fee births. If finances are an obstacle for you,  
*please* speak to me about your options.

NYFC is a registered charity, BN# 13217 7296 RR0001

**For more information**  
**please call Sarah at (905) 375 5618,**  
**send an e-mail to <[sarah@nyfc.org](mailto:sarah@nyfc.org)>, or visit <[www.nyfc.org/doula.html](http://www.nyfc.org/doula.html)>**

For more information about **DONA International**, please visit their website at  
<[www.dona.org](http://www.dona.org)>  
or call 888 788 DONA



### Local (Women’s) Resources

*Alpha House*  
(905) 372 4774

*Beginnings Pregnancy Care Centre*  
1-866-838-6367

*Community Care Midwives*  
(905) 723 6088

*HKPR Health Unit*  
1-866-888-4577

*Kawartha Community Midwives*  
(705) 745 7640

*Kawartha Sexual Assault Centre*  
1-866-298-7778

*Northumberland Services For Women*  
1-800-263-3757

*Quinte Midwives*  
(613) 962 3000

*TeleHealth Ontario*  
1 866 797 0000

# Pregnant?

## You deserve a doula!



[www.stanfordphotography.ca](http://www.stanfordphotography.ca)

# Embrace Birth Doula Services

Sarah Stanford CD(DONA)

Cell: 905 375 5618

E-mail: <[sarah@nyfc.org](mailto:sarah@nyfc.org)>

Web: <[www.nyfc.org/doula.html](http://www.nyfc.org/doula.html)>

