

Further Pregnancy Resources

WATERS BREAKING (SROM) - OPTIONS OF EXPECTANT OR ACTIVE MANAGEMENT

<https://evidencebasedbirth.com/evidence-inducing-labor-water-breaks-term/>

CREATING YOUR BIRTH SPACE

<https://www.motherandbaby.com/pregnancy/labour-birth/what-is-oxytocin-how-to-increase-levels/>

<https://www.yogababy.com.au/blogs/9/8/2017/how-to-create-your-ideal-birthing-space-within-a-hospital-labour-room>

NEWBORN HEPATITIS B VACCINE

<https://immunisationhandbook.health.gov.au/contents/vaccine-preventable-diseases/hepatitis-b>

NEWBORN VITAMIN K - ORAL OR INJECTION

<https://www.melaniethemidwife.com/podcasts/the-great-birth-rebellion/episodes/2147925623>

<https://evidencebasedbirth.com/evidence-for-the-vitamin-k-shot-in-newborns/>

VBAC (VAGINAL BIRTH AFTER CAESAREAN SECTION)

<https://evidencebasedbirth.com/ebb-113-the-evidence-on-vbac/>

Hazel Keedle Book: Birth After Caesarean: Your Journey to a Better Birth

<https://www.melaniethemidwife.com/podcasts/the-great-birth-rebellion/episodes/2147794068>

GBS

Guidance if you are being offered GBS screening. Consider reading before doing any testing.

- If you do nothing else but read this info sheet if you are being asked to test for GBS or told you have GBS, you will be covered.
<https://www.ontariomidwives.ca/sites/default/files/2022-05/GBS-in-pregnancy-2022-English.pdf>
- Blog: <https://mybodymybaby.com.au/group-b-strep/#:~:text=GBS%20and%20your%20baby&text=The%20most%20common%20means%20of,part%20of%20their%20normal%20microbiome>.
- Podcast: <https://www.melaniethemidwife.com/podcasts/the-great-birth-rebellion/episodes/2147792078>

RECOMMENDED PODCASTS

Podcasts can be a great way to easily learn and expose yourself to the world of learning about birth and babies. Here are my top recommended podcasts that I regularly listen to myself!

- Australian Birth Stories
- The Great Birth Rebellion
- Positive Birth Australia
- Baby talks ABC
- The Midwife Cauldron
- Beyond the Bump
- Evidence Based Birth

RECOMMENDED BOOKS

[Gentle Birth, Gentle Mothering by Dr Sarah Buckley](#)

[Birth With Confidence by Rhea Dempsey](#)

[The Scientification of Love by Michel Odent](#)

[Inducing Labour: making informed decisions by Sarah Wickham](#)

[In Your Own Time: how western medicine controls the start of labour and why this needs to stop by Sarah Wickham](#)