

Recommendations: Equipment and Resources



an online resource
created to accompany

Pre- and Perinatal Massage Therapy:

*A Comprehensive Guide to Prenatal, Labor
and Postpartum Practice
(Third Edition)*

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(Handspring Publishing Ltd. 2021)

this resource links to:

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Recommendations: Equipment and Resources

Throughout Chapter 3 we offer numerous suggestions for the practical ways that you can adapt your massage space to fit the needs of pre- and postnatal clients. Below are details about the various kinds of equipment that we discuss, as well as a variety of books and DVDs that we have found to be useful resources for us and our own clients.

Educational items

(instructional materials, models, charts, etc. for pregnancy, labor and birth)

[Childbirth Graphics](#)

[Cascade HealthCare Products](#)

[Doula Essentials](#)

[Lamaze International—Teaching Tools](#)

Pregnancy massage equipment

[Side Lying Positioning System](#)

[bodyCushion™](#)

[pregnancy wedge pillow](#)

[All URLs accessed January 18, 2021.]



Books & DVDs

(There is a near-endless supply of books published about all aspects of pregnancy. Below is a very small selection of books that we have used and recommended over the years. Consider keeping some of these in your office, to create a basic lending library for your clients – and to refer to yourself!)

Back Labor No More! – Janie McCoy King

Birthing From Within – Pam England and Rob Horowitz

Birth Partner – Penny Simkin

Deliver This! – Marisa Cohen

Easy Exercises for Pregnancy – Janet Balaskas

Essential Exercises for the Childbearing Year – Elizabeth Noble

Exercise After Pregnancy – Helene Byrne

Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong—and What You Really Need to Know – Emily Oster

Hope is Like the Sun: Finding Hope and Healing After Miscarriage, Stillbirth, or Infant Death – Lisa Church

How to Raise Children Without Breaking Your Back – Alex Pirie and Hollis Herman

Ina May's Guide to Childbirth – Ina May Gaskin

Infant Massage – Vimila Schneider

Iyengar Yoga for Motherhood: Safe Practice for Expectant and New Mothers – Geeta Iyengar, Rita Keller & Kerstin Khattab

Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood—and



Trusting Yourself and Your Body – Erica Chidi

Ourselves as Mothers – Sheila Kitzinger

Pregnancy, Childbirth and the Newborn – Penny Simkin, Janet Walley & Ann Keppler

Preventing and Managing Back Pain During Pregnancy – Alicia Silva

Rediscovering Birth – Sheila Kitzinger

Strong As a Mother: How to Stay Healthy, Happy, and (Most Importantly) Sane from Pregnancy to Parenthood – Kate Rope

The Female Pelvis – Blandine Calais-Germain

The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality – Kimberly Ann Johnson

The Nursing Mother's Companion – Kathleen Huggins

The Oxytocin Factor – Uvnas Moberg

The Self-Shiatsu Handbook – Pamela Ferguson

The Thinking Woman's Guide to a Better Birth – Henci Goer

What No One Tells You: A Guide to Your Emotions from Pregnancy to Motherhood – Alexandra Sacks & Catherine Birndorf

When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women – Penny Simkin & Phyllis Klaus



We're not sure how much longer anyone will use DVDs, but these are a few that have been in our collection over the years:

“Bounce Back Fast!: Post Natal Core Conditioning”

“Comfort Measures for Childbirth”

“Laboring Under An Illusion: Mass Media Childbirth vs. The Real Thing”

“Orgasmic Birth: The Best-Kept Secret”

“Relaxation, Rhythm, & Ritual: The 3 Rs of Childbirth”

“What Babies Want”