

My hope and prayer is that from reading Redeeming Childbirth each woman would be more equipped and empowered to embrace childbirth and experience God intimately during this season of preparation and life transitions. I want to offer a few book suggestions to those of you who want to really be challenged in your role as wife, mother, and woman of God.

Pregnancy is a season we should devote ourselves to preparing our hearts, minds, souls and lifestyles for motherhood. Our culture teaches us that in sometime in the third trimester or so we get this innate desire to “nest” or get prepared for the coming of our baby. This nesting period is often talked about with regard to purchasing items necessary for the birth and the baby and less with regard to the preparation of a mother’s heart, soul and mind. I believe that women deeply desire to nest mentally, emotionally and spiritually as well, but our medical profession doesn’t quite know how to approach it, so they usually don’t.

So in attempts to help equip women with knowledge, virtual mentoring, and tools to spiritually, mentally prepare for childbirth and motherhood, I have prepared a list of book recommendations.

Below are just a few books that can offer spiritual wisdom, guidance, and “virtual” mentoring. We all need to be intentional about our learning. We have a choice in how and what we think about. These brothers and sisters have generously taken a chance to serve others by sharing their heart and what they have learned in these books—there is so much we can learn from them and the lessons they have learned. May you be encouraged and draw nearer to the Lord as you glean wisdom from these brothers and sisters in Christ who have so beautifully written for our benefit and the glory of the Kingdom of God.

Suggestions for Intentional Learning:

Not everyone has the same learning style, but it is proven that if someone reads, listens, writes, and teaches what they have learned they are more likely to remember it and implement what they have learned. So I encourage you to be a student. Journal and take notes-- it is a good studying skill. Many people think of journals as a place to write notes to yourself, to unwind, or for therapy. While those are all good and legitimate reasons to journal, so is logging the most important gleanings you have learned over the years. I don’t know how many of my blog posts have come from years past journal entries.

Personally, I view life as one big classroom. Everything we experience, hear, or read offers us the opportunity for learning and growth. We have a choice to live life fully engaged or not. Learning is part of living intentionally. I am indebted to all the authors I have read, mentors I have gleaned from and pastors/speakers I have listened to over the years. I would not be who I am today if I had not been

inspired to seek the Lord more intimately by the example that many authors have given me. The wisdom, knowledge, insights and understanding as well as their personal life experiences have all impacted my life personally in one way or another.

We all have that choice to take life head on, intentionally learning... even us stay-at-home moms. We have the privilege and freedom to choose to read whatever we want and there are so many resources out there. We have the opportunity to teach our children by example what “a love for learning” really looks like as they see us engaged in learning and taking our life education seriously. We have an opportunity to teach our children what it looks like to be a student of life by sharing our gleanings with them. Leaving a Legacy of intentionality in learning and a pure love for learning are two of the greatest gifts a parent can give their child—it impacts generations. (Tip for teaching a love for learning: As you study a book-- get out a journal-- take notes. Then later read your children your notes to your children.)

So in attempt to equip you with some educational and encouraging books, I have compiled a book recommendation list for preparing for childbirth, motherhood and for encourage as a woman following Christ.

Book Recommendations:

Pregnancy/Childbirth:

Written from Christian Worldview:

[Redeeming Childbirth](#) by Angie Tolpin

[Christian Woman's Guide to Childbirth by Debra Evans](#)

(Full of Scripture, checklists and childbirth through a solid Christian worldview)

[The Christian Childbirth Handbook](#) by Jennifer Vanderlaan

(A great resource to coach women through the process of childbirth and what to expect from a Christian perspective)

[Naturally Healthy Pregnancy](#) by Shonda Parker

(Which herbs are safe and which are dangerous during pregnancy, and the best ways to minimize those times of nausea and discomfort.)

[The Lord of Birth](#) by Jennifer Vanderlaan

Other Great Resources (not Christian):

[Gentle Birth Choices](#) by Barbara Harper (Great resource for WaterBirth)

[Husband-Coached Childbirth](#) by Robert A. Bradley

[Natural Childbirth the Bradley Way](#) by Susan McCutcheon

[Ina May's Guide to Childbirth](#) by Ina May Gaskin

Online Childbirth Classes & Resources:

<http://www.givingbirthnaturally.com/>

<http://www.bradleybirth.com/> (husband-coached childbirth classes)

<http://www.gentlechristianmothers.com>

<http://www.birthingnaturally.net>

Motherhood/Parenthood:

[The Duties of Parents](#) by J.C. Ryle

[Shepherding a Child's Heart](#) by Tedd Tripp

["Getting to the Heart of Parenting"](#) on CD by Paul David Tripp.

[Wise Words for Moms](#) by Ginger Plowman

"A handy quick-reference calendar style format Wise Words for Moms identifies 22 behavior problems in children (such as disobeying, lying and tattling) and offers examples of Scripture passages that help parents address heart issues."

[Raising Godly Tomatoes](#) by Elizabeth Krueger

[The 5 Love Languages of Children](#) by Gary Chapman

[Mission of Motherhood: Touching Your Child's Heart for Eternity](#) by Sally Clarkson

[Loving the Little Years: Motherhood in the Trenches](#) by Rachel Jankovic

[Every Child Needs a Praying Mom](#) by Fern Nichols

[A Mother's Heart: A Look at Values, Vision, and Character of the Christian Mother](#) by Jean Fleming

[One Million Arrows](#) by Julie Ferwerda

[Large Family Logistics](#) by Brenneman

[The Mission Minded Family](#) by Ann Dunagan

[Doorposts Bible Based Training Materials](#)

Breastfeeding:

[Breastfeeding and Fertility by Jenny Sillman](#) (Responsive Breastfeeding)

Homeopathy:

[Homeopathy](#) by Alan V.Schmukler

Dr. Mom by Ruth

[Wise Woman Herbal for the Childbearing Year](#) by Susan S. Weed

Women's Encouragement:

Marriage:

[Sacred Marriage](#) by Gary Thomas

[The God- Empowered Wife](#) by Karen Haught

[What Did You Expect??](#) by Paul David Tripp

[Love & Respect](#) by Dr. Emerson Eggerichs

Inspiration Books:

[One Thousand Gifts](#) by Ann Voskamp

[Womanly Dominion: More Than a Gentle and Quiet Spirit](#) by Mark Chanski

[Becoming a Titus 2 Woman](#) by Martha Peace

[Feminine Appeal](#) by Carolyn Mahaney (Titus 2)

[Crazy Love](#) by Francis Chan

[Don't Waste Your Life](#) by John Piper

*As you prepare your heart for motherhood and your marriage for parenthood remember, while these books are very insightful and nothing compares to the wisdom and knowledge of the Lord that is available for free in His word. Your relationship with the Lord will grow directly proportionate to how much time you put into it. Only the Word of God can transform and renew our minds, filling us up with the Holy Spirit and bringing us closer to him.

Some of the books in the "childbirth" category are not Christian inspiration books. I found them extremely helpful in preparing and planning for birth but I do feel the need to tell you that they are not "Christian" books like the other lists.

I tried to keep this list as small as possible so as not to overwhelm you. I have many more book recommendations and over the years may add to this list, but wanted to offer a medium sized list. God bless on your journey of "Nesting in Knowledge."

This list was compiled by between a few close friends and myself. I want to especially thank Lindsay Edmonds @ [PassionateHomemaking.com](#) and Kristi Knifong @ [FaithfulatHome.com](#) for their contributions to this section.