



# Life's Journey

Helping you through life's entire journey

## A starting point

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### **Topics**

1. Ecstatic / orgasmic birth
2. Optimal Cord Clamping
3. Physiological Third Stage
4. New born breast crawl
5. Informed Consent and Informed refusal
6. Vaginal Birth After Caesarean
  - a. <http://www.birthrites.org/index.php>
  - b. <http://cbac-support.weebly.com/>
  - c. <http://birthtalk.org/>
  - d. <http://www.childbirth.org/section/VBAC.html>
  - e. <http://midwifethinking.com/?s=vbac>

### **To Watch**

1. Microbirth
2. The Face of Birth
3. Birth as we Know it
4. The Big Stretch (and sequel)

### **Websites**

1. [www.Birthtalk.org](http://www.Birthtalk.org)
2. [www.Buildingbetterbabies.com](http://www.Buildingbetterbabies.com)
3. [www.Wombecology.com](http://www.Wombecology.com)
4. [www.Bellybelly.com.au](http://www.Bellybelly.com.au)
5. [www.birthwithoutfearblog.com](http://www.birthwithoutfearblog.com)
6. [www.midwifethinking.com](http://www.midwifethinking.com)