



Childbirth Choices

Finding out more about Childbirth Choices

WEBSITES

The following websites have fact sheets and resources on matters relating to Childbirth:

- www.wch.sa.gov.au/wabs/index.html
- www.dhs.sa.gov.au/pregnancy/
- www.birth.com.au
- www.betterhealth.vic.gov.au
- www.parenting.sa.gov.au
- www.cyh.com
- www.homepages.picknowl.com.au/caressa/
- www.maternitycoalition.org.au/choices/choices/html

When accessing these websites you may have to use the search function and search for Childbirth.

BOOKS WRITTEN FOR CHILDBIRTH

- **UP THE DUFF The real guide to pregnancy**
Kaz Cooke. Australia: Penguin, 1999.
- **The Essential Australian Guide to Pregnancy and Birth**
Carol Fallows. Australia: Doubleday, 1997.
- **New Pregnancy and Childbirth**
Sheila Kitzinger. Australia: Dorling Kindersley, 1997.
- **The Birth Book**
William Sears. United Kingdom: Time Warner Books, 2001
- **Breastfeeding: A New Mother's Handbook**
Hilary Tupling. Sydney, Australia: Watermark Press, 1988.
- **Babies! A Parents' Guide to Enjoying Baby's First Year**
Christopher Green. Sydney, Australia: Simon & Schuster, 2001.

SUPPORT SERVICES

Child and Youth Health

The Parenting Centre
295 South Terrace,
Adelaide SA 5000
Tel: (08) 8303 1566

Parenting Helpline

1300 364 100 (24 hours)

Birth Matters

A consumer group offering information on
childbirth choices
Tel: (08) 8339 7543 or (08) 8296 1883

CARES SA

Caesarean Awareness, Recovery, Education
and Support Tel: (08) 8365 7059

The **Health Information Centre** is located in the **Women's and Children's Hospital**.
The centre is a health resource centre and bookshop. It provides information on health, social and safety issues.
Open Monday – Friday from 9:30am – 4:00pm Ph: (08) 8161 6875.