

Links to sites we like

We like strengthening families and communities, so here are a few links to other companies and individuals whose practices and philosophy we rate. This is an evolving list - if you'd like to recommend a site, please let us know.

You can also check our recommended reading list.

(sites in alphabetical order)

Active Birth Centre & Janet Balaskas (<http://www.activebirthcentre.com/>) courses for pregnancy, birth and parenting your baby, with an accent on staying present and aware, fit and healthy. Janet was the pioneer of Active Birth in the UK.

Baby Concierge (<http://www.babyconcierge.co.uk/>) Get help as you stock up on the essentials for life with your baby.

The Babies Website & Peter Walker (<http://www.thebabieswebsite.com/>) Peter helped us set up Babiesknow in 2005. He's the doyen of baby massage and teaches midwives and healthcare professionals, and parents, across the world. His site covers baby massage and lots more.

Birthlight (<http://birthlight.com/public/home/>) An emphasis on Yoga leads a holistic, supportive attitude to pregnancy and birth; plus conferences and training.

Doula UK (<http://doula.org.uk/>) A comprehensive site giving links to doula associations and practising doulas throughout the UK. Use it to find a doula or discover a training course that suits you if you want to move in this direction.

Gentle Birth Method & Gowri Motha (<http://www.gentlebirthmethod.com/>) Health through pregnancy, bonding, and wellbeing, pioneered by Dr Gowri Motha.

Juno Magazine (<http://www.junomagazine.com/>) A thoughtful magazine based on an ethos of sustainability and conscious parenting.

Kangaroo Mother Care (www.kangaroomothercare.com) Dr Nils Bergman's website with details on how KMC is used, and insights into its huge benefits. If you were interested in the DVD we showed on the weekend, you may want to visit this site for some background info. You can also buy the KMC shirts via this site.

Mumsnet (<http://www.mumsnet.com/>) by parents, for parents ... a giant online forum.

NCT - The National Childbirth Trust (<http://www.nct.org.uk/home>) - supports parents from conception onwards and runs groups all over the UK for expectant mums and dads.

The Natural Child Project (http://www.naturalchild.org/james_mckenna)

Useful if you're interested in finding out more about sleeping with your baby. Professor James McKenna is one of the world's leading authorities on baby sleep, and the many issues connected with it: health, development, bonding, safety etc.

Paramana Doula (<http://www.paramanadoula.com/>) The Doula site run by Michel Odent and Lilliana Lammers, your link to training on this acclaimed course.

Psychologies Magazine (<http://www.psychologies.co.uk/>) A good source of inspiration and resources if you're curious about yourself, what makes you who you are, and how to feel more in control of your choices and your life.

Viveka (<http://www.viveka.co.uk/>) This is where we hold most of our courses; a forward-thinking health centre offering consultations from leading doctors and specialised complementary therapists, plus a range of classes, ranging from yoga and pilates to nutrition and toddler groups.

WombEcology & Michel Odent (<http://www.wombecology.com/index.html>) Packed full of information on the life stage between conception and birth, and how this influences our children. From Michel Odent, world leader in forward thinking obstetrics and pregnancy and birth care.

"Love, and the lack of it, change the young brain forever ... A baby's ability to keep parents beside him has evolved not to serve whim but limbic necessity. Eons of experience direct his brain to hold open the emotional channel that stabilizes his physiology and shapes his developing mind."

From: A General Theory of Love, by Thomas Lewis, Fari Amini & Richard Lannon