

Are there any books I should read before I start?

There are numerous good books on childbirth and pregnancy at your local bookstore, library, or even on-line. Books that we have found helpful and recommend include:

- Husband-Coached Childbirth : The Bradley Method of Natural Childbirth by Robert A. Bradley, M.D.
- Natural Childbirth the Bradley® Way by SusanMc Cutcheon, AAHCC
- The Womanly Art of Breastfeeding by La Leche League International
- The Thinking Woman's Guide to a Better Birth by Henci Goer
- Sweet Dreams : A Pediatrician's Secrets for Baby's Good Night's Sleep by Dr. Paul Fleiss, M.D., M.P.H., F.A.A.P.
- Children at Birth by Marjie and Jay Hathaway, AAHCC * (Currently Being Revised - Available at some local libraries)

To see a complete listing of Bradley® Instructors
Contact The American Academy of Husband-Coached Childbirth®:
The Bradley Method®
Box 5224
Sherman Oaks, CA 91413-5224
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