

AMMA PREMA Birth Doula Services

RECOMMENDED BIRTH MOVIES

1) **The Business of Being Born**- Inspired by their own unique birth experiences, producer Ricki Lake and director Abby Epstein team up to provide a nation of mothers-to-be with insight into the process of childbirth and the various options available when preparing for life's most special event. From pregnancy to the miraculous moment of birth, "The business of Being Born is an entertaining and informative celebration of the road to motherhood that "should be seen by every pregnant women in America" (Jack Mathews, New York Daily News)
DVD 84 min

2) **Born in Water: A Sacred Journey** .A beautiful collection of seven waterbirths at home and at Andaluz Waterbirth Center. From a first time mother with midwife helping to a fourth baby with siblings present at the birth and mom catching her baby on her own, watch birth women give birth with gentleness, awareness, and wisdom. **Suzanne Arms** says about *Born in Water*, "This exquisitely filmed video should dispel any of the fears and misconceptions that still surround water birth. The film shows seven water births, each featuring women surrendering to the power of her labor, birth partners actively supporting women, and midwives at their unobtrusive best. Both English and Spanish-speaking families are presented, making this an excellent film for bilingual audiences. Appropriate for young children, teens and adults, and particularly valuable for those with preconceived notions of water birth as risky - including physicians and nurses hesitant about water birth, who will find this video most educational." DVD 33 min

3) **Psalm and Zoya**- This educational tool will move, inspire, and transform you as you gain an intimate glimpse into the Goorchenko household where, after a two-and-a-half hour labor, twins Psalm and Zoya are born into their mothers arms. Highlights include: A vertex birth, a footling breech birth, mother performing her own vaginal exams, mother catching her own babies, a child present at birth, a calm birth environment, breastfeeding of twins. DVD 20 minutes

4) **Birth Into Being**: The Russian Waterbirth Experience. Russian Spiritual Midwife, Tatyana Sargunas and her filmmaker husband, Alexi, recorded five totally natural, incredible waterbirths. Their original footage takes you on a breathtaking expedition to witness two families birthing in the Black Sea, and into their home to see two of their daughters being born in a handmade clear birthing pool. Scenes of children and babies swimming with dolphins will delight and amaze audiences of all ages. DVD 28 minutes

5) **The Birth of Sabine**

Sabine's video shows us the excitement and anticipation of a mom's first pregnancy. The story follows Stephanie and James from the positive pregnancy test, prenatal visits with their midwife, a belly cast, to the unexpected surprise of her water breaking days before labor begins. They are shown making decisions and using natural methods of induction up until the day they are (gratefully!) in labor. Daddy helps catch baby as she is born into the water and placed immediately on momma's chest. With lovely music throughout, this video is perfect for parents-to-be learning about the surprises, decision making, and joy that pregnancy and birth can bring. You will walk away touched by the birth of this precious baby, Sabine. DVD 10 minutes.

6) **Giving Birth** This movie was designed to inspire and educate. It shows the model for normal birth and why it is important for mothers and babies. It contrasts the two different models for birth ~ the medical model vs. the midwifery model and explains the risks of routine obstetric practices. You will learn what scientific evidence has discovered about birth and hear it from three obstetricians (including best selling author and PBS television host Dr. Christiane Northrup), a labor and delivery nurse, and a doula. You will learn why doulas are important if you birth in a hospital. You will also hear from a cesarean mother and you will see two births. You will experience a woman giving birth in her own home, attended by a midwife, and see images of a water birth. This video explores common misconceptions about pain in labor, epidural anesthesia, cesarean, and many routine hospital procedures. *Giving Birth* presents what midwifery care is all about. DVD 35 minutes