

# Addendum—Apple Tree Christian Childbirth Program Required Reading

## A Word About This Requirement

We heartily recommend all of *The Joy of Natural Childbirth* by Helen Wessel and *The Complete Book of Christian Parenting and Child Care* by William and Martha Sears, and we invite you to read the entire books. However, the Apple Tree Christian Childbirth Program requires reading only the portions listed below.

### *The Joy of Natural Childbirth, Fifth Edition, Helen Wessel*

**Note:** Part I of *The Joy of Natural Childbirth* is written as a novel. If the required portions make you curious, you may want to read more of the story.

- Forewords
- Preface: “My Own Story”
- Part I:**
  - Ch. 3: pp. 49 to 54
  - Ch. 5: p. 69 ¶3 to p. 75
  - Ch. 6: p. 77 ¶5 to p. 88
  - Ch. 7: p. 90 ¶4 to p. 98
  - Ch. 8: p. 106 ¶5 to p. 110 ¶3
  - Ch. 9: p. 114 “Relaxation” to p. 117 ¶2
  - Ch. 10: p. 123 to p. 130 ¶6
- Ch. 11: p. 133 ¶6 to p. 141
- Ch. 13: p. 148 “Signs of Labor” to p. 149, p. 152 ¶2 to ¶4
- Ch. 16: p. 179 ¶4 to p. 181
- Part II:**
  - Ch. 17
  - Ch. 18
  - Ch. 19: p. 218, p. 222 “Lack of Adequate Training for Childbirth” to p. 224 ¶3
  - Ch. 20: p. 247 to p. 255 ¶4, p. 258 “Bonding” to p. 262 ¶4, p. 265 “Midwifery as a Ministry” to p. 273
  - Ch. 21: p. 274 to p. 275 ¶5, p. 280 “What About Pain?” to p. 291
  - Ch. 22: p. 292 to p. 293 ¶1, p. 295 “The Birth Climax” to p. 299 ¶3
  - Ch. 23: p. 304 to p. 307 ¶1
  - Ch. 24

### *The Complete Book of Christian Parenting and Child Care, Williams Sears, MD & Martha Sears, RN*

**Note:** Most required portions in this book are identified by the main section titles in italics below; see Table of Contents, beginning p. vii, for a list of main sections. “Opening paragraphs” refers to the untitled paragraphs at the beginning of the chapter. *Be sure also to read the boxed information in the required sections.*

- Introduction chapter
- Ch. 1: opening paragraphs, *Commitment to a God-Centered Life*, and *Commitment to God’s Design for Parents*
- Ch. 3: *The Pregnant Couple and Christian Childbirth*
- Ch. 4: *The First Hour After Birth, Routine Hospital Procedures, Healing the Less-Than-Perfect Birth, and Circumcision*
- Ch. 5
- Ch. 6: *Mother’s Milk*
- Ch. 8: opening paragraphs, *Newborns’ Sleep Patterns, Sharing Sleep, Dispelling Myths About Sleep Sharing, Father Feelings About Sharing Sleep, Are There Any Disadvantages to the Family Bed?, and Common Sleep Problems (only subsections “Night Waking” and “Marathon Nighttime Nursing”)*
- Ch. 9
- Ch. 10: opening paragraphs, *Profile of a High-Need Baby, The Need-Level Concept, How to Avoid Mother Burnout*

