

Five to Thrive

*Favorite books and podcasts
for expecting parents*

Books

EXPECTING BETTER BY EMILY OSTER

Breaks down the research behind pregnancy “rules,” helping pregnant people make informed choices.

THE SH!T NO ONE TELLS YOU ABOUT PREGNANCY BY DAWN DAIS

A funny, honest take on the messy side of pregnancy...real talk, expert tips, and a lot of laughs.

CRIBSHEET BY EMILY OSTER

Busts parenting myths and offers practical, judgment-free guidance on sleep, work, and discipline.

MATRESCENCE BY LUCY JONES

This book looks at how pregnancy and early motherhood transform us - and what those changes reveal about today’s world.

THE FOURTH TRIMESTER BY KIMBERLY ANN JOHNSON

Practical advice and support for postpartum’s physical and emotional journey, from birth prep to everyday life

Podcasts

THE MOMMY LABOR NURSE

Dive into pregnancy topics, expert insights, and real birth stories to guide and support you through pregnancy, birth, and beyond.

BIG FAT POSITIVE

Two best friends expecting at the same time bring humor and honesty to their pregnancy and motherhood journey.

EXPECTING AND EMPOWERED

Sisters Krystle and Amy share their own journeys, helpful tools, and real talk to uplift and support pregnant people through pregnancy and beyond.

HOLDING SPACE

Expert advice and real talk on fertility, pregnancy, relationships, and mental health - for every stage of parenting.

THE BIRTH HOUR

Helps pregnant people approach birth with confidence by offering real stories and insights for every stage.