

# Episode 010 – Parenting 101: The Womb (0h59m)

Episode 010 is the first part of the sporadic Parenting 101 mini-series, on the topics of epigenetics, inside the womb, and the environment of birth.

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## Show Notes

Wikipedia, “Epigenetics”

Begin Before Birth, “Epigenetics”

EMBO Reports, “In the Womb’s Shadow”

Sandy Le Berre, “Home Birth: The Forgotten Natural Way”

Judith Lothian, “The Official Lamaze Guide: Giving Birth with Confidence”

Grantly Dick-Read, “Childbirth Without Fear”

## Contact

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