

Birthing From Within

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Birthing from Within

An Extra-ordinary Guide to Childbirth Preparation

Here is a holistic approach to childbirth that examines this profound rite-of-passage not as a medical event but as an act of self-discovery. Exercises and activities such as journal writing, meditation, and painting will help mothers analyze their thoughts and face their fears during pregnancy. For use during birth, the book offers proven techniques for coping with labor pain without drugs, a discussion of the doctor or midwife's role, and a look at the father's responsibilities. Childbirth education should also include what to expect after the baby is born. Here are baby basics, such as how to bathe a newborn, how to get the little one to sleep, and tips for getting nursing off to a good start. Pregnancy, birth, and postpartum is a process of continuous learning and adjustment; Birthing From Within provides the necessary support and education to make each phase of birthing a rewarding experience.

Birthing from Within

"Giving birth is the pivotal moment of a woman's life but it is often treated as a medical procedure, and not as a rite of passage. Birthing from Within offers parents engaging and memorable ways for pregnant women, and their partners, to activate personal, social and spiritual resources that will guide them through labour and afterwards. Many birth classes teach from the 'outside', from the perspective of the professional. Yet, knowledge of anatomy and the stages of labour can often seem irrelevant in the intensity of contraction. The pregnant woman needs to know about labour and birth from her own perspective, she needs to be prepared for birthing from within. Pam England offers a method that allows a woman to fully understand her own strengths and resources. The self-discoveries made during pregnancy makes birth life-enhancing and empowers the future of the family. It is a multi-sensory and holistic approach that aims to make parents feel positively informed about what they are about to experience, confident about the birth of their child. Pain is an inevitable part of childbirth but Birthing from Within provides resources for building pain-coping confidence in parents. It gives detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for."--Cover.

Our Birthing From Within

Keepsake Journal *Birthing from Within Books*

Children delight in reading about their own births and other family stories; they love looking at old family photos and are especially entertained by drawings made by their own parents. That's why every parent will find the KEEPSAKE JOURNAL irresistible - 278 pages to instruct, inspire, and record your innermost thoughts and dreams. There are pages to journal what you are learning in your childbirth classes and highlights from your prenatal appointments. There is a section just for dads. There are pages that correspond to favorite exercises from the BIRTHING FROM WITHIN book, pages for drawing, and pages to record your birth story and postpartum anecdotes.

Ancient Map for Modern Birth

The integrative model of childbirth described in this book will provide women with the information needed to prepare for birth, how to think and feel about labor, and how to tell their story. During their childbearing year, women traverse two paths at once: an inner path of psychological and spiritual awareness and an outer path of practical approaches to birth in modern-day culture. The book combines scientific research with meditation, ceremony, art, and mythic stories, which not only prepares childbearing women to go beyond their edge into uncharted territory but to find their way home again. The underlying message throughout is not to strive for a perfect birth but to be mindful of the mythic journey, of all the mothers who have come before an awareness that leads not only to the birth of a child but to the birth of a new self."

Labyrinth of Birth

Creating a Map, Meditations and Rituals for Your Childbearing Year *Birthing from Within Books*

Designed to transform the experience of childbirth, this manual calls upon the use of the timeless and powerful symbol of the labyrinth in 12 simple meditations and ceremonies. Ideal as a tool for centering the self and calming the body and mind, this guide ushers readers through the inner journey of the childbearing year—from pregnancy and labor through the postpartum stage. A variety of labyrinths—including four childbirth-related labyrinths from the Hopi and Papago cultures in the American Southwest and two others from India—are presented in this handbook and cover topics that include helping mothers focus on their emotional and spiritual state preparation for birth, aid in calming the mind and steadying breathing during birth, and allowing parents to fully process their experiences. Instructions for drawing a classic labyrinth, ideas for personalizing the design, and labyrinth "seeds"—start-up patterns for six variations of labyrinth—are also included. The timeless and powerful symbol of the labyrinth forms the core of this collection of 12 simple meditations and ceremonies designed to transform the experience of childbirth. The inner journey through the childbearing year—from pregnancy through labor and postpartum stages—is enhanced through the use of labyrinths as a tool for meditation and centering. Studies show that walking or finger-tracing a labyrinth slows down and balances brain waves, calms the body and mind, and helps access intuitive knowing. During pregnancy, labyrinth meditations help the mother focus on her emotional and spiritual preparation for birth and mothering. In labor, the labyrinth helps to calm the mind, steady the breath, and ease pain. Postpartum, the Birth Story Labyrinth helps parents process and integrate their experience in labor. A variety of labyrinths—including four childbirth-related labyrinths from the Hopi and Papago cultures in the American Southwest and two others from India—are presented in this handbook. Instructions for drawing a classic labyrinth, ideas for personalizing the design, and labyrinth "seeds"—start-up patterns for six variations of labyrinth—are also included. The labyrinth meditations and rituals may be practiced privately or may be used to enrich mother blessing ceremonies and baby showers.

Transformed by Birth

Cultivating Openness, Resilience, and Strength for the Life-Changing Journey from Pregnancy to Parenthood *Sounds True*

"Britta, you are a master at what you do." —P!NK, Grammy-winning singer-songwriter As expecting parents, you’re bombarded with more information—and opinions—than ever about the “right” approach to pregnancy and childbirth. How do you navigate this ocean of information—not only to find the best practical solutions for you personally, but also to embrace this incredible opportunity for emotional and spiritual transformation that comes from bringing a child into this world? With *Transformed by Birth*, Dr. Britta Bushnell has created the transformative, intelligent, and empowering pregnancy and childbirth guide you’ve been waiting for. This book embraces birth as a metamorphic experience—a rite of passage in which you are initiated by opening to the unbidden, embodying your own wisdom, and gaining freedom from limiting beliefs. Our culture has inundated us with limiting ideals that prevent us from fully engaging in the journey of pregnancy and childbirth—including a need for control and certainty, vilification of pain, and reverence for technology and intellectual knowledge, among others. Dr. Bushnell helps you clear away unwanted beliefs and behaviors so you can open to the meaning and power of this uniquely life-changing experience. Here she offers daily practices, rituals, exercises, and more to help you cultivate resilience, power, and connection during this transformative time. Childbirth is more than just having a baby. *Transformed by Birth* invites you to discover childbirth as a transformational experience that alters your knowing of who you are and lasts long after pregnancy and birth are over.

Birth Book

How to Find the Best Doctor Or Midwife, Have Less Pain in Labor & Be Fearless When Giving Birth *CreateSpace*

If you're like me ... you've had at least some anxiety about being pregnant & giving birth. After talking with 100s of moms, these are the straightforward pieces of "pregnancy & birth" gold they wish they had known before giving birth- which, ironically, are some of the most important topics that are often never talked about. I've connected with 100s of top doctors, doulas, midwives & moms to have them teach you how to have an easier labor and healthy birth. Birth Book is full of candid conversations, true stories, important insights, and tips from top doctors and moms. They open up, get real and share with you what 100s of moms and over 70 combined years of "giving birth" experience has taught them about childbirth. Their knowledge becomes yours, so you can have an easier labor & healthy birth with your baby! You'll also see the best research & medical evidence on giving birth. A lot of pregnancy books talk about "giving birth." Birth Book actually shows you "how to have a healthy birth" and gives you the evidence to back it up (evidence is from the most trusted medical research institutions in the world: US Cochrane Center at the Johns Hopkins Bloomberg School of Public Health, National Institute of Health and the Journal of Perinatal Education). How To Be Relaxed, Calm & Confident In Labor & When Giving Birth Dr. Bethany Hays (OB/GYN, mom of 3) teaches you: 1. Why you're more capable than you think you are when giving birth 2. What the secret to an easier labor & birth might be & how to have one (with examples) 3. The truth about normal birth 4. An easy 4-part nutrition plan during pregnancy you won't forget 5. What she'd expect out of her own daughter's OB/GYN How To Be Fearless During Pregnancy & When Giving Birth Dr. Stuart Fischbein (OB/GYN, dad of 4) teaches you: 1. Why giving birth doesn't need to be feared 2. The 2 most important things to do for your entire pregnancy & birth 3. Why a doula is a must & how "you're far less likely to have [unwanted] interventions or need a C-section if you..." OB/GYN or Midwife? How To Choose the Best Doctor or Midwife For You During Pregnancy Kate Glynn (mom of 2) teaches you: 1. How to find an OB/GYN or Midwife who supports you during pregnancy, believes in you, encourages you & advocates for you as you're giving birth. She shares her true story so you can avoid her bad experience with doctor #1 and have her amazing experience with doctor #2. 2. The 5 most important questions to ask any provider during pregnancy. How to Have Less Pain in Labor {even if you're getting an epidural} Michelle VanOudenallen (mom of 2) teaches you: 1. How to have less pain in labor and when giving birth 2. How to speed up labor. (specific techniques & walks you through why they're so effective) 3. The secret to breathing so you can relax and avoid wondering "am I doing this right?" You'll also hear true stories & important tips for when you're in labor, like: how one mom went from being flustered in labor to giving birth confidently, without complications. Giving birth isn't easy. But it's easier when you know what to do that works. Birth Book helps moms have an easier labor & healthy birth. It can help you too! Want to learn more? Buy it now!

Orgasmic Birth

Your Guide to a Safe, Satisfying, and Pleasurable Birth Experience *Rodale Books*

Based on the hit documentary that inspired a vibrant online community, this innovative approach to birthing shows women how to maximize the childbirth's emotional and physical rewards. With more than 4 million babies born in the United States each year, too many women experience birth as nothing more than a routine or painful event. In her much-praised film *Orgasmic Birth*, acclaimed filmmaker Debra Pascali-Bonaro showed that in fact childbirth is a natural process to be enjoyed and cherished. Now she joins forces with renowned author and activist Elizabeth Davis to offer an enlightening program to help women attain the most empowering and satisfying birth experience possible. While an orgasmic birth can, for some, induce feelings of intense, ecstatic pleasure, it is ultimately about taking control of one's own body and making the most informed decisions to have a safe, memorable, and joyful birth day. Whether women choose to give birth at home, in a hospital, or in a birthing center, *Orgasmic Birth* provides all the necessary tools and guidance to design the birth plan that's best for them. Featuring inspiring stories from mothers and their partners and filled with practical advice and solutions, this one-of-a-kind resource is the next frontier of natural, intimate childbirth.

The Birth Space

A Doula's Guide to Pregnancy, Birth and Beyond *Hardie Grant Publishing*

‘In *The Birth Space* ... you will find the information and support that will take you from conception through matrescence, with deeper calm, confidence

and power.’ Aviva Romm, MD *The Birth Space* is a doula's guide to conception, pregnancy, birth and postpartum that highlights choice and rights in the perinatal space. In this beautiful book, trained and experienced doula Gabrielle Nancarrow offers comprehensive information about the birthing landscape that will empower you to choose the right birth for you - whether that be an obstetric, midwife or home birth. *The Birth Space* shows us how to prepare our minds and bodies for pregnancy and labour, from conscious conception through to postpartum and into matrescence. Gabrielle helps us understand what to expect during this period and translates the medical terminology so we are informed. She also provides remedies for common ailments, shares insights from other birth specialists, and is a constant spiritual guide from conception and beyond...talk about continuity of care! Filled with moving photography by Ilsa Wynne-Hoelscher Kidd (@ilsa_whk) and Hayden Trace (@feelinghomeagain) as well as intimate real-life stories from contributors covering pregnancy loss, IVF, same-sex conception, home births, caesareans and more, *The Birth Space* is the essential companion for anyone who is seeking guidance as they enter this new chapter of their life.

The Big Book of Birth *Penguin*

At last—everything expecting moms need to know about giving birth Childbirth is one of the most significant events of any woman’s life—and for many, also a source of enormous anxiety and fear. In *The Big Book of Birth* renowned childbirth educator and Realbirth Center founder Erica Lyon offers an antidote to that fear with a comprehensive and up- to-date guide to childbirth. Drawing from more than a decade of teaching expecting parents what really to expect, Lyon fills the void that currently exists in childbirth literature, offering clear, current, objective advice on everything from choosing your doctor or midwife, to the realities of assisted and cesarean births, to the many different pain-coping options you can use during delivery and proven techniques that can help you relax and often speed along your labor. The Big Book of Birth guides women through the four stages of labor, dispelling misconceptions and providing a wealth of objective information in a warm, welcoming, and well- organized format. A long-overdue resource, *The Big Book of Birth* gives expectant mothers the knowledge they need to approach childbirth with confidence and joy.

Nurture

A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body *Chronicle Books*

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." -Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

Heart Centered Pregnancy Journal

Cultivating Intuition, Connection, and Resilience for Pregnancy, Birth, and Postpartum *Birthing from Within San Antonio*

Despite the amazing amount of knowledge, training, and learning materials available to pregnant people, parents frequently emerge from the birth experience feeling lost - like they were lacking a map to navigate the transformation, uncertainty, and soul opening that would accompany childbirth, as well as a map for processing and integrating their experience afterward. This book will take you on a hunting expedition - a journey through your psyche, your mind, and the many experiences you have lived up until this moment. It will help you access a deep well of knowledge that you couldn't find in a whole library full of books, and open doors to new ways of being and doing. It will help you navigate your birth experience, and come out the other side more emotionally intact, regardless of the specific events of your birth. Regardless of where or how you're hoping to give birth, this book will take you beyond the external noise, advice, stories, and dogma around childbirth to help you build a pain coping mindset, cultivate self-love, connect with your partner and community, engage in ritual and ceremony, find your voice, foster resilience, develop psychological flexibility, gain clarity on your internal and external resources, access inner wisdom, identify limiting beliefs, grow your Parent Archetype, and heal your mind and body after birth. Every parent deserves compassionate guidance and mentoring as they prepare to be initiated by birth. Your courage, efforts, and reflections in your journal will help you navigate the unknown and come through this rite of passage with resolve and self-compassion, no matter how your birth unfolds.

Beyond Political Correctness

Social Transformation in the United States *Lynne Rienner Publishers*

Why does the right dominate debates on crime, family values, and economic freedom? Why does the left defend such arbitrary and divisive aspects of affirmative action, while equivocating on questions of ecology and political empowerment for young people? The answer, Cummings believes, is that

too many progressives have avoided politically sensitive issues, condemning themselves to intellectual atrophy and political ineffectiveness. Cummings clearly is not an advocate for the "self-serving, hypocritical right." But he contends that the left handicaps itself with political correctness, and that frank analysis of taboo topics requires us to move beyond the traditional dichotomy of left and right. With passion and rigor, he argues for a transformation of U.S. culture and institutions that will enable individuals to pursue their vital interests without impinging on the rights of others and undermining the public good.

Birthing Justice

Black Women, Pregnancy, and Childbirth *Routledge*

There is a global crisis in maternal health care for black women. In the United States, black women are over three times more likely to perish from pregnancy-related complications than white women; their babies are half as likely to survive the first year. Many black women experience policing, coercion, and disempowerment during pregnancy and childbirth and are disconnected from alternative birthing traditions. This book places black women's voices at the center of the debate on what should be done to fix the broken maternity system and foregrounds black women's agency in the emerging birth justice movement. Mixing scholarly, activist, and personal perspectives, the book shows readers how they too can change lives, one birth at a time.

Birth Without Fear

The Judgment-Free Guide to Taking Charge of Your Pregnancy, Birth, and Postpartum *Hachette Books*

An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In Birth Without Fear, January Harshe--founder of the global online community Birth Without Fear--delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child--covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. Birth Without Fear shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights--and how to use their voice to exercise them--as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, Birth Without Fear will also help partners understand what mothers are going through, as well as discuss the challenges that they, too, will face--and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy, birth, and the postpartum experience, Birth Without Fear is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

Supporting a Physiologic Approach to Pregnancy and Birth

A Practical Guide *John Wiley & Sons*

Supporting a Physiologic Approach to Pregnancy and Birth: A Practical Guide provides an overview of current evidence and a range of practical suggestions to promote physiologic birth within the United States healthcare system. Presenting the latest evidence available on practical approaches and minimal interventions, this book looks into clinic exam rooms and hospital labor units to investigate the possibilities for improving the pregnancy and labor experience. Contributors discuss recent research and other published information and present a range of ideas, tools, and solutions for maternity care clinicians, including midwives, nurses, physicians, and other members of the perinatal team. An invaluable resource, Supporting a Physiologic Approach to Pregnancy and Birth is a must-have practical guide for those involved in all aspects of pregnancy and birth.

Natural Hospital Birth

The Best of Both Worlds

These days, many mothers-to-be find themselves torn between the desire for a natural childbirth with minimal medical intervention and the peace of mind offered by instant access to life-saving technology that only a hospital can provide. In Natural Hospital Birth, doula Cynthia Gabriel asserts that there is no good reason that women in North America should not be able to have both. She shows expectant mothers what they can do to avoid unnecessary medical interventions and how to take initiative and consciously prepare for the kind of birth they want to have. Also included are inspiring stories from other women who know firsthand that natural birth in the hospital is possible. With this book, mothers-to-be will be equipped with the knowledge they need to ensure a satisfying hospital birth that they will look back on with peace and joy.

Birth And Beyond *Random House*

Written by one of the world's leading obstetricians, this extraordinary book takes a totally fresh look at what parenting means in the 21st century. Addressing both parents, the book looks at all aspects of life, through the nine months of pregnancy and the following nine of the baby's life. It is both a practical handbook for pregnancy, birth and the early months of a new baby's life, and a stimulating exploration of this period of enormous transition. Taking a holistic approach, it advocates integrated health care, i.e. both conventional and complementary therapies, and, with its exhaustive medical content, including a 160- page A-Z section, also acts as a superb source of reference.

Birthing Normally After a Cesarean Or Two (American Edition) *Fresh Heart Publishing*

Book discusses VBAC (vaginal birth after caesarean).

The Positive Birth Book

A New Approach to Pregnancy, Birth and the Early Weeks *Pinter & Martin*

Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, The Positive Birth Book shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, The Positive Birth Book is the must-have birth book for women of the 21st century.

Your Best Birth

Know All Your Options, Discover the Natural Choices, and Take Back the Birth Experience *Grand Central Life & Style*

The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a choice, and you have the power to plan the kind of birth that's right for you--whether it is at a birth center, a hospital, or at home. In YOUR BEST BIRTH, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back the birth experience, with essential advice on: · Positive and negative effects of epidurals, Pitocin, and other drugs and interventions · Inducing vs. allowing your labor to progress naturally · The truth behind our country's staggering C-section rate · Assembling your birth team and creating your birth plan. With chapters such as "Obstetricians: Finding Dr. Right," "Epidurals: You Haven't Got Time for the Pain," and "Electronic Monitors: Reading between the Lines," Lake and Epstein will encourage you to consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-known personalities, such as Laila Ali and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, YOUR BEST BIRTH is sure to renew your confidence and put the control back where it belongs: with parents-to-be! "Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a 'climate of confidence' for pregnant women and their families, who must make key decisions about where, how and with whom to give birth in a health care system often unresponsive to our needs. This book is like a good friend giving wise counsel." --Judy Norsigian, co-editor of Our Bodies, Ourselves: Pregnancy and Birth and Executive Director, Our Bodies Ourselves

HypnoBirthing, Fourth Edition

The Natural Approach to Safer, Easier, More Comfortable Birthing - The Mongan Method, 4th Edition *Health Communications, Inc.*

Takes the pregnant woman through the techniques and philosophy of a new form of gentle birthing. This work draws on self-hypnosis, guided imagery and special breathing techniques the hypnobirthing method can bring about an easier birth, free of the drugs that can harm the mother and the baby.

Hangover Wisdom, 100 Thoughts on Birthing from Within

An Extra-Ordinary Guide to Childbirth Preparation , from the Morning After *Lennox*

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

Birth in Eight Cultures *Waveland Press*

This stunning sequel to Brigitte Jordan’s landmark Birth in Four Cultures brings together the work of fifteen reproductive anthropologists to address core cultural values and knowledge systems as revealed in contemporary birth practices in Brazil, Greece, Japan, Mexico, the Netherlands, New Zealand, Tanzania, and the United States. Six ethnographic chapters form the heart of the book, three of which are set up as dyads that compare two countries; each demonstrates the power of anthropology’s cross-cultural comparative method. An additional chapter with ethnographic vignettes gives readers a feel for what fieldwork is really like on the ground. The eminently readable, theoretically rich chapters are enhanced by absorbing stories, photos, quotes, thought questions, and film suggestions that nudge the reader toward eureka flashes of understanding and render the book suitable for undergraduate and graduate audiences alike.

Birth Partner 5th Edition

A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labor Companions *Harvard Common Press*

Since the original publication of The Birth Partner, partners, friends, relatives, and doulas have relied on Penny Simkin's guidance in caring for the new mother, from her last trimester through the early postpartum period. Now fully revised in its fifth edition, The Birth Partner remains the definitive guide to helping a woman through labor and birth, and the essential manual to have at hand during the event. The Birth Partner includes thorough information on: Preparing for labor and knowing when it has begun Normal labor and how to help the woman every step of the way Epidurals and other medications for labor Pitocin and other means, including natural ones, to induce or speed up labor Non-drug techniques for easing labor pain Cesarean birth and complications that may require it Breastfeeding and newborn care and much more For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

Mindful Birthing

Training the Mind, Body, and Heart for Childbirth and Beyond *Harper Collins*

With Mindful Birthing, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. SOME OF THE BENEFITS OF MINDFUL BIRTHING: Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

The Water Birth Book *HarperThorsons*

The Waterbirth Book is the comprehensive guide to all aspects of waterbirth and the use of water throughout pregnancy and during infancy.

Why Choose Home Birth: Yes, It's an Option, and Yes, It's Right for Women Today *Lioncrest Publishing*

What comes to mind when you hear the words home birth? If you're like most people, you have some thoughts, emotions, or questions around this practice, but you don't truly understand what makes home birth a legal and safe birth option for women today.Monika Stone is a certified professional midwife (CPM), licensed midwife (LM), and pediatric nurse who has taken care of hundreds of women during pregnancy, delivered them safely at home, and cared for them and their newborns postpartum. In Why Choose Home Birth, Monika invites you to learn about this safe choice for women to give birth and gives you an updated picture of what today's home birth looks like. She shares insight into the history and safety of home birth, explains the credentials of midwives and the services they provide, debunks some myths around home birth, and connects you to real people who chose home birth.

Birth Settings in America

Outcomes, Quality, Access, and Choice *National Academies Press*

The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet outcomes are worse than other high-resource countries, and even worse for Black and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal and newborn care through the lens of these factors across multiple disciplines. Birth Settings in America: Outcomes, Quality, Access, and Choice reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

The Birth Book

Everything You Need to Know to Have a Safe and Satisfying Birth *Little, Brown Medical Division*

Gives expectant parents an overview of the options available, offering up-to-the-minute advice on such matters as physical and emotional preparation, the father's role, avoiding a cesarean birth, and other information

Rediscovering Birth *Pinter & Martin Publishers*

For thousands of years women have given birth among people they know in a place they know well. Knowledge is shared between the participants and birth is a social event. In this new, revised edition of her classic book, Sheila Kitzinger explores the universal experience of pregnancy and birth. She looks closely at the place of birth, what is done to help women in childbirth and examines the bond traditionally formed between mothers and midwives.

Sweet Sleep

Nighttime and Naptime Strategies for the Breastfeeding Family *Ballantine Books*

Sweet Sleep is the first and most complete book on nights and naps for breastfeeding families. It's mother-wisdom, reassurance, and a how-to guide for making sane and safe decisions on how and where your family sleeps, backed by the latest research. It's 4 A.M. You've nursed your baby five

times throughout the night. You're beyond exhausted. But where can you breastfeed safely when you might fall asleep? You've heard that your bed is dangerous for babies. Or is it? Is there a way to reduce the risk? Does life really have to be this hard? No, it doesn't. Sweet Sleep is within reach. This invaluable resource will help you • sleep better tonight in under ten minutes with the Quick Start guide—and sleep safer every night with the Safe Sleep Seven checklist • sort out the facts and fictions of bedsharing and SIDS • learn about normal sleep at every age and stage, from newborn to new parent • direct your baby toward longer sleep when he's ready • tailor your approach to your baby's temperament • uncover the hidden costs of sleep training and “cry it out” techniques • navigate naps at home and daycare • handle concerns from family, friends, and physicians • enjoy stories and tips from mothers like you • make the soundest sleep decisions for your family and your life Advance praise for Sweet Sleep “Chock-full of advice and information . . . The editors smartly break the information into digestible bits organized by topics and age ranges. And for any parent desperate for an uninterrupted few hours of sleep, the advice is worth the read. Sweet Sleep includes extensive information on creating a safe sleep space, helping children learn to sleep on their own and defusing criticism of your family's choices. . . . This book is nothing but supportive of whatever your choices are about nursing and sleeping.”—BookPage “An essential guide for parents . . . detailed, practical advice on bed sharing and breast-feeding, with basic guidelines for safe bed sharing outlined in seven steps.”—Publishers Weekly

The Birth That's Right for You

A Doctor and a Doula Help You Choose and Customize the Best Birth Option to Fit Your Needs *McGraw-Hill Companies*

Unique in supporting all birthing methods, from at home births, to aquatic biths. An obstetrician and doula combine their experience.

The Ultimate Breastfeeding Book of Answers

The Most Comprehensive Problem-solving Guide to Breastfeeding from the Foremost Expert in North America *Harmony*

Two leading lactation experts offer practical information, guidance, and encouragement to help new mothers overcome their fears, doubts, and practical concerns about breastfeeding, drawing on the latest research and furnishing updated facts and advice in a new edition of the comprehensive guide to breastfeeding. Original. 10,000 first printing.

The Essential Homebirth Guide

For Families Planning or Considering Birthing at Home *Simon and Schuster*

Birthing is a miraculous time when you and your baby will work together to bring about life. As you finally cradle your precious newborn in your arms, you should know deep in your soul that every decision that brought the two of you to this special moment was yours. More families than ever are choosing to birth at home. Midwives Jane E. Drichta and Jodilyn Owen answer questions about the kind of care, support, and information you need as you investigate whether this option is right for you. Birth can be an empowering and positive experience, and this book provides gentle guidance, with high regard for your wisdom and ability to successfully navigate your prenatal care, birth, and early mothering. Enriched with real birth stories from new mothers, The Essential Homebirth Guide offers thoughtful, compassionate advice on a wealth of birthing topics, including: • Building a supportive homebirth community • Caring for yourself and your baby from your pregnancy through the postpartum period • Communicating about your birthing plans with your midwife, your partner, and your family and friends • Deciding whether homebirth is safe for you • Educating yourself about common pregnancy-related issues • Preparing your home and your family for the big day

Birth Skills

Proven pain-management techniques for your labour and birth *Allen & Unwin*

Even after reading countless pregnancy books I still didn't understand what my labour would be like. All I really knew was it would be painful and scary. Then my obstetrician suggested I take Juju Sundin's birth skills classes. Juju gave me the knowledge to understand my body during labour and taught me about the physiology of pain and how to use her techniques to deal with it. - Sarah Murdoch If you're like most women, you'll go into labour with little knowledge of exactly what your body is doing and why, and how you can actively manage the pain and stay in control while helping your body do what it's designed to. That's where Birth Skills comes in, a step-by-step guide packed with information plus easy-to-learn, proven pain management skills. In Birth Skills, obstetric physiotherapist Juju Sundin shares the techniques she has pioneered over her 30-year career, while Sarah Murdoch takes you on a personal journey of her own labour and birth, describing how she learned the skills in the class then applied them on the big day. Whether it's your first baby or lucky last, you will learn: * how your body works in labour and why * how to turn fear into positive action so you stay in control * how to use movement, breathing, vocalisation, visualisation, keywords and other handy techniques * what to wear, what to take, and what questions to ask * how your partner can help, and working as a team * other women's experiences using Juju's techniques. Birth is all about the bigger picture -- educating and empowering yourself, giving it a try, doing it your way, and a healthy mother and baby. - Juju Sundin

Catching Babies

The Professionalization of Childbirth, 1870-1920 *Harvard University Press*

Childbirth is a quintessential family event that simultaneously holds great promise and runs the risk of danger. By the late nineteenth century, the birthing room had become a place where the goals of the new scientific professional could be demonstrated, but where traditional female knowledge

was in conflict with the new ways. Here the choice of attendants and their practices defined gender, ethnicity, class, and the role of the professional. Using the methodology of social science theory, particularly quantitative statistical analysis and historical demography, Charlotte Borst examines the effect of gender, culture, and class on the transition to physician-attended childbirth. Earlier studies have focused on physician opposition to midwifery, devoting little attention to the training for and actual practice of midwifery. As a result, until now we knew little about the actual conditions of the midwife's education and practice. Catching Babies is the first study to examine the move to physician-attended birth within the context of a particular community. It focuses on four representative counties in Wisconsin to study both midwives and physicians within the context of their community. Borst finds that midwives were not pushed out of practice by elitist or misogynist obstetricians. Instead, their traditional, artisanal skills ceased to be valued by a society that had come to embrace the model of disinterested, professional science. The community that had previously hired midwives turned to physicians who shared ethnic and cultural values with the very midwives they replaced.

The Wonder Within You

Celebrating Your Baby's Journey from Conception to Birth *Tyndale House Publishers, Inc.*

Many newly pregnant women believe mothering begins after the baby is born. As a result, their pregnancy is spent preparing the baby's room, buying a crib, and even attending childbirth classes. All of these activities are valuable and help to prepare for this new life, but what about before the baby is born? The Wonder Within You takes you on a journey that weaves scientific studies, dozens of interviews with mothers, and storytelling into a fascinating account of life inside the womb. An obstetrician loads each chapter with advice. A sonographer gives incredible 3 and 4-D snapshots (available online) and stories from her 25 years of watching babies grow in utero. Each chapter includes week-by-week developmental information, findings from recent neonatal studies, and even nutritional advice all designed to nurture a healthy baby. The Wonder Within You also serves as a

weekly journal for expectant mothers to chronicle her own baby's journey to life outside the womb. It's a keepsake baby book that begins before birth. The Wonder Within You will help moms meet the real needs of the growing pre-born baby. Sonograms, dietary and medical advice, and stories from experienced moms are combined to encourage 40 weeks of prenatal parenting designed with a joy for the journey in mind.

Babies Are Not Pizzas

They're Born, Not Delivered

While finishing her doctorate, Rebecca gave birth to her firstborn. But hospital practices and policies that were more than 20 years out of date left her with preventable complications. Join Rebecca as she exposes the stark realities of institutional care during childbirth and reveals inspirational solutions for parents and professionals alike.

Ten Moons

The Inner Journey of Pregnancy, Preparation for Natural Birth *Lulu Publishing Services*

Ten Moons - The Inner Journey of Pregnancy, Preparation for Natural Birth A unique guide to pregnancy and birth. Written by a homebirth midwife, mother and grandmother, this book gives the power back to the woman to be the centre of her birthing universe, returning to her the keys to the long locked gates of the realm of feminine strength and the spiritual essence of birth. "The female body is designed for ecstasy-at menstruation, during lovemaking and giving birth. This book is your guide into the ecstasy and sacredness of birth. Full of love for everything that's right about your amazing body as a woman, you'll discover a wiser, more empowered approach to pregnancy and birth. It's knowledge that should be every woman's birthright...lets spread the word!" Alexandra Pope, author of "The Wild Genie: The Healing Power of Menstruation" and "The Woman's Quest"