

A Good Birth A Safe Birth

[#good birth](#) [#safe birth](#) [#positive birth experience](#) [#maternal safety](#) [#healthy delivery](#)

Prioritizing both a good birth and a safe birth is crucial for expectant mothers and their babies. This comprehensive approach ensures an empowering and secure journey through labor and delivery, promoting optimal well-being for all involved.

Our collection serves as a valuable reference point for researchers and educators.

Thank you for choosing our website as your source of information.

The document Positive Birth Experience is now available for you to access.

We provide it completely free with no restrictions.

We are committed to offering authentic materials only.

Every item has been carefully selected to ensure reliability.

This way, you can use it confidently for your purposes.

We hope this document will be of great benefit to you.

We look forward to your next visit to our website.

Wishing you continued success.

Thousands of users seek this document in digital collections online.

You are fortunate to arrive at the correct source.

Here you can access the full version Positive Birth Experience without any cost.

A Good Birth, A Safe Birth

Based on a survey of two thousand women and responses from readers of the first and second editions, this complete and accurate guide enables women and their partners to take control of the childbirth experience. Diana Korte and Roberta M. Scaer, both long-time La Leche leaders, analyze today's childbirth options and help readers to choose among them – to find "Dr. Right" (or a midwife), and perhaps a labor assistant, too, and to pick a hospital, birthing center, or home birth. They describe the pros and cons of medications, fetal monitoring, induction of labor, and other medical interventions during birth, and they tell readers how to avoid an unnecessary cesarean section and ensure that all their wishes are followed. In chapters such as "If You Don't Know Your Options, You Don't Have Any," "The Obstetricians Black Bag of Interventions," and "How to Have a Normal Vaginal Birth (and Avoid an Unnecessary Cesarean)", Korte and Scaer are refreshingly frank but never dogmatic; they want their readers to decide for themselves what's best for them.

A Good Birth, a Safe Birth

All expecting mothers have an innate capacity to give birth safely and naturally, but it's easy to be distracted by stories of traumatic births and a deep anxiety that you won't be in control. Experienced doula and Active Birth Associate, Nicole Croft, takes the fear out of labour and childbirth in this empowering and practical guide. Full of wise advice and simple skills to prepare you mentally and physically, Nicole tells you everything you need to know to ensure you have a very positive experience giving birth, whether you labour naturally or require medical intervention. - Be calm, relaxed and prepared for childbirth - Feel less pain during labour and help your birth progress naturally - Remain confident and in control throughout the birth - Feel very positive about your birth, with or without medical intervention - Flourish with your baby in the first weeks after birth Warm, wise and incredibly reassuring, The Good Birth Companion will give you all the information and resources you need to give birth safely to your baby.

The Good Birth Companion

Drawing on a landmark study involving more than one hundred pregnant women and mothers, a renowned OB/GYN synthesizes the secrets to a good birth—medically and emotionally. Most doctors are trained to think of a “good” birth only in terms of its medical success. But Dr. Anne Lyerly knows firsthand that there are many other important elements that often get overlooked. Her three-year study of a diverse group of over one hundred expectant moms asked what matters most to women during childbirth. The results, presented to the public for the first time in *A Good Birth*, show what really matters goes beyond the clinical outcome or even the usual questions of hospital versus birthing center, and reveal universal needs of women, like the importance of feeling connected, safe, and respected. Bringing a new perspective to childbirth, the book’s wisdom is drawn from in-depth interviews with women with a wide variety of backgrounds and experiences, and whose birth stories range from quick and simple to complicated and frightening. Describing what went well, what didn’t, and what they’d do differently next time, these mothers give voice to the complete experience of childbirth, helping both women and their healthcare providers develop strategies to address the emotional needs of the mother, going beyond the standard birth plans and conversations. Transcending the “medical” versus “natural” childbirth debate, *A Good Birth* paves the entryway to motherhood, turning our attention to the deeper and more important question of what truly makes for the best birth possible.

A Good Birth

Drawing on her landmark study involving more than one hundred mothers, a renowned ob-gyn shares the secrets to a good birth. Most doctors think of a “good” birth only in terms of medical success. But Dr. Anne Lyerly knows firsthand that many important elements are often overlooked. Her three-year study of a diverse group of moms explored what matters most to women during childbirth. The results, presented to the public for the first time in *A Good Birth*, show what really matters goes beyond the clinical outcome or even the usual questions of hospital versus birthing center, and reveal universal needs of women, like the importance of feeling connected, safe, and respected. The book’s wisdom is drawn from in-depth interviews with women with a wide variety of backgrounds and experiences, and whose birth stories range from quick and simple to complicated and frightening. Describing what went well, what didn’t, and what they’d do differently next time, these mothers give voice to the complete experience of childbirth, helping both women and their healthcare providers develop strategies to address the emotional needs of the mother, going beyond the standard birth plans and conversations. Transcending the “medical” versus “natural” childbirth debate, *A Good Birth* turns our attention to the crucial question of what makes the best birth possible.

A Good Birth

An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women’s experiences (including her own), she demonstrates that what she calls “undisturbed birth” is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

Gentle Birth, Gentle Mothering

A guide based on the award-winning coauthor’s documentary explains how to render childbirth a natural and enjoyable experience, counseling women on how to take control of their bodies and prepare a birthing plan in accordance with personal needs. Original.

Orgasmic Birth

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

The Birth Book

The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women,

families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. Counselling for Maternal and Newborn Health Care is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labor; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

Counselling for Maternal and Newborn Health Care

Praise for the previous edition: "...An outstanding handbook. It will be a familiar volume on most midwifery bookshelves, providing an excellent guide to midwifery focused care of both woman and child in the birthing setting." - Nursing Times Online Providing a practical and comprehensive guide to midwifery care, The Midwife's Labour and Birth Handbook continues to promote best practice and a safe, satisfying birthing experience with a focus on women-centred care. Covering all aspects of care during labour and birth, from obstetric emergencies to the practicalities of perineal repair (including left-hand suturing), the fourth edition has been fully revised and updated to include: Full colour photographs of kneeling extended breech and footling breech births New water birth and breech water birth photographs Female genital mutilation Sepsis Group B streptococcus Care of the woman with diabetes /Neonatal hypoglycaemia Mental health Seeding/microbirthing It also addresses important issues such as: Why are the numbers of UK women giving birth in stirrups RISING rather than falling? Why are so few preterm babies given bedside resuscitation with the cord intact? Would the creation of midwife breech practitioners/specialists enable more women to choose vaginal breech birth and is breech water birth safe? What is the legal position for women who choose to free birth – and their birth partners? Why are midwives challenging the OASI care bundle? Incorporating research, evidence and anecdotal observations, The Midwife's Labour and Birth Handbook remains an essential resource for both student midwives and experienced practising midwives.

The Midwife's Labour and Birth Handbook

For a Safe and Healthy Birth... Your Way! Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents:

- Information to help you choose your maternity care provider and place of birth
- Practical strategies to help you work effectively with your care provider
- Information on how pregnancy and birth progress naturally
- Steps you can take to alleviate fear and manage pain during labor
- The best available medical evidence to help you make informed decisions

Previously titled The Official Lamaze Guide, this 3rd edition has updated information on:

- How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby's microbiome.
- How hormones naturally start and regulate labor and release endorphins to help alleviate pain.
- Maternity-care practices that can disrupt the body's normal functioning.
- The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine.
- Room sharing and cosleeping: the controversy, recommendations, and safety guidelines.
- Out-of-hospital births are on the rise: New research and advice on planned home birth, including ACOG's revised guidelines, which support women's choices and promote seamless transfer to hospital, if needed.
- The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor.
- The research in support of the Lamaze International's "Six Healthy Birth Practices," which are:

- Let labor begin on its own.
- Walk, move around, and change positions throughout labor.
- Bring a loved one, friend, or doula for continuous support.
- Avoid interventions that aren't medically necessary.
- Avoid

giving birth on your back and follow your body's urges to push. • Keep mother and baby together—it's best for mother, baby, and breastfeeding.

Giving Birth with Confidence

In the 21st century, women are supposed to have a choice about where they give birth. But when that choice is home, women often encounter obstacles, despite robust evidence that birth at home is safe, beneficial and should be available for women who want it. *Why Home Birth Matters* is a clear discussion of the reality of modern home birth, which aims to show how the home environment supports and powers the birth process, while encouraging parents to consider how it might work for them.

Why Home Birth Matters

EVERYTHING YOU NEED TO KNOW TO PREPARE FOR BIRTH Many parents-to-be and their support people have little knowledge of what to expect in the birthing suite. Drawing on his extensive experience as a leading obstetrician and international researcher into safe childbirth, Professor Stephen Tong guides you through vital information to help prepare for a safe and happy birth day. Simply written and accessible, the pages are packed with information and real life stories covering: • The stages of labour and birth • How different forms of pain relief, including epidurals, work • Induction of labour, caesars and assisted birth • Monitoring of the baby and mother • Post childbirth recovery Professor Tong carefully and simply breaks down the evidence and facts to provide you with everything you need to know to turn anxiety and trepidation about childbirth into confidence, empowerment and cherished, life-long memories. *The Birth Book* is a warm, wonderful and reassuring companion for birth.

The Birth Book

Ina May Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. *Birth Matters* is a spirited manifesto showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

Five Standards for Safe Childbearing

Since the first edition went to press in 1989, there have been many important developments concerning different aspects of maternity care. To take account of these, much needs to be added to this history. Late 1989 saw the publication of the double volume set of studies, *Effective Care in Pregnancy and Childbirth*, in which all the then existing evidence on all the associated procedures was considered and evaluated by well-informed and impartial authors representing many countries. This informative collection has since been followed by a flow of single reports of new research findings about specific subjects within the field. To incorporate the new material has involved, in particular, a considerable enlargement and rearrangement of the text and reference lists for Chapters 3 and 4, which deal with antenatal and intranatal care. Then in 1990-1 the House of Commons Health Committee, under its chairman Nicholas Winterton, undertook a further enquiry into the maternity services in Britain. A wide range of people concerned as providers or users of the service, as well as researchers concerned to find out how well the service was meeting needs, chose to submit testimonies, written and oral. These testimonies were all later published in six volumes which offered a most valuable depiction of the maternity service from many points of view.

Birth Matters

This book is an indispensable guide to the revolutionary advances in the understanding of pregnancy and birth. For decades, Susan Fisher, PhD., and her team at the University of California, San Francisco, have been at the forefront of research into how babies develop in the womb. Fisher traces prenatal development, which proceeds at breakneck speed during the first eight weeks. She unlocks the secrets of the placenta, which steers the course of pregnancy and can affect childhood health. *Taking Charge of Your Pregnancy* contains the trailblazing science needed to help expectant parents: - Which prenatal vitamins are essential and when to take each - Which prenatal genetic tests are risk-free and which are a waste of money - Why moms-to-be should decline store receipts and avoid flame retardants - When to be concerned about nausea - Why expectant mothers should listen to their own mother's birth stories

Safer Childbirth?

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Woman's Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Ceasarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

Taking Charge of Your Pregnancy

No matter how you birth your baby, feel calm and safe with hypnobirthing "This woman is a great healer and birth expert. This book will be brilliant." Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working with new mums, including Fearn Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts. Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour and birth for you and your birth partner, along with guided meditations to keep you calm and engaged - How to trust your instincts, understand your body and baby, and make informed decisions throughout your pregnancy and beyond Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation tools for an empowering experience.

The Thinking Woman's Guide to a Better Birth

'If you're having a baby this is a MUST READ. Get the birth you want whatever path you choose' Davina McCall 'This is an amazing book. It should be read by everybody having a baby and anyone providing care around birth' Lesley Page, President of The Royal College of Midwives 'Beverley Turner is at the forefront of a new generation leading birth into the future . . . The Happy Birth Book is a must-have for every pregnant woman and every midwife' Professor Caroline Flint, midwife, NCT teacher and trustee, Past President of The Royal College of Midwives Pregnancy, birth and the early weeks of being a parent can be incredibly overwhelming. It's a very special time and should be a joyful and empowering experience. Yet the conflicting advice about pregnancy, labour and parenting can leave your head spinning - and make it highly unlikely you will get the birth you want. Until now. In The Happy Birth Book, Beverley Turner, with the help of midwife Pam Wild, lays out all the facts about pregnancy, birth and new parenthood. Covering everything from scans to stretch marks, hypnobirthing to pain relief, as well as specific advice for partners, The Happy Birth Book will be there for you every step of the way. Whether you're in the early months of pregnancy and are anxious about the whole process, or you're under pressure to make decisions about your upcoming labour, The Happy Birth Book cuts through all the mixed messages and urban myths surrounding birth to give you straightforward, evidence-based advice which will help you and your partner to choose the path to parenthood that is right for you. So what are you waiting for? Dive in - and start preparing for the happiest day of your life.

Your Baby, Your Birth

The Power of Pleasurable Childbirth, beloved and praised by discerning women all over the world, simply states the truth about childbirth and what the body was made to do. Too many births today are monitored and meddled with as a routine - not natural. The Power of Pleasurable Childbirth challenges parents to listen within for the unique guidance needed to achieve a truly safe and comfortable birth experience. Mother to four children-three born without interference from birth attendants-Laurie Morgan is warm, inspiring and oozing with common sense as she shares her personal story, helping parents understand how genuinely natural childbirth is both desirable and accessible. You will learn: · The crucial differences between normal, physiological birth and "assisted" childbirth · How to free yourself from

unnecessary worry and fear about childbirth· How to simplify your approach to childbirth for the greatest safety and enjoyment· The truth about midwifery and obstetrics, and how dependence on experts may pose needless risk to you and your baby· The surprisingly bright side of personal responsibility· Common stumbling blocks along the path to a joyful birth experience

The Happy Birth Book

The Power of Pleasurable Childbirth, beloved and praised by discerning women all over the world, simply states the truth about childbirth and what the body was made to do. Too many births today are monitored and meddled with as a routine - not natural. The Power of Pleasurable Childbirth challenges parents to listen within for the unique guidance needed to achieve a truly safe and comfortable birth experience. Mother to four children-three born without interference from birth attendants-Laurie Morgan is warm, inspiring and oozing with common sense as she shares her personal story, helping parents understand how genuinely natural childbirth is both desirable and accessible. You will learn: The crucial differences between normal, physiological birth and "assisted" childbirth How to free yourself from unnecessary worry and fear about childbirth How to simplify your approach to childbirth for the greatest safety and enjoyment The truth about midwifery and obstetrics, and how dependence on experts may pose needless risk to you and your baby The surprisingly bright side of personal responsibility Common stumbling blocks along the path to a joyful birth experience

The Power of Pleasurable Childbirth

A full natural birth guide to broaden your understanding of birth and how to empower yourself in the process.

The Power of Pleasurable Childbirth

The international bestseller that has helped millions of women trust in their body - and their baby - and give birth without fear Drawing on over 40 years' experience, internationally acclaimed midwife Ina May Gaskin shows you how to use the mind-body connection to help labour progress calmly and safely. In Ina May's Guide to Childbirth, she shares: - Inspiring real-life stories that show what a positive experience childbirth can be - What happens during labour and the true capabilities of the female body - How to create a comfortable environment for birth in any setting - Tips for maximising your chances of a relaxed and joyful birth experience Read by millions of women around the world, this reassuring and practical guide will take the fear out of childbirth and restore your faith in the power of your body. With Gaskin's timeless wisdom, you can approach birth with confidence and excitement, wherever and however it happens.

Home Birth On Your Own Terms

Everything You Need to Know to Prepare for Labour and Birth The Birth Book is the ultimate guide for expectant parents-to-be. From one of Australia's leading obstetricians, this best-selling book combines expert information, real stories and up-to-date research to earn its reputation as the essential 'birth-bible'. Packed with vital information – the stages of labour, modern pain relief options, vaginal birth, inducing labour, caesareans, monitoring the baby and post-birth recovery – your birth options are expertly explained and demystified. With new chapters examining birthing of twins and options for those who have previously had a caesarean section, The Birth Book simplifies complex medical information to transform childbirth anxiety into empowerment. Professor Stephen Tong has guided thousands of births and is renowned as a leading specialist obstetrician in Australia and internationally. He steers global research programs chasing discoveries to make pregnancy and birth safer for mothers and babies. His mission is to prepare you for an informed, confident and safe birth experience. A warm, wonderful and reassuring birth day companion. Praise for 'The Birth Book' From Mums... "Stephen's unique way of approaching birth, steeped in science but swathed in soul, is an uplifting one that brings joy and laughter instead of fear and tears to the birthing suite." Dani Venn, Celebrity Chef, mum of two "It's like no book that I read before the birth of my three children, and without a doubt the one book that I needed." Melissa Wilson, teacher, mum of three "It was INCREDIBLE! One minute I was wowing, then I was LOLING and at times even crying- especially at the end! This book honestly gave me goosebumps." Kristie Gatanios, professional singer, mum of Pia " Humorous anecdotes coupled with a clear, unbiased and supportive view on what to expect makes this a must-read for every soon-to-be Mum and her birthing team." Sarah Ng, banker, mum of three "I loved the book, it was fantastic! It was very informative and easy reading without getting lost in technical talk." Gaby Cahill, teacher, mum

of three "A complete & comprehensive journey through labour & birth. Filled with current evidence, witty humour and raw honesty." Cassie Penca, mother of three From doctors, midwives and pregnancy researchers ... "This is the birth-bible for expecting parents. It will provide you with all the knowledge that you need to feel safe throughout pregnancy and when giving birth." Associate Professor Lina Bergman, Obstetrician, Eminent Pregnancy Researcher, mum of twins Uppsala, Sweden "We assume all will go to plan but during birth things can change in an instant. What better way to be prepared than to have all the information in an entertaining and easy to read book ... Funny, entertaining and educational. Read it and thank me later." Associate Professor Cathy Cluver, Obstetrician, Eminent Pregnancy Researcher, Mum of three. Cape Town, South Africa. "Using humour and plain language, Professor Tong details how obstetricians think, and why. A great read for doctors; a must read for expectant parents." Dr Nick Walker, Obstetrician and Gynaecologist, Auckland "An absolute gem in the jungle of obstetric (mis)information, and laugh-out-loud easy reading. Accurate and passionate writing. Loved it!" Dr Aleide Vandewal, Obstetrician and Gynaecologist, Belgium. "A great book explaining the workings of an obstetrician's mind! A must read for soon-to-be parents" Dr Prathima Chowdary, Gynaecologist, advanced laparoscopic surgeon, Auckland "Hugely informative, witty and compassionate, this book completely demystified birth..." Dr Roxanne Hastie, Pregnancy Researcher, mum of Charlie "An informative and entertaining 'road-map' towards birth and the many different routes the journey might take you on." Associate Professor Tu'uhevaha Kaitu'u-Lino, Pregnancy Researcher, mum of four "The Birth Book is approachable, amusing, and heartfelt." Alex Roddy-Mitchell, midwife "A realistic account exposing the truth behind one of the most intimate experiences in human life. Prepare yourself for a brilliantly written journey of laughter and enlightenment." Alison Abboud, midwife "A wonderful guide to birth that is both informative and engaging... This book provides an evidence based and non-biased approach to labour in all its facets.". Courtney Bird, midwife "Stephen makes complex information easy to understand, with his characteristic wit & humility." Dr Lisa Begg, Maternal-Fetal Medicine Subspecialist, mum of three

Ina May's Guide to Childbirth

Helps expectant mothers make informed decisions about their pregnancy and childbirth, furnishing information on what to expect when delivering in a hospital, birthing center, or at home; how to select an advocate; the natural stages of labor; natural alternatives to drugs, surgery, and technology; and explanations of various medical interventions. Original. 25,000 first printing.

The Birth Book, 2nd Edition

"It is the mind-body connection that will allow parents to fully experience and appreciate the emotional, physical, and spiritual beauty of childbirth. Better Birth will help guide parents through this journey of creation and destination to birth." ?Donna Karan Pregnancy should be a time of joy and celebration. But if you're not emotionally, physically, intellectually, and spiritually prepared for childbirth, it can also be a time of stress and anxiety. This groundbreaking book takes the fear out of labor and delivery and arms you with the knowledge to have an informed, safe, and peaceful birth. Better Birth will be the one resource that you can turn to again and again to get all your questions answered and feel empowered during your birthing process. Birthing expert Denise Spatafora shows you how to prepare yourself to have the childbirth you want, whether you choose to deliver your baby in a hospital, birthing center, or at home. She shows you how to tap into your mind-body connection to draw upon natural relaxation methods that promote a childbirth experience that is beautiful and fulfilling, rather than frightening. If you're pregnant or thinking of becoming pregnant, you and your baby deserve a better birth.

Creating Your Birth Plan

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.

Better Birth

Offers expectant mothers seeking natural childbirth in a hospital a detailed look at pregnancy and labor, explaining how to create a mutually supportive relationship among birth-care providers and make informed choices.

Birth Without Fear

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.

Natural Hospital Birth

Fear of childbirth, the increasing use of epidurals and soaring caesarean section rates are the focus of much apprehension, debate, and controversy in contemporary maternity care. Across the world, support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies, yet women often report feeling unhappy with the support they receive. This textbook provides a clear and practical guide to supporting women in labour, looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families. Written by two highly experienced midwifery authors, this text draws on up-to-date research, identifying how evidence can be applied to everyday practice. It includes narratives from women and practitioners, including midwives, doulas, childbirth educators and students. These are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome. Supporting Women for Labour and Birth encourages readers to reflect on their experiences and examine the evidence provided by both research and the experiences of women and practitioners in order to explore how this could be incorporated into their practice. The only book to deal directly with the practical and emotional issues associated with labour support, it is an ideal text for student midwives and an important reference for practising midwives, doulas and other childbirth practitioners.

The Positive Birth Book

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 Complete Illustrated Birthing Companion

Offers a detailed guide for expectant women, providing advice on the physical and emotional changes of pregnancy, information on fetal development, and firsthand tips from experienced mothers.

Supporting Women for Labour and Birth

Birth without Violence revolutionised the way we perceive the process of birth, urging us to consider birth from the infant's point of view. This Pinter & Martin edition is the definitive edition, published exactly how the author intended it.

Birth Settings in America

The majority of babies throughout the world are born at home and it is mainly in developed countries (and mostly in the past few decades) that going to hospital to have your baby has become the norm. This is all set to change as more and more evidence comes to light about the positive outcomes of homebirths. With inspirational stories from women who have had successful homebirth experiences, you'll find out in this book why women are perfectly designed to give birth, what the evidence says about the best place to give birth, and what the truth is about the myths surrounding childbirth at home. You'll also learn how to plan for a homebirth and what you need on the day, what your choices of pain relief are, and what the possible risks and complications might be. Practical and reassuring, this guide provides all the information you need to feel completely prepared and excited to welcome your baby in the comfort and safety of your own home.

The BabyCenter Essential Guide to Pregnancy and Birth

FULLY REVISED AND UPDATED 5TH EDITION OF THE WORLD'S BESTSELLING PREGNANCY GUIDE. 'My best friend during my pregnancy' Mariella Frostrup With 18.5 million copies in print, What to Expect When You're Expecting is read by 93 per cent of women who read a pregnancy book and was named one of the 'Most Influential Books of the Last 25 Years' by USA Today. This cover-to-cover new edition is filled with must-have information, advice, insight, and tips for a new generation of parents. With Heidi Murkoff's trademark warmth, empathy, and humour, What to Expect When You're Expecting answers every conceivable question expectant parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices, and choices they face. Advice for partners is fully integrated throughout the book. All medical coverage is completely updated for the UK, including the latest on prenatal screening and the safety of medications during pregnancy, as well as a brand-new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health food fads, and GMOs. Plus expanded coverage of IVF pregnancy, multiple pregnancies, breastfeeding while pregnant, water and home births, and cesarean trends (including VBACs and 'gentle caesareans'). The best pregnancy guide just got even better.

Birth Without Violence

Since the original publication of The Birth Partner, new mothers' mates, friends, and relatives and doulas (professional birth assistants) have relied on Penny Simkin's guidance in caring for the new mother from the last few weeks of pregnancy through the early postpartum period. Fully revised in its fourth edition, The Birth Partner remains the definitive guide for preparing to help a woman through childbirth and the essential manual to have at hand during the event. This completely updated edition 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; 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.

The Homebirth Handbook

AN OBSTETRICIAN'S GUIDE TO PREPARING FOR CHILDBIRTH: WARM, INFORMATIVE AND FUNNY. For most mum's-to-be, the birth suite is a black box. An alarming number venture in with little clue of what to expect. The Birth Book empowers mothers, partners and support people with knowledge - changing potentially frightening birth experiences into cherished, life-long memories. Drawing on his extensive experience as an obstetric specialist and leading researcher into making childbirth safer, Professor Stephen Tong guides you through vital information to ensure a safe and

happy birth day. Simply written and entertaining, the pages are packed with information and real-life stories to answer questions such as: - What happens during labour exactly? - How long will labour last? - Are epidurals safe? - Why are caesareans even needed? - What options and choices do I have? Professor Tong carefully breaks down the evidence and facts so you have the knowledge and insight share in decision-making where-ever your birth may lead. The Birth Book provides you with everything you need to know to turn anxiety and trepidation about your childbirth into an empowering and confidence led experience.

What to Expect When You're Expecting 5th Edition

This new edition provides an up-to-date and thoughtful guide to supporting women in labour, looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families. Across the world, support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies. Written by two highly experienced midwifery authors, this text draws on a wide range of cutting-edge research on this topic, identifying how the evidence can be applied to everyday practice. Narratives from women and practitioners, including midwives, doulas, childbirth educators and students, are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome. Supporting Women for Labour and Birth encourages readers to reflect on their experiences and examine the evidence provided by both research and experiences of women and practitioners in order to explore how this could be incorporated into their practice. The only book to deal directly with the practical and emotional issues associated with labour support, this is an ideal text for student midwives and an important reference for practising midwives, doulas and other childbirth practitioners.

The Birth Partner - Revised 4th Edition

The Birth Book