

Birthing Normally After A Cesarean Or Two American Edition

Book discusses VBAC (vaginal birth after caesarean). Addresses questions related to caesarean birth, examining why riskier procedures have not been eliminated by the c-section and looking at the long-term consequences of being born and giving birth by caesarean. Pregnancy and childbirth are not to be feared; they are divinely appointed processes that can be joyful, spiritual, and bring families closer to God. The Gift of Giving Life: Rediscovering the Divine Nature of Pregnancy and Birth offers something that no other pregnancy book has before—a spiritual look at pregnancy and birth by and for LDS women and other women of faith. Through moving stories women in the scriptures, women from early Latter-day Saint history, and dozens of modern mothers, The Gift of Giving Life assures readers that God cares deeply about the entire

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procreative process. The Gift of Giving Life does not advocate for any one type of birth or approach to prenatal care, rather it intends to unify our families and communities in regard to the sacredness of birth. We also aim to provide you with resources, information, and inspiration that you may not have had access to all in one place before. Topics covered include: constant nourishment, meditation, fear, pain, healing from loss, the physical and spiritual ties between the Atonement and childbirth, the role of the Relief Society in postpartum recovery and more. Birthing women, birth attendants, childbirth educators, and interested readers of all faiths are invited to rediscover within these pages the divinity and gift of giving life. Drawing on data from nineteenth- and early twentieth-century obstetric logs to better represent the experience of cesarean surgery for women of all classes and races, as well as interviews with obstetricians who have performed cesareans and women who have given birth by cesarean, Cesarean Section is the definitive history of the use of

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this surgical procedure and its effects on women's and children's health in the United States.

Making Sense, Making Peace and Moving on Giving Birth with Confidence

Birthing Normally After a Caesarean Or Two (2nd British Edition)

Easy Labor

Birthing Normally After a Caesarean Or Two

Birthing from Within

The Doula Guide to Birth

Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean 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

Discover a modern holistic hypnobirthing book for every woman and every type of birth. This beautifully illustrated, practical guide to hypnobirthing provides you with the skills and tools to make any birth feel safe, calm, connected, and empowering - however you choose to bring your babies into the world. Whether

you're trying to get pregnant, just found out you're pregnant, or well into your third trimester, this birthing book completely demystifies hypnobirthing, making it accessible and relevant for any mom-to-be. Anthonissa Moger (The Hypnobirthing Midwife) reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. This step-by-step guide enables you to embark on the benefits of hypnobirthing and create a safe space for you and your baby to return to time and again. Learn how to integrate body and mind throughout your pregnancy and birth with techniques such as deep relaxation, meditation, visualization, and breathwork exercises. Achieve the Birth You Want - For You and Your Baby Whether you're having a natural birth or assisted birth, this mindful pregnancy book will help every woman take control of their labor for a calm, connected, and positive birth. It's the perfect gift for expecting moms who are looking for advice and techniques for a stress-free pregnancy.

Childbirth should be one of the most joyful experiences in a woman's life. All too frequently it is one of the most fearful. In An Easier Childbirth, Gayle Peterson, a nationally recognized leader in the field of Perinatal Psychology prepares the mother-to-be for the most positive experience possible utilizing a childbirth preparation method based on medical research that shows emotional factors to

be important in a healthy pregnancy and delivery. An Easier Childbirth begins with a personal birth preparation inventory. It then addresses the mother's fears and concerns through exercises aimed at decreasing her anxiety and increasing her confidence and sense of well-being. Guided imagery visualization and journal writing help the mother-to-be learn ways of yielding comfortably and safely into the entire childbirth process. All women, whether a woman is a first-time mother or has given birth before, whether they desire a natural birth or a medicated delivery will benefit from this proven program.

A deeply personal essay collection that explores the physical, emotional, and psychological impact of C-section births on motherhood and identity My son's birth was not a test I needed to pass, not something I needed to do in a certain way to become a worthy mother . . . An astute and vivid collection of personal essays about caesarean birth, My Caesarean features writing by decorated novelists, poets, essayists, and journalists. At a time when more and more women exalt the experience of vaginal childbirth, those who give birth by C-section are increasingly isolated. My Caesarean deftly explores these perspectives and many others. At turns, the essays address the history and current surgical trend of the caesarean, its impact on the mother's body and postoperative realities, the psychological aftermath—which sometimes unfolds

well after the birth of the child—and how to heal. A beautiful, much-needed meditation on the shared experience of C-section mothers, this collection pulls back the curtain on the quiet shame, social guilt, and possible trauma of C-section birth to offer comfort and acceptance through shared experience.

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

The Positive Birth Book

A Handbook

Birthing Normally After a Cesarean Or Two (American Edition)

The Essential C-Section Guide

The Birth Book

Birth Without Fear

A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices

The bible of cesarean prevention. Wall Street Journal A landmark event, which will change the course of obstetric care by giving parents the informtion they need to make the decisions that are best for their own families. Comprehensive, highly readable, sensitive . . . should be read by everyone who cares about someone. Marian Tompson Director, Alternative Birth Crisis Coalition American Academy of Medicine Required reading for all childbirth professionals and prospective parents. Journal of

Gynecological Nursing

A detailed social history of childbirth examines the physical, political, social, religious, and anthropological factors that influence how women bring new life into the world, examining such topics as why birth can be difficult, how women have handled pain, the role of men during childbirth, and other important topics. Reprint.

Many women are taking back their right to choose the kind of birth they desire, realizing that many birth interventions have adverse effects on mother and baby. In this book, the author presents a different choice - one without medical interventions. What is it like to have a natural birth and what are the benefits? Author Natasha Panzer has pulled together birth stories from a variety of moms who decided to give birth naturally. The book covers: Birthing in a birth center Preparing for natural birth Natural birth in the hospital Natural vaginal birth after cesarean Home births Unexpected home delivery The birth stories are sweet and inspiring. As you read this book, you will feel like you are right there with the mom delivering that baby, feeling the triumph the mom feels after delivering her baby naturally, and experiencing the parents' joy as they welcome their newborn to this world! The stories show that natural birth is possible in a myriad of settings, even in hospitals. "If you are looking for confidence-building birth stories and some good tips for getting through labor, you'll enjoy reading Spontaneous Joyful Natural Birth!" Ina

May Gaskin, author of Birth Matters: A Midwife's Manifesta and Ina May's Guide to Childbirth"

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

A Practical Guide

Rediscovering the Divine Nature of Pregnancy and Birth

Silent Knife: Cesarean Prevention and Vaginal Birth after Cesarean (VBAC)

Just Take It Out!

Mindful Practices for a Positive Pregnancy and Birth

A Feminist Journey Through the Science and Culture of Pregnancy

Cesarean Prevention and Vaginal Birth After Cesarean, VBAC

12 Secrets for Natural Childbirth

"How to Heal a Bad Birth" is for women (and their partners) who have experienced a challenging birth, and want to gain understanding and clarity about 'what happened', and why they feel so bad...and move on. Written by the co-founders of Birthtalk.org(tm), this book is a straightforward guide to make sense, make peace and move on... whether to a much better birth, or just back to your family, feeling more complete and at peace.

A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it ' s not

easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what 's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthing 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

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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.

This book is for any woman considering a vaginal birth after one or more previous caesareans. What are the risks? What are the advantages? What is the best choice in your particular case? The author, H el ene Vadeboncoeur, takes you through the research and also gives you a glimpse into other women's experiences through the use of first-hand accounts. It was, in fact, the author's experience of two very different births (one a caesarean, the next a VBAC) that inspired her to get a PhD. In her thesis she explored how women experience giving birth in hospital. H el ene wanted to consider questions about birth because this is such an important event in women's lives. For over 10 years since then, she has divided her time between teaching and participating in research projects. (She is currently on the Board of the International MotherBaby Childbirth Organization.) She also regularly gives talks at conferences around the world. This means that you not only get the benefit of advice from a woman who's been through both a caesarean and a VBAC, you also get taken through the most up-to-date research (now updated for the 2nd edition). Serious information is presented in an upbeat, readable style. Comment from a consultant: "As a professional who is concerned about the risk in the caesarean rate I would like to suggest that all women who have anything to do with caesareans read this book. The author has collected research data and precious accounts, which will help women make an informed choice as to how to give birth to their

babies." Feedback from a midwife: "Hélène Vadeboncoeur offers women an important tool to support them if they choose to give birth vaginally after a previous caesarean." Comment from a reader of the original, French edition: "This book is a response to questions. It will serve to demystify fears and inspire confidence."

Pushed

A Personal Growth Approach to Childbirth

The Ethics and Economics of Cesarean Section and Hysterectomy

Everything You Need to Know to Have a Safe and Satisfying Birth

A Good Birth, a Safe Birth

A Guide for Pregnant Women, Exploring Reasons and Practicalities for VBAC

A Good Birth

Like a Mother

Midwifery Continuity of Care is a robust 'how to' guide to establishing midwifery continuity of care. Written by a team of international experts in their field, this book highlights lessons learned to help develop new ways of planning, implementing, evaluating and sustaining midwifery continuity of care for the benefit of women, babies and communities. Summarises the evidence for midwifery continuity of care to support policy makers, commissioners of maternity services and health service executives with their

implementation of midwifery continuity of care Practical real world examples, stories and experiences to bring to life the diversity of ways that midwifery continuity of care can be implemented Highlights a range of issues for managers and leaders to be aware of, including organisational, industrial and safety and quality issues Explores how building alliances can enable midwifery continuity of care to flourish, addressing scaling up and sustainability Evolve Student and Faculty Resources: eBook on VitalSource An inspirational video interview with author, Jane Sandall

Between 1965 and 1987, the cesarean section rate in the United States rose precipitously—from 4.5 percent to 25 percent of births. By 2009, one in three births was by cesarean, a far higher number than the 5–10% rate that the World Health Organization suggests is optimal. While physicians largely avoided cesareans through the mid-twentieth century, by the early twenty-first century, cesarean section was the most commonly performed surgery in the country. Although the procedure can be life-saving, how—and why—did it become so ubiquitous? *Cesarean Section* is the first book to chronicle this history. In exploring the creation of the complex social, cultural,

economic, and medical factors leading to the surgery's increase, Jacqueline H. Wolf describes obstetricians' reliance on assorted medical technologies that weakened the skills they had traditionally employed to foster vaginal birth. She also reflects on an unsettling malpractice climate—prompted in part by a raft of dubious diagnoses—that helped to legitimize "defensive medicine," and a health care system that ensured cesarean birth would be more lucrative than vaginal birth. In exaggerating the risks of vaginal birth, doctors and patients alike came to view cesareans as normal and, increasingly, as essential. Sweeping change in women's lives beginning in the 1970s cemented this markedly different approach to childbirth. Wolf examines the public health effects of a high cesarean rate and explains how the language of reproductive choice has been used to discourage debate about cesareans and the risks associated with the surgery. Drawing on data from nineteenth- and early twentieth-century obstetric logs to better represent the experience of cesarean surgery for women of all classes and races, as well as interviews with obstetricians who have performed cesareans and women who have given birth by cesarean, *Cesarean Section* is the

definitive history of the use of this surgical procedure and its effects on women's and children's health in the United States.

Discusses the risks of cesarean sections to the mother and infant and suggests methods for avoiding unnecessary cesarean births

The process of labor and delivery has been one of the most perilous activities in human life. The awkward evolutionary compromises giving rise to humans makes birthing potentially life threatening for both mother and child. Despite the development of modern care, labor and delivery continues to be a dangerous process even though the levels of fatality have decreased over the past several decades. This clinically focused guide to modern labor and delivery care covers low and high-risk situations, the approach of the team in achieving a successful outcome and what to consider when quick decisions have to be made. Aimed at both trainee and practicing obstetrician-gynecologists, this new edition includes practical guidance such as algorithms, protocols, and quick-reference summaries. It is squarely focused on the process of birth and concentrates on modern clinical concerns, blending science with clinical applications.

Management of Labor and Delivery

Cesarean Section

A Collection of Birth Stories and Guide to the Beauty and Benefits of Delivering Your Baby Naturally

Birthing a Better Way

Secrets Every Pregnant Woman Should Know

How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth

Free Chapter

Natural Hospital Birth

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.

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.

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. Pregnancy is a time of natural stress. It is the healthy stress of changes that flow within a woman physically and emotionally, as she grows towards motherhood. Ever evolving, a woman's travels through pregnancy and birth ready her for the work of mothering and family synthesis.

The Doula Book

Homebirth Cesarean

A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labor Companions

Holistic Hypnobirthing

Pregnancy, Childbirth, and the Newborn

Gentle Birth, Gentle Mothering

An American History of Risk, Technology, and Consequence

The Best of Both Worlds

This handbook describes indicators that can be used to assess, monitor and

evaluate the availability, use and quality of Emergency Obstetric Care. These emergency obstetric care indicators can be used to measure progress in a programmatic continuum: from the availability of and access to emergency obstetric care to the use and quality of those services.

A guide to childbirth from the perspective of a doula covers such topics as lamaze, pain medications, labor techniques, cesareans, and birth plans.

Childbirth is a life-altering experience for any woman, but a Cesarean delivery can be overwhelming, whether it ' s unexpected or planned. Despite the fact that roughly one in four babies in the United States is delivered by c-section, very little information about the experience is included in typical pregnancy books and physicians and childbirth educators often gloss over the details. The Essential C-Section Guide is written not only for women to read in preparation for a scheduled c-section and for those considered “ high risk ” who know that a c-section may become necessary but also for women recovering from an unexpected surgical delivery. This book provides answers to important questions about what the surgery entails, what a woman can expect as she recovers, and what considerations should be made for future pregnancies and deliveries. With frank discussions about the physical and emotional aspects surrounding a c-section, the authors share comforting wisdom about early bonding, pain control,

breastfeeding, infant care, healing from surgery, postpartum exercise, partner involvement, and much more, in detail not available anywhere else. Written by authors who have firsthand knowledge of birth by c-section, The Essential C-Section Guide is well-researched and addresses its unique concerns with intelligence and compassion. www.broadwaybooks.com

A must-read for women who want to know all of their choices in childbirth. --

Twenty-One Mothers on the C-Section Experience and After

The Complete Guide

An Easier Childbirth

My Caesarean

Birthing Normally

Birth Partner 5th Edition

The Surprising History of How We Are Born

Birth

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.

A groundbreaking narrative investigation of childbirth in the age of machines, malpractice, and managed care, Pushed presents the complete picture of maternity care in America. From inside the operating room of a hospital with a 44% Cesarean rate to the living room floor of a woman who gives birth with an illegal midwife, Block exposes a system in which few women have an optimal experience. Pushed surveys the public

health impact of routine labor inductions, C-sections, and epidurals, but also examines childbirth as a women's rights issue: Do women even have the right to choose a normal birth? Is that right being upheld? A wake-up call for our times, Block's gripping research reveals that while emergency obstetric care is essential, we are overusing medical technology at the expense of maternal and infant health.

THE FIRST COMPLETE, COMPREHENSIVE GUIDE TO PAIN RELIEF DURING LABOR AND DELIVERY Far too many expectant mothers find themselves unprepared when labor begins and natural techniques don't effectively manage the pain. This indispensable guide provides reassuring, proven approaches to combining medical and natural techniques to ensure the most comfortable pain-free labor possible. In *Easy Labor*, you'll discover • what to expect during labor, and key factors that affect your comfort • the facts on epidurals, safety concerns, and how effectively they reduce pain • the pros and cons of pain-relief medications • complementary and alternative methods, including water immersion, acupuncture, hypnosis, massage, and birth balls • how your choice of hospital or birth center affects your pain-management options • techniques to calm and eliminate the specific fears and stresses associated with childbirth So relax and enjoy your pregnancy, with this important book by your side!

"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.

Outcomes, Quality, Access, and Choice

A Mother's Guide for Birthing Normally

Monitoring Emergency Obstetric Care

A New Approach to Pregnancy, Birth and the Early Weeks

Spontaneous Joyful Natural Birth

The Gift of Giving Life

Birth Settings in America

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.

Available for the first time in full color, the up-to-date and authoritative pregnancy guide that has sold 1.5 million copies--by recognizing that "one size fits all" doesn't apply to maternity care Parents love this book because it puts them in control; experts love it because it's based on the latest medical research and recommendations from leading health organizations. Pregnancy, Childbirth, and the Newborn provides the information and guidance you need to make informed decisions about having a safe and satisfying pregnancy, birth, and postpartum period--decisions that reflect your preferences, priorities, and values. Unlike pregnancy guides that can overwhelm and alarm by telling you up front all the things that can possibly go wrong, this book first describes normal, healthy

processes, their typical variations, and the usual care practices for monitoring them. Only then does it cover possible complications and the care practices and procedures for resolving them. Throughout, the presentation is crystal-clear, the tone is reassuring, and the voice is empowering. And the language is inclusive, reflecting today's various family configurations such as single-parent families, blended families formed by second marriages, families with gay and lesbian parents, and families formed by open adoption or surrogacy. From sensible nutrition advice to realistic birth plans, from birth doulas when desired to cesareans when needed, from reducing stress during pregnancy to caring for yourself as well as your baby after birth, this pregnancy guide speaks to today's parents-to-be like no other.

*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.*

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.

How to Heal a Bad Birth

The Painful Truth About Childbirth and Modern Maternity Care

Finding the Positive and Profound in Your Childbirth Experience

The Caesarean

Stories and Support for Families and Healthcare Providers

Midwifery Continuity of Care

Silent Knife

Every Woman's Guide to Choosing Less Pain and More Joy During Childbirth

The term "homebirth cesarean" has only recently entered the birth world's lexicon. The phrase, which refers to a planned out-of-hospital birth that ends in the hospital operating room, now represents new understanding and healing pathways for mothers, families, and birth professionals. In capturing more than 250 voices from across the birth world—from mothers and partners, to midwives, OB/GYNs, birth visionaries and more—"Homebirth Cesarean" sets a new benchmark for conversations, tools, and shared healing. "Homebirth Cesarean" is designed to follow a mother's journey from pregnancy, through birth, beyond the postpartum year, and continues with the possibility and birth of another child. This book shows the raw power of birth trauma from home to operating room to back home again, and reveals hopeful resolution pieces for mothers, partners, and birth professionals. This book brings deeper understanding to these unrecognized births, celebrates those transformed by them, and provides childbirth professionals with tools and information they need to support families along their parenting journeys. "Homebirth Cesarean" is an ideal companion for birth professionals, educators, and therapists, in addition to mothers, partners, family members, or anyone affected by these births. Though Homebirth Cesarean International endorses this book, proceeds from its sales do not go directly to the nonprofit.

*More and more parents-to-be all over the world are choosing the comfort and reassuring support of birth with a trained labor companion called a "doula." This warm, authoritative, and irreplaceable guide completely updates the authors' earlier book, *Mothering the Mother*, and adds much new and important research. In addition to basic advice on finding and working with a doula, the authors show how a doula reduces the need for cesarean section, shortens the length of labor, decreases the pain medication required, and enhances bonding and breast feeding. The authors, world-renowned authorities on childbirth with combined experience of over 100 years working with laboring women, have made their book indispensable to every woman who wants the healthiest, safest, and most joyful possible birth experience.*