

## Eating And Drinking In Labour 1e

"[An] engrossing survey of the history of childbirth." —Stephen Lowman, Washington Post Making and having babies—what it takes to get pregnant, stay pregnant, and deliver—have mystified women and men throughout human history. The insatiably curious Randi Hutter Epstein journeys through history, fads, and fables, and to the fringe of science. Here is an entertaining must-read—an enlightening celebration of human life. Mayes’ Midwifery, an established key textbook for students and qualified midwives, contains essential knowledge for professional practice. For this 14th edition, each section and chapter has been fully updated and enhanced by leading authors to ensure the text complies with contemporary practice and current guidelines. Added benefits are the availability of a variety of additional online resources for each chapter, including case studies, video and website links, and a bank of multiple-choice questions to test knowledge. With a strong emphasis on normal birth, the book covers the spectrum of midwifery-related topics applied to practice, providing a foundation of knowledge, and encouraging independent thought through the use of reflective exercises in each chapter and online. The book provides midwives with material that meets individual ways of learning and supports current modes of midwifery education. Mayes’ Midwifery is the text for initial preparation and for ongoing midwifery practice. New chapters on essential contemporary issues: Vulnerable women Perspectives on the future of midwifery, in a global context Evidence-based information to guide best practice Learning outcomes and Key Points in all chapters Reflective activities Now with an integrated website offering additional resources and material including: Multiple-choice questions for self-testing Case studies Reflective activities to consolidate your professional development Useful additional reading, resources and weblinks Expanded topics Downloadable materials including illustrations

Developed by a leading panel of experts in the field of obstetrics, this book provides an overview of disease presentation, treatment, protocols and outcomes in the field of obstetrics. This exhaustive compilation is a culmination of a targeted multidisciplinary approach and evidence based management in obstetrics. Up to date and easy to understand, it offers a blend of widely accepted guidelines, practical clinical know-how and the latest advances in the field, covering all the emergencies encountered in the delivery room.

Midwifery - E-Book

Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know

Preparation for Practice

Eat Yourself Pregnant

Midwives' Views on Eating and Drinking in Labour

A Qualitative Study Exploring the Views, Experiences and Practice of Midwives, in Relation to Women Eating and Drinking During Labour

"Aimed directly at midwives, Anatomy and Physiology for Midwives Second Edition provides a thorough grounding in the structure and functions of the human body associated with childbearing, birth and postnatal care. This new edition has a fully revised section on how this knowledge can be applied to practice and includes cutting edge information on reproductive cycles and sexual differentiation and behaviour. Clear language and illustrations ensure complete understanding and effective learning." "This text will be invaluable to both practising midwives and midwifery students." --Book Jacket.

This ISBN is now out of print. A new edition with e-book is available under ISBN 9780702044762. The third edition of this popular textbook gives a clear, easy-to-read account of anatomy and physiology at all stages of pregnancy and childbirth. Each chapter covers normal physiology, changes to the physiology in pregnancy, and application to practice. The physiology of childbearing is placed within a total biological context, drawing on evolution, ecology, biochemistry and cell biology. Follows childbearing from preconception to postnatal care and the neonate Logical progression through the body systems Highly illustrated, with simple diagrams Emphasises links between knowledge and practice to promote clinical skills Main points summarised to aid study. Website: 10 multiple-choice questions per chapter for self-testing Downloadable illustrations, with and without labels Fully searchable.

The Student’s Guide to Becoming a Midwife is essential reading for all student midwives. Now updated to include the latest 2012 NMC Midwifery Rules and Standards and a brand new chapter on the midwife and public health, this comprehensive resource provides a wide range of need-to-know information for student midwives, including: Effective communication and documentation Confidentiality Interdisciplinary working The fundamentals of antenatal, intrapartum, and postnatal care Assessment and examination of the new-born baby Medicines Public health Clinical decision-making Evidence-based practice With case studies, words of wisdom from current midwives and a range of activities and self-test questions throughout – making it easy to learn and understand key concepts – The Student’s Guide to Becoming a Midwife is the ideal companion for students throughout their course.

Preparation for practice

A Guide for Midwives and Doctors

Oxford Handbook of Midwifery 3e

Animal Labour

A Research Proposal

Managing Complications in Pregnancy and Childbirth

Now in its third edition the Oxford Handbook of Midwifery continues to be the essential one-stop guide to the key principles of the care and management of pregnancy, birth and beyond. Concise yet comprehensive, with its recognisable and easy-to-use Oxford Handbook format, midwives will find this a treasure trove of clear, practical guidance on the subject, or an experienced practitioner needing to refresh your knowledge in an emergency, you can be sure that this handbook will be there for you. Written by experienced midwives, and following the latest guidelines and key care protocols, this handbook is up-to-date and authoritative, with sections on sexual health, contraception, diagnosis and management of care with treatment interventions. Now including new information on initiation of breast feeding with biological nurturing as well as a highlighted section on how to manage obstetric emergencies. Important psychosocial care issues are also addressed. This edition provides concise, practical and accessible information for your journey through pregnancy, birth and early motherhood.

This volume includes contributions from authors from a diverse range of backgrounds, including consumers of maternity care. It offers a review of the research and literature available about eating and drinking in labour, and aims to be a guide for all those involved in maternity care.

In light of revised recommendations for intrapartum care, this updated edition reviews best practice in all aspects of labour and delivery.

The Midwife’s Labour and Birth Handbook

Physiology in Childbearing

Guide to Effective Care in Pregnancy and Childbirth

Industry Wage Survey

A Textbook for Midwives

A Compassionate, Widely-Available Option for Hastening Death

Eating and Drinking in LabourBooks for Midwives Press

Endorsed by the Australian College of Midwives (ACM) and the New Zealand College of Midwives (NZCOM), Midwifery: Preparation for Practice has long been upheld as the definitive midwifery text for Australian and New Zealand midwifery students. Now in its 4th edition, the text presents a global model of midwifery best practice that is supported by a range of examples from the Australian, New Zealand and international midwifery contexts. Visit evolve.elsevier.com for your additional resources eBook on VitalSource Student and Instructor resources: Suite of videos Image collection PowerPoints Test Bank Review questions with answers Weblinks Now available in two volumes for ease of use: Book 1 focuses on the context of midwifery practice Book 2 focuses on midwifery practice New and significantly updated chapters include: man rights in childbirth Midwifery as primary healthcare Birth place and birth space Social and environmental determinants of women’s health Contraception Variations in normal Endorsed by the Australian College of Midwives (ACM) and the New Zealand College of Midwives (NZCOM) NEW to the Evolve resources: a suite of 18 videos featuring interviews with midwifery lecturers and students who share inspirational insights, advice, challenges and opportunities for learning Now includes an eBook with all print purchases

This volume establishes a clear link between good nutrition and high productivity. It demonstrates that ensuring that workers have access to nutritious, safe and affordable food, an adequate meal break and decent conditions for eating is not only socially important and economically viable but a profitable business practice too. Through case studies from a variety of enterprises in 28 industrialized and developing countries, the book offers valuable and practical food solutions which can be adapted to workplaces of different sizes and with different budgets. It also addresses an often-overlooked issue in nutrition: access to clean drinking water. Relevant laws, regulations and guides pertaining to meal breaks and workplace nutrition are also highlighted in this volume, and an extensive section containing checklists and other useful resources for unions, employers and governments is included.

Best Practice in Labour and Delivery

WHO Recommendations on Intrapartum Care for a Positive Childbirth Experience

Maternal and Infant Nutrition and Nurture

Normal Midwifery Practice

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Understanding the Journey from the Labor Room to the Delivery Room

*Zita West, midwife to Cate Blanchett, Stella McCartney and Kate Winslet, shares her expertise in nutrition to help you and your baby stay healthy naturally throughout your pregnancy. It is crucial to eat an optimum diet during pregnancy. Your levels of nutrients need to be high in order to support you through the process of pregnancy, and the baby that you’re carrying inside of you needs the full range of nutrients to be as healthy as possible. It can be difficult and tiring to make nutrient-filled meals, but Zita gives you clear information and simple, easy-to-make recipes. The first section of the book covers details such as what nutrients are important and what they do for you and your baby, and foods that are unhealthy to consume during pregnancy. The second section uses the vitamins and nutrients explained in the first section in 80 delicious recipes. Introduction Your Health (nutrients your body needs as it changes, sources of these nutrients, foods that help with the side effects of pregnancy, the importance of safe exercise) Your Baby’s Health (nutrients your baby needs to grow, what they do, sources of these nutrients) What to Avoid (foods not to eat why they are bad for you and your baby) Breakfasts Light Meals Snacks and Treats Main Meals Desserts.*

*In the 21st century, people in the developed world are living longer. They hope they will have a healthy longer life and then die relatively quickly and peacefully. But frequently that does not happen. While people are living healthy a little longer, they tend to live sick for a lot longer. And at the end of being sick before dying, they and their families are frequently faced with daunting decisions about whether to continue life prolonging medical treatments or whether to find meaningful and forthright ways to die more easily and quickly. In this context, some people are searching for more and better options to hasten death. They may be experiencing unacceptable suffering in the present or may fear it in the near future. But they do not know the full range of options legally available to them. Voluntary stopping eating and drinking (VSED), though relatively unknown and poorly understood, is a widely available option for hastening death. VSED is legally permitted in places where medical assistance in dying (MAID) is not. And unlike U.S. jurisdictions where MAID is legally permitted, VSED is not limited to terminal illness or to those with current decision-making capacity. VSED is a compassionate option that respects patient choice. Despite its strongly misleading image of starvation, death by VSED is typically peaceful and meaningful when accompanied by adequate clinician and/or caregiver support. Moreover, the practice is not limited to avoiding unbearable suffering, but may also be used by those who are determined to avoid living with unacceptable deterioration such as severe dementia. But VSED is "not for everyone." This volume provides a realistic, appropriately critical, yet supportive assessment of the practice. Eight illustrative, previously unpublished real cases are included, receiving pragmatic analysis in each chapter. The volume's integrated, multi-professional, multi-disciplinary character makes it useful for a wide range of readers: patients considering present or future end-of-life options and their families, clinicians of all kinds, ethicists, lawyers, and institutional administrators. Appendices include recommended elements of an advance directive for stopping eating and drinking in one's future if and when decision making capacity is lost, and what to record as cause of death on the death certificates of those who hasten death by VSED.*

*In many birthing units it is common practice to restrict oral fluid intake during labour and delivery. Research has demonstrated that the practice of eating and drinking during labour does not impose a threat and, in fact, may benefit women in labour (Roberts & Ludka, 1993; Rooks, et al, 1989; Greulich, et al, 1994). The philosophy that childbirth is a healthy, normal event formed the basis for a randomized clinical trial of unrestricted drinking during labour as it relates to the multiparous woman's perceptions of control and pain. Information about related interventions, length of labour, use of additional treatments and newborn outcomes was also gathered. Differences between the experimental group that received unrestricted fluids and the control group that received restricted fluids were not statistically significant. Since women who had full fluids had outcomes that were no worse than those who received only clear fluids nurses in clinical practice should advocate for more liberal fluid intake for women in labour. Additional research is needed with larger sample sizes to examine this issue of oral intake during labour.*

*Maternal Child Nursing Care in Canada - E-Book*

*What to Expect: Eating Well When You're Expecting*

*Food at Work*

*Counselling for Maternal and Newborn Health Care*

*The Tedious Voyage*

*With Anatomy and Related Biosciences*

**This title presents an excellent discussion on cutting-edge research related to the short and long term effect of nutrition on babies. It contains a timely analysis on the nature of the relationship between mother and infant as a consequence of nutritive and nurturing behaviour.**

**The emphasis of the manual is on rapid assessment and decision making. The clinical action steps are based on clinical assessment with limited reliance on laboratory or other tests and most are possible in a variety of clinical settings.**

**This book is a guide to labour and delivery management for trainees in obstetrics and gynaecology, and midwives. Divided into three sections, the text begins with detailed discussion on labour, from preparation before labour and delivery, through the different stages of labour, to postpartum care. The next section covers caesarean delivery, and the third, ‘special labour’ which explains labour complications, twins, prelabour rupture of membranes, and more. The book is authored by recognised experts from the USA and Italy, and is based on evidence from randomised controlled trials (RCTs). Clinical photographs, diagrams and tables further enhance learning. Key points Guide to labour and delivery management for trainees in obstetrics and gynaecology, and midwives Text based on evidence from randomised controlled trials (RCTs) Recognised author team from USA and Italy Includes clinical photographs, diagrams and tables**

**A Summary of Medical Research to Facilitate Informed Choice about the Care of Mother and Baby**

**A New Frontier of Interspecies Justice?**

**Expecting Better**

**Voluntarily Stopping Eating and Drinking**

**Eating and Drinking Places, June 1961**

**The conciliator, a reconciliation of the apparent contradictions in holy Scripture. To which are added notes by E.H. Lindo**

Perfect For:
• Bachelor of Midwifery students
• Postgraduate Midwifery students
• Combined Nursing degree students
• Combined Nursing degree students
Midwifery: Preparation for Practice 3e is the definitive midwifery text for Australian and New Zealand midwifery students. The third edition continues to reinforce the established principles of midwifery philosophy and practice—that of working in partnership with women and midwifery autonomy in practice and from this perspective, presents the midwife as a primary healthcare practitioner. It carefully examines the very different maternity care systems in Australia and New Zealand, exploring both autonomous and collaborative practice and importantly documents the recent reforms in Australian midwifery practice. Midwifery: Preparation for Practice 3e places women and their babies safely at the centre of midwifery practice and will guide, inform and inspire midwifery students, recent graduates and experienced midwives alike.
• Key contributors from Australia and New Zealand
• Critical Thinking Exercises and Research Activities
• Midwifery Practice Scenarios
• Reflective Thinking Exercises and Case Studies
• Instructor and Student resources on Evolve, including Test Bank questions, answers to Review Questions and PowerPoint presentations.
• New chapter on Models of Health
• Increased content on cultural considerations, human rights, sustainability, mental health, obesity in pregnancy, communication in complex situations, intervention, complications in pregnancy and birth and assisted reproduction
• Midwifery Practice Scenarios throughout.

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. The MNH Counselling Handbook is chiefly designed to be used by groups of SAs with the help of a facilitator. It can also be used by individual SAs who can get together with colleagues for discussions and activities where needed. It relies on a self-directed learning approach, allowing SAs to work at their own pace, drawing on their past counselling experience. The way it is used will be determined by each country's context, and the SAs' preference. The MNH Counselling Handbook 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 labour; 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.

EATING WELL WHEN YOU'RE EXPECTING provides mums-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy - at home, in the office, at Christmas, in restaurants. Thorough chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. And the book comes with 150 contemporary, tasty, and healthy recipes that feed mum and baby well, take little time to prepare, and are gentle on queasy tummies. At the heart of the book are hundreds of pressing questions every mother-to-be has: Is it true I shouldn't eat any food cooked with alcohol? Will the caffeine in coffee cross into my baby's bloodstream? I'm entering my second trimester, and I'm losing weight, not gaining - help! Is all sushi off limits? How do I get enough calcium if I'm lactose intolerant? I keep dreaming about a hot fudge sundae - can I indulge? (The answer is yes!)

An Investigation Into the Views of Hospital Based Midwives on Eating and Drinking in Labour

The Conciliator of R. Manasseh Ben Israel: The prophets and hagiography

Labour Room Emergencies

Eating and Drinking in Labour

The Student's Guide to Becoming a Midwife

Midwifery

Featuring the most accurate, current, and clinically relevant information available, Perry's Maternal Child Nursing Care in Canada combines essential maternity and pediatric nursing information in one text. Comprehensive coverage includes promotion of wellness and the care for persons experiencing common health concerns throughout the lifespan, care in childbearing, as well as the health care of children and child development in the context of the family. Health concerns, including physiological dysfunctions and special needs and illnesses, are also featured. This text provides a family-centred care approach that recognizes the importance of collaboration with families when providing care. Medication Alerts stress medication safety concerns for better therapeutic management. Safety Alerts highlighted and integrated within the content draw attention to developing competencies related to safe nursing practice. Research Focus boxes identify best practices by presenting evidence and how to apply the knowledge learned. Atraumatic Care boxes in the pediatric unit teach you how to provide competent and effective care to pediatric patients with the least amount of physical or psychological stress. Community Focus boxes emphasize community issues, supply resources and guidance, and illustrate nursing care in a variety of settings. Clinical reasoning case studies offer you opportunities to test and develop your analytical skills and apply knowledge in various settings. Cultural Awareness boxes explore beliefs and practices about pregnancy, childbirth, parenting, women's health concerns, and caring for sick children. Evidence-Informed Practice boxes highlight findings that confirm effective practices or that identify practices with unknown, ineffective, or harmful effects. Emergency boxes alert you to emergency situations and guide you step-by-step through emergency procedures. Family-Centred Care boxes highlight the needs or concerns of families that you should consider in providing family-centred care. Guidelines boxes outline nursing procedures in an easy-to-follow format. Home Care boxes detail important information that you need to deliver care to patients and families in the home setting. Medication Guide boxes include key information about medications used in maternity and newborn care, including their indications, adverse effects, and nursing considerations. Patient Teaching boxes assist you in helping patients and families become involved in their own care with optimal outcomes.

This book, which offers a review of the research and literature available about eating and drinking in labour, is a guide for those involved in maternity care.

This up-to-date comprehensive and consolidated guideline on essential intrapartum care brings together new and existing WHO recommendations that when delivered as a package will ensure good-quality and evidence-based care irrespective of the setting or level of health care. The recommendations presented in this guideline are neither country nor region specific and acknowledge the variations that exist globally as to the level of available health services within and between countries. The guideline highlights the importance of woman-centred care to optimize the experience of labour and childbirth for women and their babies through a holistic human rights-based approach. It introduces a global model of intrapartum care which takes into account the complexity and diverse nature of prevailing models of care and contemporary practice. The recommendations in this guideline are intended to inform the development of relevant national- and local-level health policies and clinical protocols. Therefore the target audience includes national and local public health policy-makers implementers and managers of maternal and child health programmes health care facility managers nongovernmental organizations (NGOs) professional societies involved in the planning and management of maternal and child health services health care professionals (including nurses midwives general medical practitioners and obstetricians) and academic staff involved in training health care professionals.

Healthcare Professionals' Views of Women Eating and Drinking in Labour

Workplace Solutions for Malnutrition, Obesity and Chronic Diseases

A Handbook for Building Skills

A Randomised Controlled Trial on the Effects of Eating and Drinking in Labour for Low Risk Women

The Effect of Unrestricted Fluid Intake During Labour on the Multiparous Woman and Her Perception of Control and Pain During Childbirth

Essential Recipes to Boosting your Fertility Naturally

***“Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way.” —Amy Schumer “Fully Revised and Updated for 2021” What to Expect When You’re Expecting meets Freakonomics: an award-winning economist disproves standard recommendations about pregnancy to empower women while they’re expecting. From the author of Cribsheet and The Family Firm, a data-driven decision making guide to the early years of parenting Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.***

***For new students the language and concepts of midwifery care can at first be daunting. This book helps students to understand the expectations of midwifery training in relation to normal midwifery practice. It covers the basics of midwifery care including professional practice, frameworks informing midwifery care, key concepts and philosophies of care, communication and care skills, antenatal care, normal labour and birth, postnatal care, neonatal care and breastfeeding, as well as a brief introduction to medicines management in normal midwifery care. The book is designed to work alongside first taught modules in midwifery, and underpin training in subsequent years. 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.***

***Evidence Based Labor and Delivery Management***

***Get Me Out: A History of Childbirth from the Garden of Eden to the Sperm Bank***

***Research Proposal***

***Anatomy and Physiology for Midwives***

***Mayes' Midwifery E-Book***

A Guide to effective care in pregnancy and childbirth is a clearly written review of the important research evidence on the effects of the various care practices carried out during pregnancy, childbirth, and the early days after birth. In addition to the details provided in the text, the book concludes with valuable tables that list the practices which are beneficial, those of unknown effectiveness, and those likely to be ineffective or harmful.

At the end of your pregnancy, comes your trip to the delivery room which you would be undertaking. Have you planned for your trip from the Labor Room to the delivery room yet? Knowing the full extent of what is to come on this trip of yours keeps you better prepared to handle the situation. The pain during the delivery of your baby could be like a combination of stabbing pains and really awful menstrual cramps. In reality, there are lots of descriptions for labor according to different women who have experienced or are about to experience the joy of motherhood. In this book, The Tedious Voyage, you will get to know more of the stages you would experience in the Labor Room and the Delivery Room. What you would learn in this book: What Labor feels like 7 Stages of Labor 11 First Stage of Labor 12 Advanced Labor 13 How long does active labor last? 15 Second Stage of Labor 16 The Descent 17 First Glimpse of Your Baby 18 Crowning: The Head of your baby Emerges 19 Third Stage of Labor 23 C-Section: Why you might need it. 26 Breech Position 27 Caesarian Section has been previously done 29 Medical Condition 30 Medical Titles: The Difference is in the name. 32 Who is your birth partner? 40 Role of a Birth Partner 41 Birth Partner: Must he be my baby's father? 45 How should a Birth Partner prepare 46 Drinking and Eating during Labour 49 How does eating and drinking help during labour 50 What can you eat during labour? 51 What you can drink during labour 53 Who is allowed into the delivery room? 54 The List of Guests 55 Children and the Delivery Room 56 Relatives in the Delivery Room 57 Natural childbirth in the hospital 59 Step 1: Research on your own 59 Step 2: Take a birthing class 60 Step 3: Make it a family affair 61 Step 4: Develop your personal birth plan 62 Step 5: Talk with other moms 62 What birthing tools would be useful for you? 63 Umbilical Cord: Who gets to cut it? 68 Breastfeeding: Basics and tips you need. 71 Types of milk 71 Colostrum 72 Transitional Milk 73 And much more..... You would become better equipped to handle your trip to the delivery room with the knowledge you would gain from this book.

Is animal labour inherently oppressive, or can work be a source of meaning, solidarity, and social membership for animals? This challenging question drives this thought-provoking collection which explores the possibilities and complexities of animal labour as a site for interspecies justice. The book assembles an international and interdisciplinary group of scholars who carefully grapple with the many facets, implications, and entanglements of animal labour, and who, crucially, place animals at the heart of their analyses. Can animals engage in good work and have humane jobs? What kind of labour rights are appropriate for animal workers? Can animals consent to work? Would recognizing animals as workers improve their legal and political status, or simply reinforce the perception that they are beasts of burden? Can a focus on labour help to create or deepen bonds between animal advocates and other social justice movements? While the authors present a range of views on these questions, their contributions make clear that labour must be taken seriously by everyone interested in more just and ethical multispecies futures.