

A Center For Childbirth And Parenting Education

More than 30 years ago, the Institute of Medicine (IOM) and the National Research Council (NRC) convened a committee to determine methodologies and research needed to evaluate childbirth settings in the United States. The committee members reported their findings and recommendations in a consensus report, *Research Issues in the Assessment of Birth Settings* (IOM and NRC, 1982). An Update on Research Issues in the Assessment of Birth Settings is the summary of a workshop convened in March, 2013, to review updates to the 1982 report. Health care providers, researchers, government officials, and other experts from midwifery, nursing, obstetric medicine, neonatal medicine, public health, social science, and related fields presented and discussed research findings that advance our understanding of the effects of maternal care services in different birth settings on labor, clinical and other birth procedures, and birth outcomes. These settings include conventional hospital labor and delivery wards, birth centers, and home births. This report identifies datasets and relevant research literature that may inform a future ad hoc consensus study to address these concerns.

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

What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, *Ina May's Guide to Natural Childbirth* gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play
- What really happens during labor
- Orgasmic birth--making birth pleasurable
- Episiotomy--is it really necessary?
- Common methods of inducing labor--and which to avoid at all costs
- Tips for maximizing your chances of an unmedicated labor and birth
- How to avoid postpartum bleeding--and depression
- The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you
- The best ways to

work with doctors and/or birth care providers • How to create a safe, comfortable environment for birth in any setting, including a hospital • And much more Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

Immunization during pregnancy with currently recommended vaccines prevents infection in the mother, the unborn fetus, and the young infant, and there is an increasing focus from different stakeholders to use this approach for other infections of importance to protect these vulnerable groups. The aim of this Maternal Immunization book is to provide a contemporary overview of vaccines used in pregnancy (and the lactation period), with emphasis on aspects of importance for the target groups, namely, rationale for the use of vaccines in pregnancy, safety, immunogenicity (immunology), timing to vaccinate, repeat doses, protective effects in the mother, fetus, and infant, and public acceptance and implementation, of existing and of future vaccines. Provides an overview of a quickly evolving topic. This will benefit the reader who wishes to rapidly become informed and up-to-date with new developments in this field Suitable to a broad audience: scientific researchers, obstetricians, gynecologists, neonatologists, vaccinators, pediatricians, students, and industry. Maternal vaccination impacts a wide range of specialists Allows health care professionals/researchers to gain insight into other aspects of vaccination in pregnancy outside of their specialism Is coauthored by specialists from multiple disciplines, providing a diverse view of the subject, increasing its interest and appeal Creates awareness of the current developments in this area of medicine and of the potential of maternal vaccination to improve the health of mothers and infants worldwide

The most remarkable natural childbirth technique to have been developed in decades. Marie Mongan takes the pregnant woman through the techniques and philosophy of a new form of gentle birthing. Drawing on self-hypnosis, guided imagery and special breathing techniques the Hypnobirthing Method can bring about a shorter, easier, more enjoyable birth, free of the drugs that can harm the mother and the baby. It also allows the mother to fully control her own birthing experience as the mother remains awake, aware and alert.

Birth Settings in America Outcomes, Quality, Access, and Choice National Academies Press

Arvind Singhal and Everett M. Rogers have developed this unique volume focused on the history and development of entertainment-education. This approach to communication is the process of designing and implementing a media message to both entertain and educate to increase audience members' knowledge about an educational issue, create favorable attitudes, and change overt behavior. It uses the universal appeal of entertainment to show individuals how they can live safer, healthier, and happier lives. Entertainment formats such as soap operas, rock music, feature films, talk shows, cartoons, comics, and theater are utilized in various countries to promote messages about educational

issues. This book presents a balanced picture of the entertainment-education strategy, identifying ethical and other problems that accompany efforts to bring about social change.

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

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, 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.

An unprecedented and timely collection of Dr. King's speeches on labor rights and economic justice People forget that Dr. King was every bit as committed to

economic justice as he was to ending racial segregation. He fought throughout his life to connect the labor and civil rights movements, envisioning them as twin pillars for social reform. As we struggle with massive unemployment, a staggering racial wealth gap, and the near collapse of a financial system that puts profits before people, King's prophetic writings and speeches underscore his relevance for today. They help us imagine King anew: as a human rights leader whose commitment to unions and an end to poverty was a crucial part of his civil rights agenda. Covering all the civil rights movement highlights—Montgomery, Albany, Birmingham, Selma, Chicago, and Memphis—award-winning historian Michael K. Honey introduces and traces King's dream of economic equality. Gathered in one volume for the first time, the majority of these speeches will be new to most readers. The collection begins with King's lectures to unions in the 1960s and includes his addresses during his Poor People's Campaign, culminating with his momentous "Mountaintop" speech, delivered in support of striking black sanitation workers in Memphis. Unprecedented and timely, "All Labor Has Dignity" will more fully restore our understanding of King's lasting vision of economic justice, bringing his demand for equality right into the present.

A troubling study of the role that medical racism plays in the lives of black women who have given birth to premature and low birth weight infants Black women have higher rates of premature birth than other women in America. This cannot be simply explained by economic factors, with poorer women lacking resources or access to care. Even professional, middle-class black women are at a much higher risk of premature birth than low-income white women in the United States. Dána-Ain Davis looks into this phenomenon, placing racial differences in birth outcomes into a historical context, revealing that ideas about reproduction and race today have been influenced by the legacy of ideas which developed during the era of slavery. While poor and low-income black women are often the "mascots" of premature birth outcomes, this book focuses on professional black women, who are just as likely to give birth prematurely. Drawing on an impressive array of interviews with nearly fifty mothers, fathers, neonatologists, nurses, midwives, and reproductive justice advocates, Dána-Ain Davis argues that events leading up to an infant's arrival in a neonatal intensive care unit (NICU), and the parents' experiences while they are in the NICU, reveal subtle but pernicious forms of racism that confound the perceived class dynamics that are frequently understood to be a central factor of premature birth. The book argues not only that medical racism persists and must be considered when examining adverse outcomes—as well as upsetting experiences for parents—but also that NICUs and life-saving technologies should not be the only strategies for improving the outcomes for black pregnant women and their babies. Davis makes the case for other avenues, such as community-based birthing projects, doulas, and midwives, that support women during pregnancy and labor are just as important and effective in avoiding premature births and mortality.

"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.

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

Please note that the content of this book primarily consists of articles available from Wikipedia or other free sources online. Pages: 44. Chapters: All My Babies, Asynclitic birth, Barbara Vernon, Birthing center, Bradley method of natural childbirth, Cervical effacement, Childbirth Connection, David Vernon (writer), Daybreak in Udi, Doula, Eucharius Rosslin, Granny woman, Gurgle, Home birth, International Midwives' Day, John Burns (surgeon), John Maubray, Michel Odent, Midwifery in Maya society, Monthly nurse, Neonatal heel prick, New Space for Women's Health, Nitrous oxide and oxygen, Nurse midwife, Pinard horn, Sheila Kitzinger, The Forgotten Frontier, Traditional birth attendant, Vaginal birth after caesarean, Water birth, William Cumin (obstetrician).

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.

"Birth Emergency Skills Training is the interface between the world of midwifery

and the world of medicine. It carries the reader from the initial steps of intervention through definitive care, balancing a friendly tone and visual appeal with authoritative and clinically useful information. It is loaded with mnemonics and other aids to understanding and is richly illustrated by the author.

Written for graduate students and professionals in the fields of midwifery, women's health, and public health, this book explores the freestanding birth center model in the United States from its conception by pioneering midwives and others in the early 1970s to the present day. Compared to the hospital-based birth model, the freestanding birth center offers a well-documented, healthier, more cost-effective, and more humane way to care for women and newborns, consistent with the goals of the Affordable Care Act. This rapidly expanding model of care has many positive implications for high-quality, individualized care and birth outcomes across the United States. Written by U.S. leaders in midwifery, *Freestanding Birth Centers: Innovation, Evidence, Optimal Outcomes* offers a comprehensive guide to the evolving role of birth centers, clinical and cost outcomes, regulatory and legal issues, provider and accreditation issues, and the future of the birth center model. Woven throughout the text are descriptions of "exemplar" birth centers representing diverse geographical, business, and service models. These cases illustrate the possibilities for expansion and replication of this model of care. *Key Features* Provides a thorough history of the birth center movement from its inception through future expansion of the model Serves as an essential resource with up-to-date evidence on clinical and cost outcomes Includes case studies linking the unique service focus of individual birth centers to the associated sections of the book Provides practical and comprehensive coverage of all issues involved in running a U.S. birth center

The classic guide to an unmedicated childbirth, fully revised for the twenty-first century—with updated information and attractive new illustrations and photos throughout. For women birthing vaginally, 90% of Bradley births are drug-free! The Bradley Method®, used and praised by women for almost seventy years, prepares you for drug and surgery-free childbirth and puts you in control by providing the tools to navigate evidence-based care. Certified childbirth educator Susan McCutcheon, one of Dr. Bradley's first students, now makes this natural approach to childbirth more accessible than ever. You will learn:

- Exercises and nutrition to get your body ready for birthing
- To defuse fear by understanding all aspects of laboring
- How to involve your partner as a birth coach and a fully engaged participant
- What's driving the induction epidemic and how to avoid an unnecessary induction
- What's driving the cesarean surgery epidemic and how to reduce your risk
- How to get the information you need to make informed decisions about your birth

"The Bradley Method's simple objective, through relaxation, breathing, and visualization, is a birth free of the interventions frequently offered to women in the different stages of childbirth: fetal monitors, drug-induced labor, anesthesia, episiotomy, and Caesarean section. (Its) other

defining feature, the husband's active participation in the delivery, is critical to this overall goal of an intervention-free birth."—Mothering

Cesarean delivery - childbirth through an incision in the mother's lower abdomen - is now the most common major surgical procedure performed in the United States. No one argues over the fact that it can be a life-saving procedure when the baby or mother is at risk. But for almost three decades in this nation, cesarean deliveries have increased, without substantially better outcomes for babies or mothers. Experts warn that up to 50 percent of the more than 1 million C-sections performed here each year are unnecessary. And that is where Nicette Jukelevics, a certified childbirth educator, researcher and writer, steps in with this book. Jukelevics aims to give women the insights they need to make an informed decision about whether natural or C-section birth is best for them and their babies. She explains when C-sections are necessary, and when they are not needed. She also addresses the overuse and misuse of medical procedures that can complicate labor and lead to C-sections, as well as reasons doctors may support or suggest C-sections, including outdated medical information, fear of liability, and economic advantages measured in doctors' time. This work also examines midwifery practices shown to safely reduce cesarean deliveries, but ignored or resisted by hospitals. *Understanding the Dangers of Cesarean Birth* will interest not only expectant and future parents, but also to students and scholars of women's health, nursing, and public health.

Describes different approaches to childbirth and their advantages and disadvantages, including midwife delivery and birth centers.

Shares practical recommendations for rendering nursing a mutually beneficial experience, covering topics that range from breast pumps and sleeping arrangements to nursing multiples and returning to work.

There is no right way or best way to give birth, but if you're pregnant, you're likely already hearing advice and stories about what you should do, how you should feel, and what you should want from your birth experience. *Your Birth Plan* is an intervention: it's a birth book that equally honors all paths and all pregnant people, guiding and empowering you to make informed decisions, without judgment or prescription, for your own positive birth experience. Long on information, short on opinions, *Your Birth Plan* is a how-to guide filled with practical descriptions, insights, stories and tips to make it easier for you to pick where, with whom, and in what way you would like to give birth. *Your Birth Plan* is comprehensive and free from judgment and prescriptions. It offers unbiased information about all birthing options, including birthing in a hospital, at home, or in a birthing center; having an epidural or an unmedicated birth; induction of labor; vaginal or Cesarean birth; and more. This is a new, inspiring, inclusive, and much-needed guide to help you plan for a birth where you are empowered to make your own choices and to have your needs met, whatever they are.

This text examines the research and evidence connecting birth practices to breastfeeding outcomes. It takes an in-depth look at the post-birth experiences of

the mother and baby, using the baby's health as the vehicle and the intact mother-baby dyad as the model to address birth practices that affect breastfeeding. The Second Edition has been completely revised to include new information on infant outcomes, including epidural anesthesia and Cesarean surgery, clinical strategies for helping the mother and baby recover from birth injuries, medications and complications, and information on Baby-Friendly Hospital Initiatives with a Mother-Friendly Module."

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.

Birth as every woman would like it to be • Recommended by Lamaze International as one of the top ten books for pregnant women and their families • Includes a 45-minute DVD of six live gentle births • More than 32,000 copies sold of the original edition New parents are faced with a myriad of choices about pregnancy, labor, and birth. In Gentle Birth Choices Barbara Harper, renowned childbirth advocate, nurse, former midwife, and mother of three, helps to clarify these choices and shows how to plan a meaningful, family-centered birth experience. She dispels medical myths and reimagines birth without fear, pain, or violence. Harper explains the numerous gentle birth choices available, including giving birth in an independent birth center, at home, or in a hospital birthing room; finding a primary caregiver who shares your philosophy

of birth; and deciding how to best use current technologies. She also provides practical advice for couples wishing to explore the option of using a doula or water during labor and birth to avoid the unwanted effects of drugs and epidurals. The Gentle Birth Choices DVD blends interviews with midwives and physicians and six actual births that illustrate the options of water birth, home birth, and vaginal birth after a prior Cesarean section. The DVD clearly reveals the strength of women during childbirth and the healthy and happy outcome of women exercising gentle birth choices. It is a powerful instructional tool, not only for expectant parents, but also for midwives, hospitals, birth centers, and doctors.

The classic book on home birth is now in its fourth edition. Includes updated information on the safety of natural childbirth, new birthing stories, and the most recent statistics on births managed by The Farm Midwives. Mothers-to-be are instructed on how to take care of themselves while pregnant and how to prepare for being a mother and taking care of a new baby. Section III is a comprehensive, in depth manual for midwives on delivery. Includes pictures of births.

"Designed as an informational resource for patients, Your Pregnancy and Childbirth: Month to Month Seventh Edition sets forth current information and clinical opinions on subjects related to women's health and reproduction. Your pregnancy and Childbirth: Month to Month is a resource for informational purposes. Topics include getting ready for pregnancy choosing an obstetric care provider what to expect during each month of pregnancy exercise during pregnancy work and travel during pregnancy pain relief during childbirth labor and delivery cesarean delivery postpartum care and taking care of the baby after birth, birth control after pregnancy"--

"A groundbreaking and illuminating look at the state of abortion access in America and the first long-term study of the consequences--emotional, physical, financial, professional, personal, and psychological--of receiving versus being denied an abortion on women's lives"--

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 Cesarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

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.

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

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

"This book is a major contribution to the global struggle for control of women's bodies and their giving birth and should be read by all obstetricians, midwives, obstetric nurses, pregnant women and anyone else with interest in maternity care. It documents the worldwide success of programs for pregnancy and birth which honor the women and put them in control of their own reproductive lives."—Marsden Wagner, MD, author

of Born In The USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First

Describes the stages of pregnancy and the birth process, revealing the teamwork of husbands and wives in natural childbirth

Your resource for raising a healthy child from the moment of conception! Studies have shown that parents have more influence over their child, both emotionally and physically, during pregnancy and the first years after birth than at any other point in life. With *The Attachment Pregnancy*, you will learn how to use this important time to form a deeper connection and introduce your child to a loving environment--even before birth. Childbirth experts Tracy Wilson Peters and Laurel Wilson guide you through each stage of development with advice for providing consistent and nurturing care as your baby grows, so that you can ensure that every need is always met. From the moment your child is conceived to the day of delivery, *The Attachment Pregnancy* shows you how to strengthen your bond and give your baby the best life possible from the very beginning. Gain a critical understanding of obstetrics, and a thorough knowledge base of modern management techniques, with this accessible textbook. While acting as a stand-alone text on obstetric care, this volume also forms part of a three-volume set - all authored by leading authorities - on the entirety of obstetric and gynecologic practice. *Obstetric Care's* topics are based on academic objectives of experts in the field. This textbook offers tailored support for new residents and experienced physicians alike. *Obstetric Care* is invaluable for wide-ranging yet concise reference material, and provides evidence based care recommendations for specific patient conditions. The chapters in this textbook are based on the objectives of the Committee for Resident Education in Obstetrics and Gynecology; the book offers outstanding modern management techniques across the obstetrics specialty, making it a go-to for reference and comprehensive study.

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-centered care to optimize the experience of labor 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 programs, 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.

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.

[Copyright: 92d5cfc04776f4ee6b96441159b39474](#)