
Download File PDF Birthing Within Extra Ordinary Childbirth Preparation

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MOCZCS - NATHALIA SCHMITT

Waterbirth is an all-natural, gentle, pain-reducing, fulfilling, and empowering birthing method, in which mother and infant start their new life together in a relaxing and deeply familiar environment: warm water. But is it safe? How does water reduce the pain? And is it really more beneficial to your baby? In this complete guide to waterbirth, a yoga instructor and mother of five "water babies" relates her own experiences in the tub while providing the important information that every parent needs to understand, prepare for, and undertake waterbirthing: The basics of natural birthHow water immersion promotes the feeling of well-being while reducing painHow to locate birthing facilities, practitioners, and tubsExercises designed to relax and strengthen the motherHow to create the ideal birthing environmentPractical advise for breast-feeding, baby massage, and more In addition,

Choosing Waterbirth contains a complete prenatal yoga program with exercises and breathing and relaxation techniques designed to prepare the mother for an easier labor and delivery. More than 80 photos, including some of the author giving birth in water, bring the experience vividly to life. If you are interested in creating a loving, positive, empowering, and fulfilling birth experience, Choosing Waterbirth will provide you with all the information, practical guidance, and insight you'll ever need.

If you are an experienced hospital doula here is your most valuable resource - a guide to advanced skills, tips, tricks and techniques. Based on the belief that people become empowered through experiences which awaken within them the knowledge that they are strong, capable and wise; discover how a doula's actions from interview to last postpartum can increase the potential for this self discovery. • Expand with business, marketing and so-

cial media skills • Form healthy working partnerships • Clear birth prejudices, prevent trauma and dive deeper with clients • Utilize the hospital setting to your advantage • Build knowledge about interventions, lactation, and remedies • Learn about transitioning into a lactation consultant or midwife Combining facts, humor, and a grounded empowered voice, you'll find the skills taught invaluable, making it one of the most important labor companion books you'll ever read and recommend.

Offers an evocative and insightful look at the world of midwives and their role in childbirth, providing a thorough analysis and helpful advice on using a midwife as an alternative to physician-aided hospital delivery to bring one's child into the world. Original.

Drawing on medical texts, popular advice books, and online birth plans and birth stories, as well as the results of a childbirth writing survey, Owens considers how women's agency in childbirth is sanctioned, and how it is not. She examines how women's rhetorical choices in writing interact with institutionalized medicine and societal norms. *Writing Childbirth* reveals the contradictory messages women receive about childbirth, their conflicting expectations about it, and how writing and technology contribute to and reconcile these messages and expectations.

"An inspirational book on conscious birthing and parenting for parents of the new millennium. This book is a rich collection of wisdom for pregnancy, birth, and postpartum by a Conscious Birth Emissary and Mother. Learn about natural healing and sacred birthing for the optimal health of your family, children, and self. Read about simple practices for connecting with your unborn ba-

by, healing arts for mothers and families, and preparing consciously for your best birth." --Cover, p. [4].

Covers issues that more than 150,000 attendees of the nation's largest fatherhood program, Boot Camp for New Dads®, have found important, including tips for work/life balance, finances, getting hands-on with your baby, what's going on with the new mom in your life, what men bring to raising children, what raising children does for men and more.

The trusted editors of *Our Bodies, Ourselves*, called "a feminist classic" by *The New York Times*, present a comprehensive guide to pregnancy and childbirth, from prenatal care and emotional well-being to how to handle the pain of childbirth. Pregnancy and birth are as ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce you're expecting, you may be bombarded with advice from every angle—well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn't do, and it's easy to feel overwhelmed by their conflicting recommendations. *Our Bodies, Ourselves: Pregnancy and Birth* will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. You'll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about:

- Choosing a good health care provider
- Selecting a place of birth
- Understanding prenatal testing
- Coping with labor pain
- Speeding your physical recovery
- Adjusting to life as a new mother

Our Bodies, Ourselves: Pregnancy and Birth

is an essential resource for women that will guide you through the many decisions ahead.

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.

Pregnancy, Childbirth, and the Newborn is one of the bestselling and most comprehensive books about pregnancy, childbirth, and newborn care on the market. Now completely updated, expanded, and redesigned, this authoritative book is the “bible” for expectant parents and childbirth educators. Here is a free sample chapter for you! In this chapter, “Preconception: Improve Your Health and Enhance Fertility”, you’ll learn about:

- Emotional wellness
- Health
- Health care
- Hazards
- Enhancing fertility and the odds of conception
- Concerns about infertility
- Planning ahead: maternity care choices

If you like this sample chapter,

look for *Pregnancy, Childbirth, and the Newborn*. The Award-Winning Resource Recommended by Experts & Loved by Parents Parents love this book because it puts them in control by explaining a wide range of options, information, and questions to ask, so parents can find what works best for their health situation, personal goals, and priorities. Experts love this book because it’s based on the latest medical research and recommendations from leading health organizations. It’s practical—rooted in the real-life experiences of new families. The five authors bring a combined total of 150 years of experience working with expectant and new families as educators, nurses, counselors, doulas, physical therapists, and lactation consultants. They have attended hundreds of births, heard thousands of birth stories, and assisted innumerable new parents in adapting to their new lives. Not only that, the authors have a combined total of 12 children and 12 grandchildren. All of this experience allows them to write with compassion, understanding, and wisdom based on what really works in the real-world of parenting. The companion website offers even more details on select subjects, including lists of all the best resources on each topic and worksheets to guide parents’ decision-making process. The website also includes a bonus chapter on pre-conception, which provides ways to improve your health and fertility before pregnancy begins.

Sound Sleep is a widely-researched book for parents with babies, toddlers or older children. The book is full of useful insights, inspiring stories, handy checklists and a variety of easy-to-understand skills and strategies for you to use and to remember. It includes vital research findings and knowledge from world-renowned baby care specialists. It offers practical tips for soothing your new

baby to sleep with touch, warmth and settling routines. It helps you understand the cues your baby is giving you all the time and how best to respond to them. It describes ways to introduce a day and night rhythm for you and your baby so that broken nights and sleep starvation can become the exception rather than the rule. The book offers strategies which have been proven to quickly comfort a crying or screaming baby or toddler. It introduces 'Timed Settling' for getting wakeful toddlers into the habit of sleeping through the night, and other tactics to solve older children's sleep problems.

This book constitutes the refereed proceedings of the 7th Conference of the Workgroup Human-Computer Interaction and Usability Engineering of the Austrian Computer Society, USAB 2011, in Graz, Austria, in November 2011. The 18 revised full papers together with 29 revised short papers and 2 posters presented were carefully reviewed and selected from 103 submissions. The papers are organized in topical sections on cognitive approaches to clinical data management for decision support, human-computer interaction and knowledge discovery in databases (hci-kdd), information usability and clinical workflows, education and patient empowerment, patient empowerment and health services, information visualization, knowledge & analytics, information usability and accessibility, governmental health services & clinical routine, information retrieval and knowledge discovery, decision making support & technology acceptance, information retrieval, privacy & clinical routine, usability and accessibility methodologies, information usability and knowledge discovery, human-centred computing, and biomedical informatics in health professional education.

Coping tools and intelligent advice for today's fathers. Becoming a father is a life-changing event, and not an easy one. The new feelings, emotions, and reactions surfacing every day can be confusing and overwhelming, summoning new dads to resolve old issues. *Fathering Right from the Start* helps guide men through this life passage, helping them navigate difficult times and participate meaningfully in parenting. Complete with exercises, checklists, and firsthand accounts by fathers from all walks of life, this indispensable book carries the seeds for a new tradition of men's involvement in the emotional, cultural, and psychical structure of the family.

The Ultimate Guide to Pregnancy for Lesbians covers everything you need to make the thrilling and challenging journey to motherhood: from choosing a donor to tracking fertility to signing the right papers on the dotted lines. Rachel Pepper's lively, easy-to-read guide is the first place to go for up-to-date information and sage advice on everything from sex in the sixth month to negotiating family roles. Why a second edition? When the acclaimed first edition appeared, the author's daughter was only a few months old. This new edition takes into account the parenting know-how Pepper has developed over the intervening six years, as well as the evolving legal status of lesbian parents, and the increasing importance of the Internet for information on fertility, sperm banks, and donors. The resource section is greatly expanded, as are the sections on each trimester of pregnancy, on childbirth, and on life with a newborn. And Pepper provides more insight into preconception planning for both single lesbians and couples. An indispensable resource, *The Ultimate Guide to Pregnancy*

for Lesbians is now bigger and better.

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 reason that the right dominates debates on crime, family values, and economic freedom while the left defends diversionary policies such as affirmative actions and equivocates on ecology

and the political empowerment of the young, argues Cummings (political science, U. of Colorado) is that too many progressives have avoided politically sensitive issues, thus condemning themselves to intellectual atrophy and political ineffectiveness. c. Book News Inc.

Learn the facts behind the pharmacology and pharmacokinetics of controversial cannabis therapeutics *The Handbook of Cannabis Therapeutics: From Bench to Bedside* sets aside the condemnation and hysteria of society's view of cannabis to concentrate on the medically sound aspects of cannabis therapeutics. The world's foremost experts provide a reasoned, thoroughly researched overview of the controversial subject of cannabis, from its history as a medicine through its latest therapeutic uses. The latest studies on the botany, history, biochemistry, pharmacology, toxicology, clinical use for various illnesses such as AIDS, epilepsy, and multiple sclerosis, and side effects of marijuana are all examined and discussed in depth. This comprehensive resource is a compendium of articles from the *Journal of Cannabis Therapeutics*—with additional contemporary commentary. It presents startling research that explores and supports the medicinal value of cannabis use and its derivatives as a valid therapeutic resource for pain and inflammation, for several illnesses less responsive to other therapies, and even for certain veterinary uses. Cannabinoids such as nabilone, THC, levonantradol, ajulemic acid, dexanabinal, and others are extensively described, with a review of new indications for cannabinoid pharmaceuticals. The book is carefully referenced to encourage your examination of previous studies and provides tables and figures to enhance understanding of information. *The Handbook of Cannabis Therapeu-*

tics discusses: the uses of cannabis in Arabic, Greek, Roman, and early English medicines absorption rates pharmacokinetics pharmacodynamics separate extracts versus the use of cannabis in its entirety the therapeutic value of the endocannabinoid system cannabinoids and newborn feeding a comparison of smoking versus oral preparations clinical research data on eating cannabis therapeutic uses as appetite stimulant treatments in obstetrics and gynecology medicinal treatments used in Jamaica the use of cannabis in the treatment of multiple sclerosis the benefits versus the adverse side effects of cannabis use The Handbook of Cannabis Therapeutics is a reference work certain to become crucial to physicians, psychologists, researchers, biochemists, graduate students, and interested members of the public.

Birth is a miraculous time when you and your baby will work together to bring about life. As you finally cradle your precious newborn in your arms, you should know deep in your soul that every decision that brought the two of you to this special moment was yours. More families than ever are choosing to birth at home. Midwives Jane E. Drichta and Jodilyn Owen answer questions about the kind of care, support, and information you need as you investigate whether this option is right for you. Birth can be an empowering and positive experience, and this book provides gentle guidance, with high regard for your wisdom and ability to successfully navigate your prenatal care, birth, and early mothering. Enriched with real birth stories from new mothers, The Essential Homebirth Guide offers thoughtful, compassionate advice on a wealth of birthing topics, including:

- Building a supportive homebirth community
- Caring for yourself and your baby from your

- pregnancy through the postpartum period
- Communicating about your birthing plans with your midwife, your partner, and your family and friends
- Deciding whether homebirth is safe for you
- Educating yourself about common pregnancy-related issues
- Preparing your home and your family for the big day

Written to help the expectant mother sort through the different anaesthesia (total pain block) and analgesia (partial pain block) options that are available today, this book empowers women to make informed choices regarding pain relief in childbirth. It describes the recent and dramatic changes in pain relief options including new medications, and the role of anaesthesiologists who are continuously creating ways to improve pain relief for labour and delivery to give expectant mothers some control during the delivery process. This book looks at the advantages and disadvantages of anaesthesia and pain medications, covers the physiological changes experienced by the expectant mother as they relate to pain relief, and details natural childbirth options.

The latest therapies and medications, diet and exercise, controlling pain, building a health care team, finding support and much more.

Here is a holistic approach to childbirth that examines this profound rite-of-passage not as a medical event but as an act of self-discovery. Exercises and activities such as journal writing, meditation, and painting will help mothers analyze their thoughts and face their fears during pregnancy. For use during birth, the book offers proven techniques for coping with labor pain without drugs, a discussion of the doctor or midwife's role, and a look at the father's responsibilities. Childbirth education should also include what to expect after the baby is born. Here are baby basics, such

as how to bathe a newborn, how to get the little one to sleep, and tips for getting nursing off to a good start. Pregnancy, birth, and postpartum is a process of continuous learning and adjustment; Birthing From Within provides the necessary support and education to make each phase of birthing a rewarding experience.

The first of its kind, this book will show mothers-to-be how to create an authentic practice of mindfulness to prepare for pregnancy, labour, birth and the early parenting years. Full of gems and aha moments using simple and helpful tools and practices to keep you connected to yourself while looking after your family' Nadia Narain, Head of Pregnancy Yoga, Triyoga, London 'This is a book I highly recommend to mothers and mothers-to-be. It is like an insightful friend who understands deeply what becoming and being a mother really means' Janet Balaskas, Founder of Active Birth Chunal offers unparalleled support along with clear and simple meditation and self-development practices based on Buddhist and yogic philosophy to help cultivate a daily practice of mindfulness, which will enable you to be more present during pregnancy, birth and beyond. Having a child has the potential to awaken your heart and bring infinite joy, wonder and delight into your life. Yet when you become a mother, alongside immense delight and excitement, you may also feel a great deal of internal turmoil and confusion, as well as a change or lack of sense of identity. Organised into clear, thematic sections, this book can be dipped into for emergency inspiration or read from cover to cover. It explores common mothering dilemmas with honesty and integrity, helping you to keep both feet firmly on the ground. Issues include: adjusting to having minimal personal time and space,

copied with in-laws, managing the balance between work and home, finding stimulation within an often tedious home routine, and dissolving doubts and comparisons with other seemingly happy families. Most of all, The Mindful Mother teaches you to understand your true nature, so your mind is working with you, rather than against you.

For more than twenty-five years, Mothering magazine has captured an audience of educated women who appreciate its "we'll inform, you choose" approach to parenting. Having a Baby, Naturally reflects this spirit with straightforward, uncensored information about pregnancy and childbirth, addressing common concerns and questions in a compassionate, nonjudgmental style. Written by Peggy O'Mara, the longtime publisher, editor, and owner of Mothering magazine, it synthesizes the best theories and safest practices used in natural childbirth, including recommendations from the World Health Organization, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists. Throughout, O'Mara reinforces her belief that each woman's pregnancy and birth experience is a one-of-a-kind event. She covers such topics as: Nutrition, diet, and exercise Emotional self-awareness during and after pregnancy A trimester-by-trimester guide to what is happening in your body and your child's Birth choices -- offering suggestions, not "rules" Pain medication alternatives Birth locations, from hospitals to home birth Relieving morning sickness with natural remedies Prenatal testing Breast-feeding Prematurity and multiple births Balancing work and family The father's role during pregnancy and beyond Difficult subjects, such as birth defects, miscarriages, and postpartum depression, are also treated with sensitivity and candor. Finally, a book

for the thinking woman who believes in her own inherent capacity to make smart, informed decisions about her pregnancy and birth, just as she makes in other areas of her life. *Having a Baby, Naturally* is a celebration of childbirth and an accurate and objective guide to helping women fortify their spirits, develop trust in their bodies, and make the best possible choices to protect their new baby's health.

The inside scoop for when you want more than the official line. *Having a baby* is one of life's most joyous-and overwhelming-events. The choices you make now will affect your baby's health long after it is born. How should you change your lifestyle now that you are pregnant? How can you be sure that your baby is developing properly? What should you expect at each doctor's visit? And how on earth will you survive labor? Now thoroughly updated with more than 200 pages of new and completely revised material, including week-by-week pregnancy tips, *The Unofficial Guide?™* to *Having a Baby* gives savvy parents-to-be like you a foolproof appraisal of what works and what doesn't-revealing things even your doctor won't (or can't) tell you, with unbiased recommendations that are not influenced by any company, product, or organization. * Vital Information that other sources can't or won't reveal-including the very latest research on prenatal and genetic testing. * Insider Secrets on how to weather the physical and emotional highs and lows of pregnancy, with tips on health, exercise, sex, and career management. * Money-Saving Tips that help you save on baby gear and maternity wear. * The Latest Trends in new childbirth methods, including Doula care, pain management, and alternative birthing options. * Handy Checklists and Charts to track your baby's development, identify potentially dan-

gerous medications and drugs, and record the milestones in your pregnancy.

Let your pregnancy be the joyous, exciting and spiritual journey it was always meant to be...While having a baby is a time of great happiness, it can also be the most bewildering experience for those involved. Luckily, this book provides the perfect antidote to all your pregnancy and baby concerns. Right from deciding whether to have a baby to choosing the best hospital for the d-day (deliveryday!), *Spiritual Pregnancy* shows you how to make the most of your pregnancy so that you come through those nine months not only relaxed, but also confident and prepared. This unique volume shows you the best ways to handle the dilemmas that accompany having a baby, while preparing you for the incredible job that lies ahead - becoming a parent. Allow Gopika Kapoor to share with you the learning from her own journey as a mother of twins and the spiritual insights that guided her. Her pragmatic and reassuring voice not only tells you how to deal with surprise pregnancies, crazy hormones, overbearing relatives and tired sex lives, but also gives great advice on baby showers, alternative birthing methods, post-baby body image, and how to stay energized and positive through it all. Since parental bonds first form while the baby is still in the womb, *Spiritual Pregnancy* is your guide to making the most of this very special time with your child.

The *Birth Mandalas* book includes mandala art, a guided visualization and thought provoking exercises for an empowering childbirth experience. A birth mandala is sacred art for childbirth. The mandala appears from a dark background, like the baby emerg-

ing from the darkness of the womb into the light. Enjoy creative processes that access the subconscious. The way childbirth is perceived influences labor and birth. Subconscious beliefs, formed from what you've seen, heard or experienced, can either sabotage or affirm your conscious intentions. Learn how to effortlessly re-write limiting beliefs with ones that assist you during childbirth. Your birth mandala embodies your new beliefs and vision for labor and birth with symbols, images, designs and words. You will find women's mandalas, journals and their after-birth reflections. From Shannon's healing of past sexual abuse, Amy's strength and courage, to Stacy's power of intention, the themes and revelations are as unique as their mandalas. Creating a birth mandala is an invaluable gift you give yourself for childbirth. It is the gift that keeps on giving, exclaims Stacy, a workshop participant.

A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through post-partum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover • how you can prepare your body for birth; • how you can organize yourself and your household for the best possible transition to motherhood; • simple practices and home remedies to facilitate healing

and restore energy; • how to strengthen relationships and aid the return to sex; • learning to exercise safely postpartum; • carrying your baby with comfort; • exploring the complex and often conflicting emotions that arise postpartum; • and much more.

From preconception to adolescence to creating a healthy family lifestyle, this guide covers health during pregnancy and natural childbirth; healthful eating for the whole family; uses and abuses of TV, computers and video games; discipline issues; and more.

Best Beginnings for your Baby and You provides a bridge of understanding and trust between expectant and new parents and all perinatal professionals who care for them – during what can be a very exciting but a difficult and demanding time. During the earliest years the traits of kindness, playfulness, sensitivity, generosity, compassion, 'goodness' and trust are built indelibly into your child's life forever. This book draws from outstanding initiatives worldwide to heal and protect children from early harmful influences and experiences. It is also designed to help parents everywhere to feel less alone, and to encourage them to share with other parents what they have learnt. Accompanied by pictures, shared stories and experiences to remind us that we are all in this together, doing our best to be the best parents that we can be.

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, Child-

birth, 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.

In recent years, digital technologies have become more ubiquitous and integrated into everyday life. While once reserved mostly for personal uses, video games and similar innovations are now implemented across a variety of fields. *Transforming Gaming and Computer Simulation Technologies across Industries* is a pivotal reference source for the latest research on emerging simulation technologies and gaming innovations to enhance industry performance and dependency. Featuring extensive coverage across a range of relevant perspectives and topics, such as user research, player identification, and multi-user virtual environments, this

book is ideally designed for engineers, professionals, practitioners, upper-level students, and academics seeking current research on gaming and computer simulation technologies across different industries.

The author describes how she forged positive relationships with her sons through Attachment Parenting practices, sharing advice on how to address a child's needs without resorting to pop culture trends.

An inspiring vision of how we can build a more just world—one small change at a time “A book as urgent as the moment that produced it.”—Jelani Cobb, Columbia Journalism School Long before the pandemic, Ruha Benjamin was doing groundbreaking research on race, technology, and justice, focusing on big, structural changes. But the twin plagues of COVID-19 and anti-Black police violence inspired her to rethink the importance of small, individual actions. Part memoir, part manifesto, *Viral Justice* is a sweeping and deeply personal exploration of how we can transform society through the choices we make every day. Vividly recounting her personal experiences and those of her family, Benjamin shows how seemingly minor decisions and habits could spread virally and have exponentially positive effects. She recounts her father's premature death, illuminating the devastating impact of the chronic stress of racism, but she also introduces us to community organizers who are fostering mutual aid and collective healing. Through her brother's experience with the criminal justice system, we see the trauma caused by policing practices and mass imprisonment, but we also witness family members finding strength as they come together to demand justice for their loved ones. And while her own challenges as a young

mother reveal the vast inequities of our healthcare system, Benjamin also describes how the support of doulas and midwives can keep Black mothers and babies alive and well. Born of a stubborn hopefulness, *Viral Justice* offers a passionate, inspiring, and practical vision of how small changes can add up to large ones, transforming our relationships and communities and helping us build a more just and joyful world.

This groundbreaking book takes us around the world in search of birth models that work in order to improve the standard of care for mothers and families everywhere. The contributors describe examples of maternity services from both developing countries and wealthy industrialized societies that apply the latest scientific evidence to support and facilitate normal physiological birth; deal appropriately with complications; and generate excellent birth outcomes—including psychological satisfaction for the mother. The book concludes with a description of the ideology that underlies all these working models—known internationally as the midwifery model of care.

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

of the way; Epidurals and other medications for labor; Non-drug techniques for easing labor pain; Cesarean birth and complications that may require it; Breastfeeding and newborn care; And much more. For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

Intimate and intensely personal, the forty-five first-person narratives contained in *Real Birth: Women Share Their Stories* offer readers a window into the complex and emotionally exciting experience of childbirth. Women from a full range of socioeconomic backgrounds and circumstances recount the childbirth choices they've made and the ways those choices have played themselves out in the real life contexts of their everyday lives. Readers meet women from all over the country who speak to us directly—no interviewer intrudes, no judgments intrude, and no single method of childbirth is advocated. Instead, these women offer us their candid experiences, presented clearly and unflinchingly. Medically reviewed by physicians Dr. Richard Randolph for the first edition and Dr. Deborah Morris for this second edition, *Real Birth* offers readers a plethora of correct information as well the kind of real scoop that other books and health care professionals are often reluctant to reveal. The result is a well-grounded book that reaches across the boundaries of childbirth literature. *Real Birth* is introduced by Ariel Gore, journalist, editor, writer, and founding editor/publisher of *Hip Mama*, an Alternative Press Award-winning publication about the culture of motherhood. Also included are an extensive glossary of medical terms, a thoroughly researched selective bibliography, and a list of resources of interest to pregnant women and new moms.

Look no further. Browse no more. If you have any question relat-

ed to pregnancy, this book has it covered. What's even better? The authors have done thorough exploration and have managed to bring age-old wisdom on the same page as cutting-edge research. Ranging from the fields of neuroscience, prenatal psychology, cell biology, genetics, nutrition, consciousness studies, and more, the book is a comprehensive one-stop solution to help expand awareness in an easy-to-follow format. To make your journey through it a holistic and rewarding experience, *A New You for Your New Baby* also brings together the world of spirituality and science. In creating and nurturing wholeness for your unborn, you will be propelled to find your own wholeness. The book has word from mothers, midwives, doctors across specialties, scientists, philosophers and other experts, making it a relatable, complete book on pregnancy.

The easy, trusted way to develop a birth plan As an expectant mother and parent, navigating all of the information and options for labor and delivery can be cumbersome and confusing. *Birth Plans For Dummies*, is the ultimate resource guide to help you understand, develop, and implement a plan for the birth of your baby. A birth plan is a communication tool for expectant mothers and those involved in the delivery of a child. The plan explains the mother's preferences for labor and delivery and eliminates any confusion. There are a wide variety of methods, strategies, and techniques available to pregnant women preparing for delivery—and this hands-on, friendly guide covers them all. Covers choosing the setting and method that best fits the mothers needs

and wishes Informs expectant parents about the numerous pain management and labor intervention options Provides instruction on developing and writing a birth plan and putting it into action If you are an expectant mother or parent looking for a guide to help develop a plan for the birth of your child, then *Birth Plans For Dummies* is the perfect book for you.

Whether they are in developed or developing nations, all women are susceptible to dying from complications in childbirth. While some of these complications are unavoidable, many develop during pregnancy and can be prevented or, when caught in time, treated. These difficulties are often a result of inaccessibility to care, inadequate health services, poor prenatal screening, and uninformed mothers, among others, that in many cases are a direct consequence of the mother's geographical location and economic status. *Innovations in Global Maternal Health: Improving Prenatal and Postnatal Care Practices* explores new techniques, tools, and solutions that can be used in a global capacity to support women during pregnancy, childbirth, and the postpartum period, regardless of their wealth or location. Highlighting a range of topics such as maternal care models, breastfeeding, and social media and internet health forums, this publication is an ideal reference source for world health organizations, obstetricians, midwives, lactation consultants, doctors, nurses, hospital staff, directors, counselors, therapists, academicians, and researchers interested in the latest practices currently in use that can combat maternal mortality and morbidity and lead to healthier women and newborns.