

## The Essential Homebirth Guide For Families Planning Or Considering Birthing At Home

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Homebirth The Essential Guide To Giving Birth Outside Of ... Rosanna Davison has just welcomed identical twin boys, following an agonising journey to motherhood. The former Miss Universe and Irish actress announced the news on Instagram yesterday, with a ...

Birthing 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

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

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

"What do a Dutch university lecturer, a US Marine, a Scottish artist, and an English engineer have in common? They have all experienced the transformative power of home birth, and their stories - and many others - are told in this groundbreaking book. As hospital-based maternity services become increasingly medicalised, more and more parents are deciding that birth belongs in the home. For many women, this choice may be an easy one, but for their partners, home birth raises some serious questions. For the first time, The Father's Home Birth Handbook provides a resource aimed specifically at exploring men's hopes and fears around home birth. Thorough research, balanced discussion, and dozens of home birth stories from real men all over the world make this book essential reading for all fathers-to-be and the professionals who support them."--Publisher's description.

This is a shorter version of the classic bestseller The Birth Partner, ideal for time-pressed parents, partners, and birthing professionals. It is a convenient and easy-to-use book that provides facts on the fly during the ultra-busy period before, during, and after labor and birth. An added planner keeps your plans and to-dos in one place. Generations of spouses and partners, as well as doulas, nurses, midwives, and other professionals, have relied on Penny Simkin's warm and wise guidance in caring for the new mother, from the last trimester through the early postpartum period. Her book The Birth Partner is the definitive guide to helping a woman through labor and birth, and The Birth Partner's Quick Reference Guide and Planner is a more-concise version of that book. For those who have the original book, it adds a planner component, for hospital or at-home birth plans and for other essential to-dos. It is full of reliable and up-to-date information on: Preparing for labor and for the new baby Ways to help a woman through each stage of labor and birth Pain-relief measures, including epidurals and medications as well as natural techniques Ways to induce or speed up labor 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 is the essential book to have on hand.

Supporting Women to Give Birth at Home describes and discusses the main challenges and issues that midwives and maternity services encounter when preparing for and attending a home birth. To ensure that a home birth is a real option for women, midwives need to be able to believe in a woman ' s ability to give birth at home and to promote this birth option, providing evidence-based information about benefits and risks. This practical guide will help midwives to have the necessary skills, resources and confidence to support homebirth. The book includes: the present birth choices a woman has the implications homebirth has upon midwifery practice how midwives can prepare and support women and their families the midwife ' s role and responsibilities national and local policies, guidelines and available resources pain management options With a range of recent home birth case studies brought together in the final chapter, this accessible text provides a valuable insight into those considering homebirth. Supporting Women to Give Birth at Home will be of interest to students studying issues around normal birth and will be an important resource for clinically based midwives, in particular community based midwives, home birth midwifery teams, independent midwives, and all who are interested in homebirth as a genuine choice.

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.

MUST-HAVE BOOK FOR ALL WOMEN PLANNING A HOMEBIRTH! Do you dream of a healing, peaceful birth at home, but maybe you need a comprehensive guide and resources to make it happen? Are you planning a homebirth and want to make sure you know what to do every step of the way? Thousands of women have gone before you. Almost all women can have a natural pregnancy and childbirth. Information is power. Knowing your body and what to expect during pregnancy and childbirth is the key to success. This book is a foundational resource for anyone planning an unassisted birth. The Unassisted Baby will help you: - Learn about the dangers of interventions - Do your own prenatal care - Compile the necessary birth supplies - Recognize the signs of labor - Understand the process of labor and childbirth - Prevent complications - Perform a newborn evaluation - Take care of yourself postpartum - Understand what to do in an emergency - Get a birth certificate for your baby - Teach your partner what to do during labor and birth Women have given birth without medical assistance throughout all of history. Even if you aren ' t planning a homebirth, this book will give you the information you need to give birth safely. PRAISE FOR THE UNASSISTED BABY " Anita recently delivered the latest addition to the freebirth genre, The Unassisted Baby. This book is full of comprehensive information about everything to do with freebirthing: why, how, when, before, and after! The Unassisted Baby tells you everything you need to know in order to make the best decisions for yourself and your baby. Warmly recommended! " – Holistic Parenting Magazine www.TheUnassistedBaby.com

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

This is a revised and updated edition for mothers who choose to give birth at home. It deals with the safety of mother and baby, parents' rights, the way to obtain a home birth, and includes stories of women who have chosen to give birth at home. Previous ed.: London: Vermilion, 1996.

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