



# Sense & Sensibility in Childbirth

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Judith Herzfeld, Ph.D.

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A Guide to Supportive  
Obstetrical Care

# Sense And Sensibility In Childbirth A Guide To Negotiating Supportive Obstetrical Care

**Ina May Gaskin**



## **Sense And Sensibility In Childbirth A Guide To Negotiating Supportive Obstetrical Care:**

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members of the perinatal team An invaluable resource Supporting a Physiologic Approach to Pregnancy and Birth is a must have practical guide for those involved in all aspects of pregnancy and birth

**Supporting Women for Labour and Birth** Nicky Leap,Billie Hunter,2016-06-10 Fear of childbirth the increasing use of epidurals and soaring caesarean section rates are the focus of much apprehension debate and controversy in contemporary maternity care Across the world support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies yet women often report feeling unhappy with the support they receive This textbook provides a clear and practical guide to supporting women in labour looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families Written by two highly experienced midwifery authors this text draws on up to date research identifying how evidence can be applied to everyday practice It includes narratives from women and practitioners including midwives doulas childbirth educators and students These are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome Supporting Women for Labour and Birth encourages readers to reflect on their experiences and examine the evidence provided by both research and the experiences of women and practitioners in order to explore how this could be incorporated into their practice The only book to deal directly with the practical and emotional issues associated with labour support it is an ideal text for student midwives and an important reference for practising midwives doulas and other childbirth practitioners

The Thinking Woman's Guide to a Better Birth Henci Goer,1999-08-01 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 Ceasarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more

**Guide to Effective Care in Pregnancy and Childbirth** Murray Enkin,Marc Keirse,James Neilson,Caroline Crowther,Lelia Duley,Ellen Hodnett,Justus Hofmeyr,2000-06-15 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

**Effective Care in Pregnancy and Childbirth** Iain Chalmers,Murray Enkin,Marc J.N.C. Keirse,1991

*Ina May's Guide to Childbirth* Ina May Gaskin,2003-03-04 MORE THAN 500 000 COPIES SOLD In this completely revised and updated edition 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 This book should be read by every woman who is having or may someday have a baby and by every midwife nurse doula childbirth educator and doctor who assists or may someday assist these women through their maternity experiences Marsden Wagner M D M S former Director of Women s and Children s Health World Health Organization Based on the female centered Midwifery Model of Care and drawing upon her decades of experience Ina May Gaskin 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 covers 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 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 How to create a safe comfortable environment for birth in any setting including a hospital And much more Ina May s Guide to 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

## Unveiling the Magic of Words: A Overview of "**Sense And Sensibility In Childbirth A Guide To Negotiating Supportive Obstetrical Care**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Sense And Sensibility In Childbirth A Guide To Negotiating Supportive Obstetrical Care**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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