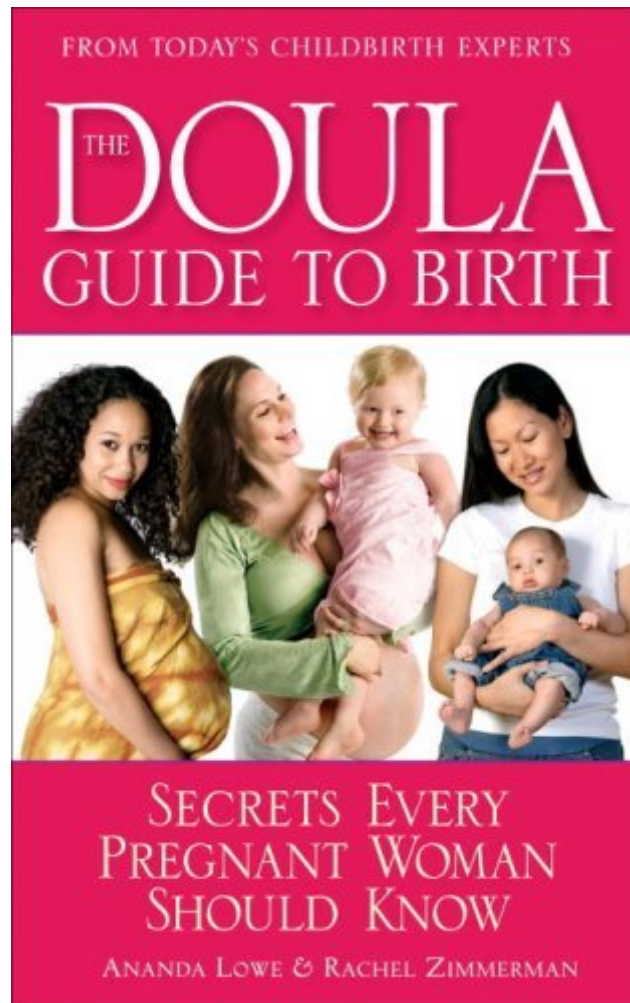


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# The Doula Guide To Birth: Secrets Every Pregnant Woman Should Know



## Synopsis

Here is your guide to the fastest-growing trend in childbirth—a tradition as old as motherhood itself. Doulas, or professional labor assistants, have led thousands of expectant women through the birthing process in a way that's safe and meaningful, and that creates the birth and postbirth experience all mothers long for. What exactly do doulas do? How to find one that suits you. What are the "trade secrets" only doulas know but every woman should be aware of (even if you don't have a doula)? In *The Doula Guide to Birth*, senior-level doula Ananda Lowe and award-winning health reporter Rachel Zimmerman have written a most comprehensive book that draws on the wisdom of these skilled experts, whose experience with doctors, midwives, nurses, and hospitals makes them invaluable advocates before, during, and after birth. \* Labor techniques anyone can use \* Pain medication: do you, don't you—and when? \* What dads and loved ones need and can do best \* When should you really go to the hospital in labor? \* How to prepare for unexpected medical procedures, including cesareans and epidural \* Postpartum—what it's really like \* A clip-out chart of labor techniques, birth plan worksheets, and much more Combining science, wit, warmth, and support, as well as the inspirational stories of dozens of mothers and their partners, you'll find the "doula viewpoint" on every major pregnancy and delivery issue, making this one of the most important childbirth books you'll ever read and recommend. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

I bought this book at 5 months pregnant with my first child. I wasn't planning to have a doula at my birth, but I really wanted a natural birth and wanted to get a take on what doula's provide and what advice I could glean from their approach. The book was one of the most informative books I've seen on what birth can be like both in and out of a hospital and the options available to women. What I loved was how, while it was definitely constantly selling the benefits of having a doula, this book gave plenty of useful advice for women not planning to use one. I personally can feel put-off by language that is too touchy-feely or focuses on things like goddess imagery of womanhood, but this book definitely did not seem to try to force one single view of birth or imagery around the experience. This is an extremely practical guide that balances affirming messages about the birth experience with summaries of the most recent research on how different techniques and procedures affect birth outcomes. It was eye-opening to see how little of the research on what gets the best birth outcomes ever gets incorporated into regular hospital procedures, and it was reassuring to get advice and tools on how to advocate for myself in any setting. The book's tone was never alarmist or judgmental and addresses itself to a wide audience. It is inclusive enough to offer support for women of diverse cultures, religions, viewpoints, and family situations. It addresses teens, LGBT families, single moms, mothers on both sides of surrogacy and adoption, women with past traumas and husbands and other partners, family members or support people. I found all of this book extremely helpful in my preparation for birth and really reassuring to read.

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