

"I highly recommend *Nurture*. It is one of the smartest and most sanity-preserving books about pregnancy and birth ever written."

—DR. HARVEY KARP

# nurture

A Modern Guide to Pregnancy, Birth,  
Early Motherhood—and Trusting  
Yourself and Your Body

ERICA CHIDI COHEN

Birth + Postpartum Doula

*Erica Chidi Cohen*

**Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood - and  
Trusting Yourself and Your Body**



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Nurture may be the only all-in-one being pregnant and birthing book for modern mothers-to-be and their companions who want a far more integrative strategy. This beautiful, extensive and judgement-free being pregnant companion covers everything from the beginning months of being pregnant to the baby's 1st weeks. Writer Erica Chidi Cohen provides assisted countless births and helped hundreds of families ease into their new functions through her work as a doula. Including supportive self-treatment and mindfulness exercises, trimester-particular holistic remedies, nourishing foods and recipes for each and every month of pregnancy along with more than 40 charming and helpful illustrations, and expert ideas for every birth environment, it offers everything modern mom would like to know: fetal development, making options for a hospital, house or birth center birth, the basics of breastfeeding, tips on what to anticipate postpartum and more.



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No other pregnancy book has made me experience so understood and empowered. Nurture is the perfect word for this book. I like that it is brought to attention that many of us do not get maternity keep and need to get creative with ways to work with the first couple of months of motherhood. No additional pregnancy book has made me feel so understood and empowered. I really like what sort of author/doula manages the reader, and somehow touches on every section of the pregnancy process. She takes under consideration how your psychological past may be inside your experience and shows you how to utilize these feelings. She offers you a month by month guidebook filled with knowledge, recipes, and even workouts and stretches! baby needs plus healthy recipes on the way.! She touches on the reality many of us new moms encounter with totally changing our lives to be mothers. For example, there is a little section created for freelancers, such as for example myself, and how exactly to plan changes ahead with our unique business situations. That's how I describe Erica's composing to people—because I talk about this book constantly! This article below is what turned me to Erica's book and message. Written by doula, chef, and lactation consultant Erica Chidi Cohen, Nurture guides visitors through a lot more than the usual week-by-week book standard of prenatal guides. I'll end up being buying this as a gift for all my close friends when they get pregnant, I love it that much. I'd wholeheartedly recommend it to expecting parents as the main one book to read that would prepare them for the full-gamut of the birth encounter. I think now there could be a bit more Information packed into every month. You need this book. I absolutely adored this book while pregnant with my first kid. I read a whole lot of books and this one was really the only person that empowered me to hear my gut instincts and adhere to them. In too much of the literature that I go through, “natural birth“ was touted as the ultimate goal (even though, as she states, ALL births are natural), indirectly shaming those that chose to have an epidural. It has also been helpful these 1st few months with baby. I like the book I really like the book, articles and tips. Pre & I am a mental wellness counselor, and I would recommend this publication to pregnant clients which have experienced trauma (as most of us have, let's become honest). The birth and parenting industrial complex can be intimidating and bent on breeding self-doubt and insecurity. Nurture gives you the confidence to trust yourself through really practical and well-rounded info and evidence-based advice. physically for nurturing and nourishing the individual I was growing, and also finding your way through birthing. I also appreciate the diversity of birth and feeding choices covered, all without judgement (and also the illustrations are inclusive!! Everything from the dishes to checklists are really perfection! This is definitely an amazing baby shower celebration gift and The very best companion for any expecting parents who would like to feel assured and prepared in their being pregnant and parenting journey. It has been quite sometime since I've found a publication that encompasses the entire experience of pregnancy, birth and postpartum in a nonjudgmental and inclusive method. Reading Nurture is the closest factor an expecting mother or father can do to employing a skilled, knowledgeable doula. It's effective to read even if you don't determine to understand this reserve—though I can't recommend it plenty of! When I purchased this publication, I expected to figure out how to nurture my pregnant body and look after my pre-born baby but Cohen's scope is a lot larger and always inclusive. I'd provide it a million superstars easily could, and I've under no circumstances created an Amazon review before. The emphasis she locations on postpartum recovery and care and attention is as essential as her concentrate on self-care throughout the text. Cohen encourages mom's to deal with themselves and speak up if they need the aid of others around them. Nurture was invaluable if you ask me in both my parenting and doula teaching journeys. She continues her intermixing of specific suggestions on things such as baby therapeutic massage and breastfeeding with self-care ideas, journal prompts, healthy recipes, and no-nonsense assistance. prepare myself mentally & However each chapter / section / month is pretty and I feel like I'm waiting forever between milestones to learn the next section. I'll certainly refer back to this book while planning my birth program/preferences, breastfeeding, and early infant care. As a birth and postpartum doula I am beyond grateful to Erica Chidi Cohen for writing this book. Realistic and Comprehensive MAY I give this 6 stars? Thank you Erica! It is a

birth manual that I now want to provide every customer and friend who's on the path to motherhood.!). This reads such as a modern book for pregnant women, and I love that about it. The just book I needed! This book was so gentle & nonjudgmental, while also being extremely informative and comprehensive. Postnatal Guidance Without the Fear Mongering I have been following Erica and her function for years and Nurture was believe it or not inspiring. I believe trauma sensitivity is particularly important when it comes to the main topic of birth. I even took it to the hospital during labor just in case I needed to refer back to it. Love that book is really as open as can be, naming all your options as reasonable game. I valued this, even though I wanted with an unmedicated birth and ultimately did. Unlike most being pregnant books, Cohen devotes a complete fourth of her book to what she calls "The Postpartum Shift". Pregnancy bible Perfect instruction for your pregnancy, believe me you will learn so much items that you didn't know. It works so good in the event that you buy this reserve early during your pregnancy. Great reserve to have as part of collection I like this book. The one thing is as a second time pregnancy most of the details is fond of first time mothers. Easy to read, well organized book. Super helpful As an initial time mom, I appreciate this book's details on what to expect and the many options related to pregnancy and childbirth. There are many recommendations and manuals, all while being nonjudgmental. I'll be providing this to all or any my clients! I loved this book! Erica gives a modern approach to pregnancy and the postpartum period. Throughout the book the writer empowers you to take control with five self-treatment procedures: Mindfulness with meditation prompts, Journaling with writing prompts, Movement with stretching/exercise suggestions for each month, NATURAL TREATMENTS for all your things we pregnant girls have to cope with, Nourishment info about what the body & All you want to learn is here Easy to read and educational guide to navigate pregnancy for newbies. Highly recommend Wonderful book Very informative and not overwhelming Important for mind and body Ideal for anxious new moms! Truly nurturing: practical & unbiased I would suggest one reserve, Nurture by Erica chidi Cohen - it really helped me complete my pregnancy & I find myself going back to the dog-eared, post-it note marked pages for support and useful information. This is actually the perfect guide for any expecting parents — it's thoughtful, progressive (which is certainly seriously refreshing in this world of stodgy, outdated "specialists"), comprehensive and full of information and advice presented in the warmest many approachable text. It was mostly of the non-judgmental, practical and super useful resources.



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