

THE BIRTH PARTNER

*A Complete Guide to Childbirth for Dads,
Doulas, and All Other Labor Companions*

THIRD EDITION



P E N N Y S I M K I N

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The Birth Partner - Revised 3rd Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions (Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, &)



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Because the original publication of *The Birth Partner* in 1989, new mothers' mates, friends, and family members and doulas (professional birth assistants) have relied on Penny Simkin's guidance in looking after the brand new mother from the last few weeks of being pregnant through the early postpartum period. Completely revised in its third edition, *The Birth Partner* continues to be the definitive information for getting ready to help a woman through childbirth and the essential manual to have accessible during the event. Normal labor and how exactly to help the girl every step of just how; This completely updated edition includes thorough info on: Preparing for labor and knowing when it has begun; Epidurals and other medications for labor; And much more. Cesarean birth and problems that may require it; For the partner who wishes to be truly helpful in the birthing room, this book is indispensable. Non-drug techniques for easing labor pain; Breastfeeding and newborn treatment;



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It was the only real good birthing resource that I read I read this resource as a husband. Even if it is not the first child, in the event that you aren't feeling assured about being a good support for mama and baby, go through it and you will know specifically what to do. It was informative, didn't have every one of the soft lovey dovey stuff about birth-This book explains actionable techniques and realities of the mom. My parents trained me nothing at all about birth which publication informed me about everything that I have to know to become comfortable, useful and ready. I felt very prepared.. Excellent book for most birth partners and moms to read. I needed this publication for my doula workshop requirement and I really like it! Reading through it with my wife was extremely helpful and she and I experienced a couple sections more often than once to review before the big day(s).. This gave me an excellent feeling about the information in the publication and the process in general. This book has a lot of info, and for a "standard" birth you will need maybe 30% of the publication. I haven't experienced kids and I needed to end up being as supportive and beneficial to her as possible. Don't allow it overwhelm you, as you almost certainly won't need to worry about nearly all it. However, it is rather fine to cover it ahead of labor and delivery because it'll help you make the best decision if the problem needs it.We didn't work with a doula for our labor and birth. I was her support and combined with the great nursing staff, we do great. I sensed confident in my ability to help her and we used several of the pain mitigation techniques offered in the book. I came across I did not need to reference the book greater than a couple moments during the whole event as I'd read through it and was prepared ahead of time. My wife was able to delivery vaginally without epidural or other pain medication.It also covers the different styles of birth from your home births to hospitals and organic labor to different medications which you can use.S. Sure a few of it may become a little comprehensive for what we are in need of and you'll by no means get a labor book that doesn't cover the basic biology factors of delivery - but it is the little things which have helped and I'm not even at the point of delivering however. I kept the resource with me into her labor and it produced me much more comfortable during the process and most significantly made me much more useful to her. Once you learn for sure you don't want one, it is possible to read it for the birth partner to help a lot more.The book itself is quite nicely organized by chapter and features small sections by the end of each chapter that is clearly a summary of what the chapter talked about. These sections possess a grey border, which makes them very easy to find while flipping through the book. This makes them very easy to find afterwards while in labor and delivery, but I also found a couple little sticky notes using sections with subjects written on the notes, helps it be even easier.Whether you plan on a hospital birth, home birth, with or without pain medication, I highly recommend you go through this book. It had been the only good birthing resource that I go through. It's a beautiful book with so much insight! Definitely a staple on my bookshelf for lifeEach chapter/section talks about mama and baby first, then the way the birth partner might help, and finally what sort of doula can help a lot more. It provides a really great description of the stages of labor. Reasonably priced! Ever since he's read it, hubby has really been much more supportive and has helped weather some of the 9th month feeling swings and crying fits with far more understanding and support than I'd expected. :) Remarkably helpful...The book goes into explicit but easily digestible details of pregnancy, various kinds of labor, the types of support you can offer in labor, what you'll encounter in a house birth vs a medical center birth, basic baby care after the birth, and looking after the mother through the entire entire process. This is an extremely fantastic resource for just about any person in a supportive role to a pregnant woman. I do discover that the book is very pushy for getting a doula, that i

understand as Penny is definitely a qualified doula who offers help establish a solid doula network within the U. The tone of the book is really open and doesn't push any agenda which way is better over another. It's rather a must-have go through. As a co-mom, I found the book to be including different support partners, as well. The book also offers a huge amount of resources with a number of links to videos, references to websites and other books. It is rather pro-mother and its own theme is normally that the mother's choices are the right options for her. Very helpful! I was asked to end up being my best friend's birth partner. The rest covers details for techniques and processes that could be "nonstandard". I searched high and low for a good reference and I am so happy I chose this one. I read everything up to the last section (I didn't desire to freak myself or her out and I shape a doctor would be best to consult within an emergency situation- I sure didn't go to med school). For those people thinking about possibly getting a doula, the last bit may be very useful in order to help you better understand how one could help. I was even helping her know very well what was going on during her being pregnant, labor and prelabor from information in this publication. I highly recommend this publication to husbands who don't want to learn all of the other soft books about your emotions on birth. I highly recommend. Great publication for mom and birth partner. Great publication for both mom and birth partner. It helped to walk us through what things to expect in the various levels of labor both with regards to the practical steps and also the emotional trip we'd be taking. A great comprehensive and supportive reference. I recommend it! Good read. This information came in convenient at a birth immediately after I finished reading it! Likewise it offers tips on massage, what to possess with you in a healthcare facility, explains some of the reactions and reasons for them that a girl might exhibit - the complete bit on a female might lash out at you because she's frightened and you're a secure target was worth it's pounds in gold. A good read! ? ? 7th time mom. This book is in fact useful. Even better was the actual fact we took a birth training course through the hospital of which we were providing and the 8-hour training course was basically this reserve, right down to the illustrations and chapter amounts/titles. Desire I'D HAD THIS WITH THE FIRST 6! I purchased this after seeing this in the Library when We was pregnant with kid # 7 7, I knew We had to have it! It gives so much information that not merely could help somebody be considered a quality partner, but empowered me to learn things to do for myself while in labor and understand so much more things. My girl in fact really wants to examine this because she plans on being truly a labor and delivery nurse, and she really wants to become as educated as you possibly can to greatly help all women going right through labor and delivery Love it! Love this book! Great for my partner but also best for me! There is a section in the reserve alone that means it is well worth the money where it clarifies to the partner/husband that sometimes distracting the woman with queries like "what can I get you to beverage" aren't as helpful mainly because say, simply bringing her a drink and seeing if she desires it. I highly recommend this book for birth professionals of all kinds also to families seeking to understand the birthing procedure and how to work with the inevitable. Instead, advantages and disadvantages are laid out for every, and the reserve is really educational so that the mother and partner can make informed decisions. Get this book! love it. Great for doulas in training! I purchased this reserve and read through the entire factor prior to my first child's birth. recommend I purchased this along with a book about the Bradley method and thus far it has been much, much more practical.



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