

NATIONAL BESTSELLER
5TH EDITION, COMPLETELY REVISED AND UPDATED



THE BIRTH PARTNER

A COMPLETE GUIDE TO CHILDBIRTH FOR DADS,
PARTNERS, DOULAS, AND OTHER LABOR COMPANIONS

PENNY SIMKIN WITH KATIE ROHS

"In these days of fear-based maternity care, this book is an antidote. Employing the lessons and information provided, the birth partner, working with delivery staff (and hopefully with the support of a doula), can form a strategic alliance that will promote the mother's desired birth experience."

—Michael C. Poon, M.D., University of British Columbia and Children's and Women's Health Centre of British Columbia

Penny Simkin

Birth Partner 5th Edition: A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labor Companions



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s guidance in looking after the new mom, from her last trimester through the early postpartum period. Since the original publication of *The Birth Partner*, companions, friends, family members, and doulas have relied on Penny Simkin's. Today completely revised in its 5th edition, *The Birth Partner* continues to be the definitive guide to helping a woman through labor and birth, and the essential manual to have accessible during the event. *The Birth Partner* includes thorough information on: Preparing for labor and knowing when it has begun Normal labor and how exactly to help the girl every step of the way Epidurals and other medications for labor Pitocin and other means, including natural ones, to induce or speed up labor Non-drug approaches for easing labor pain Cesarean birth and complications that may require it Breastfeeding and newborn care and a lot more For the partner who wants to be truly helpful in the birthing area, this book is indispensable.



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