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# A Center For Childbirth And Parenting Education

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Mindful Birthing

Childbirth Training Manual

History and Heroines of American Childbirth Reform

Policies & Procedures for Hospitals, Birth Centers, and Home Birth Services

The Beginning of Motherhood : Proceedings of the Second Motherhood Symposium of the Women's Studies Research Center, University of Wisconsin-Madison, Madison, Wisconsin, April 9 and 10, 1981

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

Husband-coached Childbirth

Birthing Justice

The First-Time Parent's Childbirth Handbook

Racism, Pregnancy, and Premature Birth

Childbirth Education

The Positive Birth Book

The Power of Pleasurable Childbirth

Updated With New Material

Tapping Your Body's Natural Energy for Pregnancy, Birth, and Parenting

WOMANLY ART OF BREASTFEEDING THE.

Training the Mind, Body, and Heart for Childbirth and Beyond

From the Hips

The Birth Experience

Childbirth

Mothering from Your Center

The Complete Guide

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

Intimate Stories of Women Experiencing the Power and Transformation of Birth Plus a Guide to Proactive Self Care.

Know All Your Options, Discover the Natural Choices, and Take Back the Birth Experience

Your Best Birth  
Birth Settings in America  
Reclaiming Birth  
Hypnobirthing  
A Complete Guide to Childbirth Classes and Maternity Care  
Free Chapter  
When Becoming a Mother Doesn't Go As Planned: A Memoir  
Nurture  
HypnoBirthing, Fourth Edition  
Birthday Presence  
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Giving Birth with Confidence  
Choosing Birth at Home Or in a Birth Center  
A Handbook for Building Skills

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## **AYERS ROSA**

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### **Mindful Birthing** Harpercollins

A troubling study of the role that medical racism plays in the lives of black women who have given birth to premature and low birth weight infants Black women have higher rates of premature birth than other women in America. This cannot be simply explained by economic factors, with poorer women lacking resources or access to care. Even professional, middle-class black women are at a much higher risk of premature birth than low-income white women in the United States. Dána-Ain Davis looks into this phenomenon, placing racial differences in birth outcomes into a

historical context, revealing that ideas about reproduction and race today have been influenced by the legacy of ideas which developed during the era of slavery. While poor and low-income black women are often the “mascots” of premature birth outcomes, this book focuses on professional black women, who are just as likely to give birth prematurely. Drawing on an impressive array of interviews with nearly fifty mothers, fathers, neonatologists, nurses, midwives, and reproductive justice advocates, Dána-Ain Davis argues that events leading up to an infant’s arrival in a neonatal intensive care unit (NICU), and the parents’ experiences while they are in the NICU, reveal subtle but pernicious forms of racism that confound the perceived class dynamics that are frequently understood to be a central factor of premature birth. The book argues not only that medical racism

persists and must be considered when examining adverse outcomes—as well as upsetting experiences for parents—but also that NICUs and life-saving technologies should not be the only strategies for improving the outcomes for black pregnant women and their babies. Davis makes the case for other avenues, such as community-based birthing projects, doulas, and midwives, that support women during pregnancy and labor are just as important and effective in avoiding premature births and mortality.

*Childbirth Training Manual* Springer Publishing Company

At the age of thirty-nine, Sarah Kowalski heard her biological clock ticking, loudly. A single woman harboring a deep ambivalence about motherhood, Kowalski needed to decide once and for all: Did she want a baby or not? More importantly, with no partner on the horizon, did she want to have a baby alone? Once she revised her idea of motherhood—from an experience she would share with a partner to a journey she would embark upon alone—the answer came up a resounding Yes. After exploring her options, Kowalski chose to conceive using a sperm donor, but her plan stopped short when a doctor declared her infertile. How far would she go to make motherhood a reality? Kowalski catapulted herself into a diligent regimen of herbs, Qigong, meditation, acupuncture, and more, in a quest to improve her chances of conception. Along the way, she delved deep into spiritual healing practices, facing down demons of self-doubt and self-hatred, ultimately discovering an unconventional path to parenthood. In the end, to become a mother, Kowalski did everything she said she would never do. And she wouldn't change a thing. A story of personal triumph and unconditional love, *Motherhood Reimagined* reveals what happens when we release what's

expected and embrace what's possible.

### **History and Heroines of American Childbirth Reform** Bantam

The Power of Pleasurable Childbirth, beloved and praised by discerning women all over the world, simply states the truth about childbirth and what the body was made to do. Too many births today are monitored and meddled with as a routine - not natural. The Power of Pleasurable Childbirth challenges parents to listen within for the unique guidance needed to achieve a truly safe and comfortable birth experience. Mother to four children—three born without interference from birth attendants—Laurie Morgan is warm, inspiring and oozing with common sense as she shares her personal story, helping parents understand how genuinely natural childbirth is both desirable and accessible. You will learn: · The crucial differences between normal, physiological birth and "assisted" childbirth · How to free yourself from unnecessary worry and fear about childbirth · How to simplify your approach to childbirth for the greatest safety and enjoyment · The truth about midwifery and obstetrics, and how dependence on experts may pose needless risk to you and your baby · The surprisingly bright side of personal responsibility · Common stumbling blocks along the path to a joyful birth experience  
*Policies & Procedures for Hospitals, Birth Centers, and Home Birth Services* World Health Organization

The breakthrough approach to a safer, easier, more comfortable birthing. HypnoBirthing® is a celebration of life, and does not need to be feared, in embracing a natural birth a mother will discover a closer connection with their pre-born baby and will build a better understanding of the baby as a conscious little

person who can interact with you, even before birth. Marie Mongan explodes the myth of pain as a natural accompaniment to birth. Including techniques for relaxing the mind during birth allows the body to work. Using the HypnoBirthing® method will lead to a happy and comfortable pregnancy and provide a life-changing experience for the life of the new family.

The Beginning of Motherhood : Proceedings of the Second Motherhood Symposium of the Women's Studies Research Center, University of Wisconsin-Madison, Madison, Wisconsin, April 9 and 10, 1981 Harvard Common Press

Describes different approaches to childbirth and their advantages and disadvantages, including midwife delivery and birth centers.

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

What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, 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. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth 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 includes: • 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 • Episiotomy--is it really necessary? • 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 • The best ways to work with doctors and/or birth care providers • How to create a safe, comfortable environment for birth in any setting, including a hospital • And much more Ina May's Guide to Natural 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.

*Husband-coached Childbirth* Da Capo Lifelong Books

Available for the first time in full color, the up-to-date and authoritative pregnancy guide that has sold 1.5 million copies--by recognizing that "one size fits all" doesn't apply to maternity care Parents love this book because it puts them in control; experts love it because it's based on the latest medical research and recommendations from leading health organizations. Pregnancy, Childbirth, and the Newborn provides the information and guidance you need to make informed decisions about having a safe and satisfying pregnancy, birth, and postpartum period--decisions that reflect your preferences, priorities, and values. Unlike pregnancy guides that can overwhelm and alarm by telling you up front all the things that can possibly go wrong, this book first describes normal, healthy processes, their typical variations, and the usual care practices for monitoring them. Only then does it cover possible complications and the care practices and procedures for resolving them. Throughout, the presentation is crystal-clear, the tone is reassuring, and the voice is empowering. And the language is inclusive, reflecting today's various family

configurations such as single-parent families, blended families formed by second marriages, families with gay and lesbian parents, and families formed by open adoption or surrogacy. From sensible nutrition advice to realistic birth plans, from birth doulas when desired to cesareans when needed, from reducing stress during pregnancy to caring for yourself as well as your baby after birth, this pregnancy guide speaks to today's parents-to-be like no other.

*Birthing Justice* Birth Settings in America Outcomes, Quality, Access, and Choice

Create the childbirth plan that's right for you Welcoming a new baby is an exciting and joyous time, but it's natural to be nervous about getting everything ready. The First-Time Parent's Childbirth Handbook empowers you with answers for all your burning questions about giving birth and the days before and after, with space to build a custom birth plan that matches your values and comfort level. Know your options--Explore the pros and cons of giving birth at a birthing center, at home, or in a hospital, so you can make the decision that fits your needs. Be prepared--Find checklists and questions to help you choose your care providers and make sure everyone around you is ready to follow your chosen birth plan. Stay confident--Feel more in control as you learn what to expect during the stages of childbirth and which medical interventions might arise. Make your childbirth journey the one you imagine with The First-Time Parent's Childbirth Handbook.

**The First-Time Parent's Childbirth Handbook** Grand Central Life & Style

Takes the pregnant woman through the techniques and

philosophy of a new form of gentle birthing. This work draws on self-hypnosis, guided imagery and special breathing techniques the hypnobirthing method can bring about an easier birth, free of the drugs that can harm the mother and the baby.

**Racism, Pregnancy, and Premature Birth** Health Communications, Inc.

Since the original publication of *The Birth Partner*, partners, friends, relatives, and doulas have relied on Penny Simkin's guidance in caring for the new mother, from her last trimester through the early postpartum period. Now fully revised in its fifth edition, *The Birth Partner* remains the definitive guide to helping a woman through labor and birth, and the essential manual to have at hand during the event. *The Birth Partner* includes thorough information on: Preparing for labor and knowing when it has begun Normal labor and how to help the woman 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 techniques for easing labor pain Cesarean birth and complications that may require it Breastfeeding and newborn care and much more For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

Childbirth Education W B Saunders Company

About this book No more powerful transformation is available to a woman than that of the unhindered birth of her child. As a woman's body opens to the life of her baby, so too is she opened to the rawness and beauty of woman-hood. At the culmination of an unhindered pregnancy and birth, a woman is left with an increased sense of strength and confidence as a woman and a mother. This often fearful and dreaded event of childbirth is

largely misunderstood and shrouded in mystery. The harmful routines and common procedures performed during pregnancy, labor and birth more often than not strip the mother of her ability and right to birth spontaneously and with the joy and love possible. By lessening fear and increasing awareness, a woman is able to come through her journey of natural childbirth as a new and stronger woman and mother. The book *Birth Unhindered* will help increase confidence, peace and acceptance of this transformative time in life as well as allow the reader to participate in the journeys of other women just like her. Tara McGuire is a speaker and author on the topics of pregnancy, birth, personal growth and empowerment. She has a history as a Certified Childbirth Educator and CCE Trainer through Birth Works(c) Inc., as well as acting as a birth attendant. Currently, Tara co-owns and operates Epidavros Center for Wellbeing and Epidavros Yoga Studio with her husband, Don. In addition to these activities, Tara is a home-schooling mother of four children and surrogate mother to one.

#### The Positive Birth Book Routledge

Prepare and equip yourself to have the birth experience you desire. Using original content authored by Missy, as well as up-to-date, evidence based resources, *The Birth Experience* helps you understand the physiological process of Normal Birth, while also offering non-biased information about every intervention and procedure you might encounter in your birth setting. Whether you plan to birth at home, in a birth center or hospital, medicated or unmedicated, *The Birth Experience* allows you to create your own positive and memorable experience. You will walk away from class informed, empowered and confident that you can achieve

your birth goals and be an active participant and decision maker in your birth experience. What others are saying about *The Birth Experience*: "Missy does a great job covering the most important parts of labor and delivery. Of course everything about having a baby is important, but *The Birth Experience* perfectly addresses what you need to know beforehand. Having gone through the classes and having our baby, I didn't feel like anything came up during my experience that I wasn't prepared for. There's really no reason not to go. What's more important than learning about the process in which you bring your child into this world?" - Melissa, doula client and class participant "I used this manual as a guide by which to write my birth plan. As a first time mom-to-be, the process was a bit intimidating, there were so many things to think about, but this manual helped make it more approachable. The manual explained the different choices, helping me make informed decisions without trying to steer me in one direction or the other. I would definitely recommend this to anyone wanting to create a personalized birth plan for the big day !" - Shannon, doula client and class participant "Honeybee Mama knows her stuff. She walks moms-to-be through the birth preparation process with great information, presenting choices with compassion and experience. 5 stars!" - ER Arroyo, doula client and class participant

*The Power of Pleasurable Childbirth* Chronicle Books  
Birth Settings in America Outcomes, Quality, Access, and Choice National Academies Press

#### Updated With New Material ABC-CLIO

The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done

simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a choice, and you have the power to plan the kind of birth that's right for you-whether it is at a birth center, a hospital, or at home. In *YOUR BEST BIRTH*, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back the birth experience, with essential advice on:

- Positive and negative effects of epidurals, Pitocin, and other drugs and interventions
- Inducing vs. allowing your labor to progress naturally
- The truth behind our country's staggering C-section rate
- Assembling your birth team and creating your birth plan.

With chapters such as "Obstetricians: Finding Dr. Right," "Epidurals: You Haven't Got Time for the Pain," and "Electronic Monitors: Reading between the Lines," Lake and Epstein will encourage you to consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-known personalities, such as Laila Ali and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, *YOUR BEST BIRTH* is sure to renew your confidence and put the control back where it belongs: with parents-to-be! "Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a 'climate of confidence' for pregnant women and their families, who must make key decisions about where, how and with whom to give birth in a health care system often

unresponsive to our needs. This book is like a good friend giving wise counsel." --Judy Norsigian, co-editor of *Our Bodies, Ourselves: Pregnancy and Birth* and Executive Director, *Our Bodies Ourselves*

*Tapping Your Body's Natural Energy for Pregnancy, Birth, and Parenting* Jones & Bartlett Learning

This text examines the research and evidence connecting birth practices to breastfeeding outcomes. It takes an in-depth look at the post-birth experiences of the mother and baby, using the baby's health as the vehicle and the intact mother-baby dyad as the model to address birth practices that affect breastfeeding. The Second Edition has been completely revised to include new information on infant outcomes, including epidural anesthesia and Cesarean surgery, clinical strategies for helping the mother and baby recover from birth injuries, medications and complications, and information on Baby-Friendly Hospital Initiatives with a Mother-Friendly Module."

WOMANLY ART OF BREASTFEEDING THE. Jones & Bartlett Publishers

The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet outcomes are worse than other high-resource countries, and even worse for Black and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal

and newborn care through the lens of these factors across multiple disciplines. *Birth Settings in America: Outcomes, Quality, Access, and Choice* reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

*Training the Mind, Body, and Heart for Childbirth and Beyond*  
Harper Collins

Describes the stages of pregnancy and the birth process, revealing the teamwork of husbands and wives in natural childbirth

*From the Hips* Penguin

The classic book on home birth. Stories of the experiences of parents and midwives during the birth process plus a technical manual for midwives, nurses, and doctors. Includes information on prenatal care and nutrition, labor, delivery techniques, care of the new baby, and breast-feeding.

**The Birth Experience** Wellspring Publishing

Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, *The Positive Birth Book* shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your

mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, *The Positive Birth Book* is the must-have birth book for women of the 21st century.

*Childbirth She Writes Press*

Written for graduate students and professionals in the fields of midwifery, women's health, and public health, this book explores the freestanding birth center model in the United States from its conception by pioneering midwives and others in the early 1970s to the present day. Compared to the hospital-based birth model, the freestanding birth center offers a well-documented, healthier, more cost-effective, and more humane way to care for women and newborns, consistent with the goals of the Affordable Care Act. This rapidly expanding model of care has many positive implications for high-quality, individualized care and birth outcomes across the United States. Written by U.S. leaders in midwifery, *Freestanding Birth Centers: Innovation, Evidence, Optimal Outcomes* offers a comprehensive guide to the evolving role of birth centers, clinical and cost outcomes, regulatory and legal issues, provider and accreditation issues, and the future of the birth center model. Woven throughout the text are descriptions of "exemplar" birth centers representing diverse geographical, business, and service models. These cases illustrate the possibilities for expansion and replication of this model of care. *Key Features* Provides a thorough history of the birth center movement from its inception through future



expansion of the model Serves as an essential resource with up-to-date evidence on clinical and cost outcomes Includes case studies linking the unique service focus of individual birth centers

to the associated sections of the book Provides practical and comprehensive coverage of all issues involved in running a U.S. birth center

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