

TEACHING MY MOTHER How To Give Birth PDF

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THE HUMOROUS AND HEARTFELT AUTOBIOGRAPHICAL COMIC ESSAY OF AN OTAKU MANGA ARTIST FOLLOW HER JOURNEY AS SHE LEARNS THE INS AND OUTS OF PREGNANCY AND CHILDBIRTH

A BOOK FULL OF PRACTICAL INFORMATION ON CHOOSING THE BEST TYPE OF BIRTH EXPERIENCE FOR YOU AND YOUR BABY AND WHAT TO DO IN THE FINAL 8 WEEKS TO PREPARE FULL OF HUMOUR AND ENCOURAGING BIRTH STORIES EVERY MOTHER TO BE WILL FIND IT INVALUABLE

SUPPORTING WOMEN TO GIVE BIRTH AT HOME DESCRIBES AND DISCUSSES THE MAIN CHALLENGES AND ISSUES THAT MIDWIVES AND MATERNITY SERVICES ENCOUNTER WHEN PREPARING FOR AND ATTENDING A HOME BIRTH TO ENSURE THAT A HOME BIRTH IS A REAL OPTION FOR WOMEN MIDWIVES NEED TO BE ABLE TO BELIEVE IN A WOMAN'S ABILITY TO GIVE BIRTH AT HOME AND TO PROMOTE THIS BIRTH OPTION PROVIDING EVIDENCE BASED INFORMATION ABOUT BENEFITS AND RISKS THIS PRACTICAL GUIDE WILL HELP MIDWIVES TO HAVE THE NECESSARY SKILLS RESOURCES AND CONFIDENCE TO SUPPORT HOME BIRTH THE BOOK INCLUDES THE PRESENT BIRTH CHOICES A WOMAN HAS THE IMPLICATIONS HOME BIRTH HAS UPON MIDWIFERY PRACTICE HOW MIDWIVES CAN PREPARE AND SUPPORT WOMEN AND THEIR FAMILIES THE MIDWIFE'S ROLE AND RESPONSIBILITIES NATIONAL AND LOCAL POLICIES GUIDELINES AND AVAILABLE RESOURCES PAIN MANAGEMENT OPTIONS WITH A RANGE OF RECENT HOME BIRTH CASE STUDIES BROUGHT TOGETHER IN THE FINAL CHAPTER THIS ACCESSIBLE TEXT PROVIDES A VALUABLE INSIGHT INTO THOSE CONSIDERING HOME BIRTH SUPPORTING WOMEN TO GIVE BIRTH AT HOME WILL BE OF INTEREST TO STUDENTS STUDYING ISSUES AROUND NORMAL BIRTH AND WILL BE AN IMPORTANT RESOURCE FOR CLINICALLY BASED MIDWIVES IN PARTICULAR COMMUNITY BASED MIDWIVES HOME BIRTH MIDWIFERY TEAMS INDEPENDENT MIDWIVES AND ALL WHO ARE INTERESTED IN HOME BIRTH AS A GENUINE CHOICE

YOUR BODY HAS THE INNATE ABILITY TO GIVE BIRTH A KNOWLEDGE THAT HAS EVOLVED THROUGH THOUSANDS OF YEARS OF EVOLUTION DESPITE MODERN WESTERN MATERNITY CARE BEING THE BEST IN THE WORLD MANY WORKING WITHIN IT AGREE THAT FEAR OF CHILDBIRTH AMONGST WOMEN IS RISING THIS FEAR CAN INFLUENCE THE BIRTHING PROCESS IN A NEGATIVE WAY SOMETHING FUNDAMENTAL HAS BEEN LOST AS OUR MEDICAL AND TECHNICAL EXPERTISE HAS IMPROVED AND WOMEN ARE LOSING OUT AS A RESULT SUSANNA HELI AN EXPERIENCED BIRTH EXPERT PHYSIOTHERAPIST AND DOULA SHARES HER MOST EFFECTIVE TOOLS TO HELP YOU AVOID STRESS AND FEAR DURING LABOUR AND BIRTH FOCUSING ON THE ESSENTIAL PRINCIPLES OF BREATHING RELAXATION THE VOICE AND THE MIND SHE STEERS YOU TOWARDS FEELINGS OF TRUST AND SAFETY WHICH ARE KEY TO UNLOCKING YOUR BIRTHING PHYSIOLOGY WITH FEAR NO LONGER THE FOCUS YOUR ENERGY IS RESTORED BY ACCESSING THIS POWER YOU LL BE ABLE TO GIVE BIRTH TO YOUR BABY SHE ALSO OFFERS PRACTICAL ADVICE AND HANDS ON TRAINING FOR BIRTHING PARTNERS SUSANNA S COMPASSIONATE APPROACH WILL HELP YOU WHETHER YOU GIVE BIRTH VAGINALLY BY ASSISTED BIRTH OR BY CAESAREAN SECTION WHETHER YOU HAVE CHOSEN PAIN RELIEF OR NOT AND CAN HELP YOU TO NAVIGATE EVEN THE MOST COMPLICATED BIRTH IN HOSPITAL OR AT HOME ABOVE ALL SHE SEEKS TO EMPOWER WOMEN SUSANNA HELI IS A MOTHER OF TWO WITH OVER TWENTY YEARS EXPERIENCE SUPPORTING WOMEN AND THEIR PARTNERS DURING BIRTH SHE IS A LEADING PROPONENT OF THE BIRTH WITHOUT FEAR METHOD AND IS DEDICATED TO PROVIDING EMOTIONALLY SAFE BIRTHS FOR ALL WOMEN BIRTHBYHEART COM

MONTHLY INDEX OF SURGERY AND GYNECOLOGY IN VOL 9

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