

## Hypnobirthing The Mongan Method A Natural Approach To A

Since the original publication of *The Birth Partner* in 1989, new mothers' mates, friends, and relatives and doulas (professional birth assistants) have relied on Penny Simkin's guidance in caring for the new mother from the last few weeks of pregnancy through the early postpartum period. Fully revised in its third edition, *The Birth Partner* remains the definitive guide for preparing to help a woman through childbirth and the essential manual to have at hand during the event. This completely updated edition 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; 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. This is a shorter version of the classic bestseller *The Birth Partner*, ideal for time-pressed parents, partners, and birthing professionals. It is a convenient and easy-to-use book that provides facts on the fly during the ultra-busy period before, during, and after labor and birth. An added planner keeps your plans and to-dos in one place. Generations of spouses and partners, as well as doulas, nurses, midwives, and other professionals, have relied on Penny Simkin's warm and wise guidance in caring for the new mother, from the last trimester through the early postpartum period. Her book *The Birth Partner* is the definitive guide to helping a woman through labor and birth, and *The Birth Partner's Quick Reference Guide and Planner* is a more-concise version of that book. For those who have the original book, it adds a planner component, for hospital or at-home birth plans and for other essential to-dos. It is full of reliable and up-to-date information on: Preparing for labor and for the new baby Ways to help a woman through each stage of labor and birth Pain-relief measures, including epidurals and medications as well as natural techniques Ways to induce or speed up labor 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 is the essential book to have on hand.

HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their

infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

Discusses the final weeks of pregnancy, the labor process, comfort measures, medical technology, complications, medication, cesareans, postpartum depression, and breastfeeding, in an updated handbook for anyone assisting in a delivery, which includes new sections on supporting "high risk" patients, maximizing chances for a vaginal delivery, and more. Original.

Was kommt auf mich zu? Werde ich große Schmerzen haben? Wird alles gutgehen? Stimmen eigentlich die vielen Schauer-Geschichten, die man mir erzählt hat? Viele werdende Mütter haben ein mulmiges Gefühl, wenn es langsam aber sicher in Richtung Geburt geht. Doch warum ist die Geburt für viele Frauen ein so traumatisches und schmerzhaftes Erlebnis? Und warum enden heute mehr als ein Viertel aller Geburten mit einem Kaiserschnitt? Die Antwort von HypnoBirthing ist einfach: Die tief in unserer Kultur verankerte Angst der Frauen vor der Geburt bewirkt im Körper drei entscheidende Reaktionen - die Muskeln verkrampfen sich, die Durchblutung wird reduziert und bestimmte Stress-Hormone werden ausgeschüttet. Alle diese Reaktionen bedingen und verschlimmern die Geburtsschmerzen. Bei der Mongan-Methode wird diese Angst mit Hilfe von Hypnose-Techniken systematisch abgebaut, auch solche aus traumatisch erlebten Geburten. Viele Schmerzen entstehen so erst gar nicht, die werdende Mutter kann sich tief entspannen und ihr Körper seine Aufgabe wesentlich besser erfüllen. Zusätzlich vermindert HypnoBirthing Schmerzen durch besondere Atem-, Entspannungs- und Konzentrationsübungen drastisch, so dass Schmerzmittel fast immer überflüssig sind. Ebenso wird die Zahl der Kaiserschnitte und anderer ärztlicher Eingriffe stark reduziert. Nach der Geburt erholen sich die Frauen deutlich schneller und können so auch besser eine innige Bindung zu ihrem Kind aufbauen. Das in diesem Buch beschriebene Programm ist keine Manipulation, sondern ein natürlicher Weg, die Geburt zu erleichtern. Lassen Sie sich dabei helfen, Ihr Kind voller Zuversicht, entspannt, sanft und friedlich zur Welt zu bringen! Dem Buch liegt eine HypnoBirthing-Entspannungs- und Übungs-CD bei. Bei Zehntausenden Geburten bewährt - die erfolgreiche Geburtshilfe aus den USA!

Hamil, melahirkan, dan memiliki anak adalah impian hampir sebagian besar wanita yang telah menikah dan juga pasangannya. Hal itu dikarenakan anak adalah pelengkap kebahagiaan keluarga dan penerus keturunan. Namun, sering kali kehamilan dan persalinan menjadi begitu menakutkan bagi para wanita, terutama yang baru berumah tangga dan belum pernah mengalaminya. Ketakutan itu menyebabkan wanita tidak nyaman menjalani masa kehamilan dan takut melalui proses persalinan. The Conny Method merupakan sebuah teknik hypnobirthing dengan protokol yang sistematis dan terstruktur, menitikberatkan pada pemberdayaan pikiran dan emosi, agar Anda dapat:

- Meningkatkan kualitas komunikasi, serta memperlerat ikatan antara Anda, pasangan, dan janin dalam kandungan.
- Menjalani kehamilan yang nyaman, tenang, bahagia, damai, dan penuh percaya diri.
- Menjalani proses persalinan dengan mudah dan bebas nyeri.

Teknik-teknik yang dijelaskan dalam buku ini telah dipraktikkan oleh penulis serta telah banyak pasangan yang mengikuti kelas mereka. Anda pun, sebagai seorang ibu atau calon ibu, dapat menjalani proses kehamilan dengan nyaman serta melahirkan dengan mudah dan tanpa rasa nyeri sebagaimana yang Anda harapkan.

The first edition of Skills for Midwifery Practice Australia and New Zealand edition builds on the success of the highly regarded Skills for Midwifery Practice by Ruth Johnson and Wendy Taylor, now in its fourth edition. Endorsed by the Australian College of Midwives, this text provides instruction and guidance on more than 100 clinical skills for midwifery students and midwives who wish to perfect their practice. Each clinical skill is presented logically in a step-by-step format, providing a clear sequencing of information. Theory and evidence precedes each skill to thoroughly explain the underlying physiology of the scenarios encountered in midwifery practice. Woman-centred approach Structured to follow the logical progression from pregnancy through to labour and birth, and finally to postnatal care Australian and New Zealand guidelines, policies, standards, statistics, terminology and cultural considerations are included throughout Now includes an eBook with all print purchases

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.

Since the original publication of The Birth Partner, new mothers' partners, friends, and relatives and doulas (professional birth assistants) have relied on Penny Simkin's guidance in caring for the new mother from the last few weeks of pregnancy through the early postpartum period. Fully revised in its fourth edition, The Birth Partner remains the definitive guide for preparing to help a woman through childbirth and

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the essential manual to have at hand during the event. This completely updated edition 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; 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.

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.

A must-read for women who want to know all of their choices in childbirth. --

Impending motherhood serves up a confusing cocktail of heroic strength and terrifying vulnerability. Our culture has seized on the "vulnerability" part of this experience and tends to reinforce a pregnant woman's insecurities instead of encouraging her to embrace this most natural time and trust her body, her intuition, and her own mind. Feng Shui Mommy takes a different approach, helping the expecting mother build her own unique, epic journey to motherhood. It's about supporting her while she shores up her mind-body-spirit alignment so she can best handle the cosmic kick in the uterus and juicy kiss on the soul that pregnancy is. Bailey Gaddis guides women through the experience, providing specific suggestions for mind, body, and spirit for each trimester (including the "fourth," after birth), leading to birth preparation designed for each mother and baby, and culminating in strong mother-child bonding. She includes detailed and practical information about prenatal exercise and nutrition, birth preferences and birthing positions, breath work, breastfeeding, and much more. Her advice allows mothers to welcome delight and curiosity into the journey while taking each phase with purpose and calm — and even a sense of fun. This comprehensive guide makes challenge and change joyful, allowing new life to be as incomparably wonder-filled as it is meant to be.

This book reveals how giving birth is an inherently safe, relatively painless process that is best performed without the assistance of doctors or midwives, and how confidence and a positive attitude reduces fear—and therefore the pain—of labor. \* A bibliography of unassisted childbirth resources

Offers accounts from women who gave birth without medication, and provides information on different natural birthing methods as well as insight into the joys and concerns of the practice.

Discusses the physical, emotional, and social challenges that can occur during pregnancy, from dealing with morning sickness and weight gain to feuding with one's family over the baby's name to suspecting that one's husband is having an affair. Original. 35,000 first printing. In this easy-to-read and understand guide to birthing, Marie Mongan explodes the myth of pain as a natural accompaniment to childbirth and offers, at last, the answer to eliminating the anguish of labor.

The world's best-selling one million books, more than thousands of parents' testimonials, the UK's most popular super nanny, teaches novice parents the easiest, handy, and effective satisfying baby parenting secret! Distinguish the different reactions between hungry, tired, and uncomfortable baby. Establish a good feeding and sleeping pattern that conforms to the baby's natural rhythm. Make planning adjustments according to the different needs and ages of each baby. Features of this book: With more than 20 years of experience, he has accompanied thousands of babies and their parents through

the trough of parenting. The super nanny appointed by the British political and business celebrities will give each other satisfaction for the Baby while providing work and rest!

This book constitutes the refereed proceedings of the 7th Conference of the Workgroup Human-Computer Interaction and Usability Engineering of the Austrian Computer Society, USAB 2011, in Graz, Austria, in November 2011. The 18 revised full papers together with 29 revised short papers and 2 posters presented were carefully reviewed and selected from 103 submissions. The papers are organized in topical sections on cognitive approaches to clinical data management for decision support, human-computer interaction and knowledge discovery in databases (hci-kdd), information usability and clinical workflows, education and patient empowerment, patient empowerment and health services, information visualization, knowledge & analytics, information usability and accessibility, governmental health services & clinical routine, information retrieval and knowledge discovery, decision making support & technology acceptance, information retrieval, privacy & clinical routine, usability and accessibility methodologies, information usability and knowledge discovery, human-centred computing, and biomedical informatics in health professional education.

Maternity services and choices for labour and birth are fast evolving. Hypnobirth involves preparation for childbirth using tried and tested hypnotherapy techniques in harmony with midwifery best practices and increasing numbers of women are turning to the technique. Written by two experienced practitioners, this is the first evidence-based practice book for medical professionals on this subject. Chapters include coverage of: What hypnosis is and the history of hypnobirth The power of the mind and the effect of language Relaxation and breathing techniques The neocortex and hormones Birth partners, relationships, women's advocates and primary supporters Throughout the book the authors provide health professionals working in clinical midwifery practice with information and evidence-based findings to support the use of hypnobirth. The book includes case studies, scripts and reflective questions to encourage a deeper understanding of the techniques and issues and to engage and inspire the reader. Hypnobirth is essential reading for midwives, obstetricians, student midwives, doulas and any practitioner involved in preparing and supporting pregnant women for labour.

The process of labor and delivery has been one of the most perilous activities in human life. The awkward evolutionary compromises giving rise to humans makes birthing potentially life threatening for both mother and child. Despite the development of modern care, labor and delivery continues to be a dangerous process even though the levels of fatality have decreased over the past several decades. This clinically focused guide to modern labor and delivery care covers low and high-risk situations, the approach of the team in achieving a successful outcome and what to consider when quick decisions have to be made. Aimed at both trainee and practicing obstetrician-gynecologists, this new edition includes practical guidance such as algorithms, protocols, and quick-reference summaries. It is squarely focused on the

process of birth and concentrates on modern clinical concerns, blending science with clinical applications.

Alice Grist wrote her first two soul-inspiring books and found herself asking, 'so I'm spiritual...what next?' That question is now answered. It seems, that what is next, is she is pregnant. Indeed she and her husband have nine months to embrace a transformation more powerful than any spiritual awakening she ever dreamed of! Whilst simultaneously straddling real life, coping with attacks of hormones and finding a path forward as parents after a decade of doing what they please! Alice reveals the tricks and trials of a soulful pregnancy, whilst also admitting to and fully illustrating the all-too-human moments that can befall any momma to be. Whilst bridging the very human and the super soulful Alice takes on her pregnancy with gusto, blazing an inspirational, hilarious and emotional trail.

These days, many mothers-to-be find themselves torn between the desire for a natural childbirth with minimal medical intervention and the peace of mind offered by instant access to life-saving technology that only a hospital can provide. In *Natural Hospital Birth*, doula Cynthia Gabriel asserts that there is no good reason that women in North America should not be able to have both. She shows expectant mothers what they can do to avoid unnecessary medical interventions and how to take initiative and consciously prepare for the kind of birth they want to have. Also included are inspiring stories from other women who know firsthand that natural birth in the hospital is possible. With this book, mothers-to-be will be equipped with the knowledge they need to ensure a satisfying hospital birth that they will look back on with peace and joy.

"Move over, Lamaze. HypnoBirthers say their form of deep relaxation takes the panting and pain out of labor." -Time Magazine  
HypnoBirthing®: A Celebration of Life Childbirth is not something to be feared; it is a natural expression of life. With HypnoBirthing, your pregnancy and childbirth will become the gentle, life-affirming process it was meant to be. In this easy-to-understand guide, HypnoBirthing founder Marie Mongan explodes the myth of pain as a natural accompaniment to birth. She proves through sound medical information that it is not our bodies but our culture that has made childbirth a moment of anguish, and that when we release the fear of birth, a fear that is keeping our bodies tense and closed, we will also release the pain. HypnoBirthing is nature, not manipulation. It relaxes the mind in order to let the body work as it is designed. The HypnoBirthing exercises—positive thinking, relaxation, visualization, breathing and physical preparation—will lead to a happy and comfortable pregnancy, even if you are currently unsure of an intervention-free birth. Your confidence, trust and happy anticipation will in turn lead to the peaceful, fulfilling and bonding birth that is your right as a mother. More than 10,000 happy couples have had their lives changed for the better by HypnoBirthing. More than 500 news organizations—including Good Morning America, The Today Show, Dateline, The Richard & Judy Show, Time, Newsweek, Parenting and Better Homes & Gardens—have joined the movement for better birthing. Why is

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HypnoBirthing changing the way the world gives birth? That's simple. Because it works.

A guide based on the award-winning coauthor's documentary explains how to render childbirth a natural and enjoyable experience, counseling women on how to take control of their bodies and prepare a birthing plan in accordance with personal needs. Original.

The original guide by Marie Mongan, the creator of HypnoBirthing and founder of the global HypnoBirthing Institute. The easy, trusted way to develop a birth plan As an expectant mother and parent, navigating all of the information and options for labor and delivery can be cumbersome and confusing. Birth Plans For Dummies, is the ultimate resource guide to help you understand, develop, and implement a plan for the birth of your baby. A birth plan is a communication tool for expectant mothers and those involved in the delivery of a child. The plan explains the mother's preferences for labor and delivery and eliminates any confusion. There are a wide variety of methods, strategies, and techniques available to pregnant women preparing for delivery—and this hands-on, friendly guide covers them all. Covers choosing the setting and method that best fits the mothers needs and wishes Informs expectant parents about the numerous pain management and labor intervention options Provides instruction on developing and writing a birth plan and putting it into action If you are an expectant mother or parent looking for a guide to help develop a plan for the birth of your child, then Birth Plans For Dummies is the perfect book for you.

Presents a comprehensive guide to childbirth and delivery, providing the complete process for seven birthing plans, from home birth to C-sections, and includes trimester schedules to help choose the best individual birth experience.

Stop listening to the horror stories. Be reassured, excited and inspired. Find out how beautiful and powerful birth can be. Discover the keys to planning your own positive birth, the best beginning to motherhood. Birth Journeys is a diverse collection of 29 encouraging and inspiring birth stories by real Australian women (and men). It includes a wide range of birth experiences and choices: hospital, birth centre, homebirth, unassisted birth, water birth, IVF, caesarean, VBAC and twins. Some stories are warm and lighthearted, some are serene and peaceful, while others are a wild whirlwind experience. Each story is positive, uplifting and empowering. Birth Journeys also contains contributions from health care professionals, academics, birth educators and authors including Dr Sarah J Buckley, GP and author of Gentle Birth, Gentle Mothering; Hannah Dahlen, Associate Professor of Midwifery at the University of Western Sydney; Renee Adair, founder and principal educator of the Australian Doula College; Jane Hardwicke Collings, founder of the School of Shamanic Midwifery; and David Vernon, editor of Men at Birth.

Sunshine Coast Chiropractor, Dr. Stacey Rosenberg, has released her first book “Natural Pregnancy, Natural Baby – Natural Remedies for Pregnancy, Birth and Post-Partum Discomforts.” Dr. Stacey and her staff have been providing

chiropractic care in Gibsons, BC since March 2001. While pregnant with her second child in 2006, she expanded her practice into an integrated health clinic called the Gibsons Health and Wellness Centre®. That same year, she also got inspired to write a book on natural pregnancy by the wealth of information provided by the local midwives and Bellies and Babies network as well as additional professional training that Dr. Rosenberg undertook. Many hours of 'labour' later, it is finally ready! "Natural Pregnancy, Natural Baby" is 150+ pages of prevention, tips, techniques, remedies, and resources to help ease the common complaints of pregnancy, birth and the post-partum period. It includes nutrition, pre-natal bonding, comfort measures, herbs, homeopathy, ergonomics, chiropractic, acupressure, yoga, breast-feeding advice, Hypnobirthing® and much more! For more information on Dr. Rosenberg and her practice, visit [www.GibsonsChiropractic.com](http://www.GibsonsChiropractic.com) or [www.GibsonsHealthandWellness.com](http://www.GibsonsHealthandWellness.com) .

REVIEWS: "Dr Stacey has compiled essential information for a woman's safe and effective health needs throughout pregnancy. It is an ideal resource for both practitioners and parents. I love it!" - Jeanne Ohm, DC ICPA Executive Coordinator and family wellness practitioner; Mother of 6 "Natural Pregnancy, Natural Baby" is a well thought out compendium for the expectant mother, put together by an author who has first hand knowledge of the process and can back it up with the right dose of research and scientific background thus allowing the reader to critically sort through the advice and opinions available whether or not they choose a natural pregnancy. One can read the book from front to cover or simply pluck out the passages or chapters most relevant to ones situation. From getting a recipe using herbs to counter iron deficiency or clarifying the nutritional supplementation guidelines, to describing & illustrating exercises to facilitate the birth process, Dr Rosenberg's book shines a light on the myriad of alternatives and empowers the reader to not only enjoy the fruits of ones 'labour' but to savor the ride as well. The pleasant bonus of this book is that its audience, in addition to those involved in welcoming a baby and their caretakers, expands to all individuals who have an interest in preventative and natural care or merely wish to use complementary methods to enhance their own health and wellbeing. - Ingrid Ferrer, BSc., BSc.(clinical), DC. Thank you so much for your book. It really puts a lot of amazing tips and relevant information at one's fingers. I read it in a night — easy, accessible, understandable — what health should be! - Keira Collins, BSc., BAppSci.(Clinical)/BChiroSci., DC , Mother of 1 "Natural Pregnancy, Natural Baby" is an excellent reference book that enriches the positive experience of natural pregnancy and childbirth. This is an engaging read with valuable and practical information. I highly recommend this book." - Dr. Penelope Seuren Chiropractor. B.App.Sc (H Biol); B.App.Sc (Clinical)/B.Chiro Sc.; Mother of 1, soon to be 2

DISCLAIMER: The information and opinions contained in this book have been compiled by many hours of research and years of hands-on experience. This information is believed to be accurate using the best research and clinical experience available. This information is not meant to diagnose or treat and should

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be considered for educational purposes only. Anyone who utilizes the information and opinions contained herein agrees HypnoBirthing is a celebration of life - through mindfully embracing a natural delivery you can discover a closer connection with your unborn baby. Birth can be joyful if you have confidence in yourself and your instincts. Marie Mongan shows you how to take control of one of the most important events of your life. Pain does not have to be the accompaniment to birth. The fear of pain can keep the body tense and closed, but HypnoBirthing will help you to let go of this fear. Once you have learnt how your body works, you can apply relaxation techniques to work with your body rather than against it. These simple methods for relaxing the mind during birth will provide you with the skills to make birth feel safe, calm and empowering. Using the HypnoBirthing method will lead to a happy and comfortable pregnancy and provide a life-changing experience for the new family. Embracing HypnoBirthing helps to shorten birthing and recovery time. Better and earlier bonding with the baby helps babies sleep better and feed more easily in their first weeks. In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "HypnoBirthing: The Mongan Method: A natural approach to a safe, easier, more comfortable birthing." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

The bestselling author of *The Kind Diet* offers practical solutions for a healthier, more vibrant approach to new motherhood. When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of looking at diet and lifestyle as key factors, doctors are racing to pump their patients full of expensive and invasive fertility treatments. Once pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal. Once their babies are born, they assume it will be just as challenging—from breastfeeding woes to screaming fits and constant trips to the doctor. It doesn't have to be that way. In *The Kind Mama*, Alicia Silverstone shows that if we kick nasty foods that fight our bodies and replace them with nutrient-rocking "clean" foods that heal and nourish, we can create a more positive baby-making experience, from conception through the third trimester (and beyond). By encouraging basic diet and lifestyle modifications and drawing on wisdom from medical experts, friends, and her own experience, Silverstone has created a one-stop guide that empowers women to take charge of their fertility and pregnancy, and helps them to embark on a healthier, more vibrant path to parenthood.

Coauthored by an ob/gyn and a noted pregnancy and childbirth expert, *Knack Pregnancy Guide* is the most reader-friendly, visually

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informative book ever on the subject. Encompassing all vital pregnancy information, it is organized to meet the needs of today's busy mothers-to-be. It introduces the latest ideas and research—from prenatal testing to the long-term effects of prenatal nutrition—and provides indispensable advice to mothers at high risk or with pregnancy complications and those with dietary limitations. Sidebars offer quick tips on warning signs, where to find help, and more. Knack Pregnancy Guide is a must for every pregnant mother. • 300 full-color photos • 50 illustrations • Coauthored by an ob/gyn and a leading doula • Organized by trimester • Special pages for dads

The most remarkable natural childbirth technique to have been developed in decades. Marie Mongan takes the pregnant woman through the techniques and philosophy of a new form of gentle birthing. Drawing on self-hypnosis, guided imagery and special breathing techniques the Hypnobirthing Method can bring about a shorter, easier, more enjoyable birth, free of the drugs that can harm the mother and the baby. It also allows the mother to fully control her own birthing experience as the mother remains awake, aware and alert.

A concise, pocket-sized, rapid reference handbook on all key areas of midwifery, aimed at students and newly qualified staff. Covers a broad range of midwifery topics which are mapped against the 6Cs essential to compassionate midwifery care Each section is structured around the key criteria used in midwifery examinations Bite-sized information supported by the latest evidence-base, making it the perfect revision tool for OSCEs and written examinations Every chapter includes key points, essentials of midwifery care, professional accountability, and links to further resources

The fourth edition of this book updates and elaborates on the seven dimensions of maternal emotional health that have significant impact on delivery, postpartum adaptation, infant health, and early childhood development. Supported by the authors' original research and interviews, the book provides readers with an analysis of the role of these core functions throughout pregnancy, as well as practical materials for use with pregnant clients in the form of assessment instruments and evidence-based interventions for promoting positive development. The book provides a theoretical framework with rationales for the seven psychosocial dimensions, therapeutic and counseling intervention strategies to improve adaptive development in each of the seven psychosocial dimensions, findings specific to women in diverse cultural groups, a chapter devoted to women in the military and military spouses, and discussion of salient issues of pregnancy, including physical changes, body image, intimacy, trust, and ambivalence. The book focuses on the seven dimensions of maternal prenatal emotional health: Acceptance of the pregnancy. Motivation and preparation for motherhood. Relationship with husband/partner. Relationship with her own mother. Preparation for labor. Sense of control in labor Self-Esteem and Well-Being in labor. Psychosocial Adaptation to Pregnancy is a significant addition to the psychosocial assessment literature, a needed resource for clinical and health psychologists, clinical social workers, marriage and family therapists, professional counselors, midwives, and obstetrical nurses. It is also adaptable to undergraduate and graduate courses in maternal reproductive health and obstetrical nursing.

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