

Hypnobirthing Practical Ways To Make Your Birth Be

Birthing from Within Pam England, Rob Horowitz. 2007 Giving birth is the pivotal moment of a woman's life but it is often treated as a medical procedure, and not as a rite of passage. Birthing from Within offers parents engaging and memorable ways for pregnant women, and their partners, to activate personal, social and spiritual resources that will guide them through labour and afterwards. Many birth classes teach from the 'outside', from the perspective of the professional. Yet, knowledge of anatomy and the stages of labour can often seem irrelevant in the intensity of contraction. The pregnant woman needs to know about labour and birth from her own perspective, she needs to be prepared for birthing from within. Pam England offers a method that allows a woman to fully understand her own strengths and resources. The self-discoveries made during pregnancy makes birth life-enhancing and empowers the future of the family. It is a multi-sensory and holistic approach that aims to make parents feel positively informed about what they are about to experience, confident about the birth of their child. Pain is an inevitable part of childbirth but Birthing from Within provides resources for building pain-coping confidence in parents. It gives detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for.--Cover.

The Calm Birth Method (Revised Edition) Suzy Ashworth, Liz Stanford. 2022-11-08 Discover tried-and-tested techniques to help you relax during labour, including mindfulness, breathing exercises and visualization, for an empowering, positive birth. Now with two new chapters, this brand-new edition of The Calm Birth Method will show you how you can make birth a gentle and enjoyable experience. This authoritative guide will help you to build confidence in your body and its abilities and offers practical techniques to support and prepare you. Walking you and your birth partner through the whole process of birth preparation, Suzy Ashworth and Liz Stanford share: Why many people feel so scared of giving birth and how to eliminate these fears during pregnancy How relaxing during birth transforms your physiology Practical techniques to promote deep relaxation and mindfulness How to unify birth partners and care providers to ensure the birthing environment is stress-free Take the power back into your own hands so that you can learn to trust your body and look forward to welcoming your child into the world.

Hypnobirthing Marie F. Mongan. 1998 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.

Hypnobirth Teri Gavin-Jones, Sandra Handford. 2016-05-12 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.

Labour of Love Sallyann Beresford. 2020-10-20 Have you been asked to attend the birth of a baby? Are you wondering what to expect? Learn the secrets to a POSITIVE birth experience! In this

ultimate guide, doula, antenatal teacher and hypnobirthing instructor Sallyann Beresford reveals everything you need to know when preparing to attend the birth of a baby. She identifies key elements of the birth partner role that are not traditionally taught and presents the most up-to-date information, examining all the important issues related to giving birth in these modern times. Over the past 20 years, Sallyann has supported thousands of couples in achieving their dream birth, and she knows exactly what is required to help any woman through labour. Whether you are a spouse, relative, friend, doula or midwife, you'll benefit from the easy-to-follow information and tried- and-tested tools she shares. An excellent understanding of your role during the birth process leads to a positive experience for the pregnant woman and everyone around her.

Effective Birth Preparation Maggie Howell.2009 A guide to birth preparation. It takes the reader step by step through mental, emotional and physical preparation for birth. It explains why birth has become such a traumatic affair in our culture and how an individual woman can break out of this fear based birth culture and prepare for the birth in a positively and confidently.

The Hypnobirthing Book Katharine Graves.2012 Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect.

Hypnobirthing the Original Method R. N. Michelle LeClaire O'Neill Ph. D.,Michelle LeClaire O'Neill.2000-09 HYPNOBIRTHING THE ORIGINAL METHOD Mindful Pregnancy and Easy Labor Using the LeClaire Childbirth Method Through your use of the LeClaire Method you will learn how to: - Change your fears about pregnancy into positive thoughts and actions - Use mind/body techniques to bond with your fetus and enhance the nurturing of your baby - Experience labor and childbirth mindfully as calm, joyous, and pain-free - Establish a healthy and happy beginning for your child Simple strategies to reduce the pain, rekindle the joy, and recognize the power of giving birth! The highly successful LeClaire Method - the program for the twenty-first century that incorporates hypnosis and mindfulness - helps you experience labor and childbirth calmly, joyously, and painlessly! Developed by Michelle LeClaire O'Neill, a medical professional and mother, this holistic method draws on both modern science and ancient wisdom to present pregnancy as the glorious, instinctive event it should be. The author's systematic approach gives you back control over your mind and body during childbirth when you may feel it slipping away. Through techniques including self-hypnosis, meditation, massage, and visualization, you learn to ease childbirth jitters, improve bonding between you and your baby, and facilitate your baby's peaceful, painless entry into the world. In addition, the LeClaire Childbirth Method can prevent unhealthy birth weight, ease the transition to breastfeeding, and create the healthiest possible environment for a new life! Good for all pregnancies and births (natural, medicated or C section). Michelle LeClaire O'Neill, Ph.D., R.N., has worked in psychoneuroimmunology for the past sixteen years. The originator of the LeClaire Childbirth Method, she works from her Mind Body Center and is the mother of three. - The LeClaire Method. . . provides women with exactly what they need to know to reclaim their inborn ability to birth normally, joyfully, and easily. - 3/4 Christiane Northrup, M.D., Author of Women's Bodies, Women's Wisdom - Wonderful . . . the guide every expectant woman and her partner need to experience the miracle of life. - 3/4 Susan Love, M.D., Author of Dr. Susan Love's Hormone Book Mindful Hypnobirthing Sophie Fletcher.2019-11-07 Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe and positive birth experience. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth. With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to: - use your mind and body together to stay focused and in control - draw on visualisation and breathing techniques to help birth progress - feel positive and empowered, before, during and after you give birth Reassuring, practical and based entirely on what works, Mindful Hypnobirthing is your essential guide to having a calm and confident birth experience.

Hypnobirth Parents' Workbook Teri Gavin-Jones,Sandra Handford.2015

GentleBirth Tracy Donegan.2018-06-18 Discover your roadmap to a positive birth! A positive birth

comes in many forms - for some it's an early effective epidural for another it's a serene water birth or a calm planned cesarean. What we know for sure is that a positive birth is defined by YOU - not your best friend, Mom or even your OB or Midwife. The award winning GentleBirth program combines brain science, birth science and technology so you can feel inspired, excited and uplifted every day of your pregnancy - and beyond! Every woman wants a safe, positive gentle birth - for themselves and for their baby. Midwife, GentleBirth Founder and positive birth expert Tracy Donegan shows you how as she guides you step by step including the following: Practical tools to prepare you and your partner for a positive birth - as defined by YOU! Use brain science to reduce pain and fear in labor. Discover the ultimate stress reduction toolkit of techniques of simple meditation, hypnosis and sport psychology. Train your brain for confidence and resilience - long after your baby arrives Learn breathing techniques that work. Navigate your options with confidence for a GentleBirth for you and your baby.

Your Baby, Your Birth Hollie de Cruz.2018-08-30 No matter how you birth your baby, feel calm and safe with hypnobirthing This woman is a great healer and birth expert. This book will be brilliant. Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working with new mums, including Fearn Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts. Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour and birth for you and your birth partner, along with guided meditations to keep you calm and engaged - How to trust your instincts, understand your body and baby, and make informed decisions throughout your pregnancy and beyond Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation tools for an empowering experience.

Hypnobirthing Siobhan Miller.2019-04-04 THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY PARENT AND EVERY TYPE OF BIRTH. Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way we approach and experience birth. Through her teaching she seeks to educate and empower parents - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

How to Grow a Baby and Push It Out Clemmie Hooper.2017-02-02 Everything you wanted to know but were too embarrassed to ask - a guide to pregnancy and birth straight from the midwife's mouth--Back cover.

The Calm Birth School Suzy Ashworth.2016-02-04 Imagine what it would feel like to not be completely freaked out about giving birth The Calm Birth School supports modern women to create positive birth experiences that make them want to shout from the rooftops for all the right reasons. You'll learn: The science behind why you don't have to give birth in agony. A mindset overhaul that leave you feeling positive about birth. Breathing techniques to enable you to deal with any stressful situation calmly and effectively: before, during and beyond birth. So if you are a control freak; scared out of your mind about giving birth; or you believe in your body but want to keep it real...

This book is for you. Suzy Ashworth: pregnancy coach, hypnotherapist and psychotherapist with two children and a growing bump. She has a passion for showing women exactly why they can and should believe in themselves, empowering them to create mind-blowing birth experiences.

Hypnobirthing Siobhan Miller.2019-04-04 THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. AS FEATURED ON DRAGONS' DEN. 'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending it to mums-to-be from now on' Sarah Turner, author of The Unmumsy Mum Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

Birth Partner 5th Edition Penny Simkin.2018-10-09 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.

Birth Made Easy Paola Bagnall.2011 The techniques described in the book - self-hypnosis, visualisation, different breathing methods and the use of colours for healing and relaxation - are life-long learning processes that have had proven results. The book also contains a free CD, containing a self-hypnosis programme for the mother-to-be to listen to on a daily basis in the weeks leading up to the birth. This book is also for the birth partner - by using the techniques described they are enabled to maintain the self-hypnosis in the mother-to-be during the birth process. By reading this book and listening to the CD you will be empowered to: * Enjoy your pregnancy, having all the energy you need to do all that you have to do * Have a wonderful birth experience, being relaxed and in control, working with your body and allowing your muscles and skin to stretch easily and naturally in a pain-free way * Promote your own rapid healing and recovery * Bond easily with your baby, enjoy breastfeeding (if you choose to do this) and be confident in your abilities as a mother * Get back to pre-pregnancy weight, shape and dimensions very soon after the birth.

Mindful Birthing Nancy Bardacke.2012-07-10 With Mindful Birthing, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. SOME OF THE BENEFITS OF MINDFUL BIRTHING: Increases confidence and decreases fear of childbirth Taps

into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

Orgasmic Birth Elizabeth Davis, Debra Pascali-Bonaro. 2010-06-08 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.

Elsa's Wholesome Life Ellie Bullen. 2017-07-25 Ellie Bullen's hugely popular blog Elsa's Wholesome Life is a veritable explosion of colour, sunshine, coastal living and delicious plant-based recipes. Her first cookbook features more than 100 of her go-to dishes, from nutritious granolas and powerhouse smoothies to flavour-packed salads and soups, hearty curries and burgers, and drop-dead delicious sweets. A qualified dietitian and nutritionist, Ellie explains everything you need to know about adopting a plant-based diet, including how to: - get enough iron, vitamin B12 and calcium - achieve the right balance of carbs, proteins and good fats - shop smarter and get more organised in the kitchen - enjoy a lifestyle that is better for you and the environment Ellie's food is fresh, flavoursome, nutrient-dense and - above all - fun. If you ever needed a reason to eat less from a box and more from the earth, this is it! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Feng Shui Mommy Bailey Gaddis. 2017-03-14 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.

The Calm Birth Method Suzy Ashworth. 2017-07-04 Discover tried-and-tested techniques to help you relax during labour, including mindfulness, breathing exercises and visualization, so that you can have an empowering, positive birth. Birth is a natural and normal event and, while it can be unpredictable, this book will show you how you can make it a gentle and enjoyable experience. In *The Calm Birth Method*, hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities, and shares practical techniques to support you so that, no matter what happens, you feel prepared. Walking you and your birth partner through the whole process of birth preparation, Suzy explores: · Why many women feel so scared of giving birth and how to eliminate these fears during pregnancy · How relaxing your mind and body during birth transforms your physiology · Practical tools and techniques to promote deep relaxation and mindfulness · How to unify birth partners and care providers, to ensure the birthing environment is stress-free and has the most conducive set up for a calm and relaxing birth · Breathing techniques and visualizations to help with the sensations of birth Take the power back into your own hands so that you can learn to trust your body, and look forward to welcoming your child into the world with confidence.

Hypnobirthing Marie Mongan. 2016-03-01 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.

Hypnobirthing Home Study Course Manual Kathryn Clark.2016-06-30 Hypnobirthing gives you a quick, easy and natural pain free birth without drugs. Join mothers around the globe and discover the power of the most modern, comprehensive and complete Hypnobirthing Course worldwide. This step by step guide covers natural birthing, alternative options and best medical interventions. Your birth will be calm and easy.

Birth Skills Juju Sundin, Sarah Murdoch.2007-04-01 Every pregnant woman's essential, step-by-step guide to taking charge of their labour and birth by Australia's leading expert in advanced labour pain management with her best-known client, Sarah Murdoch. Even after reading countless pregnancy books I still didn't understand what my labour would be like. All I really knew was it would be painful and scary. Then my obstetrician suggested I take Juju Sundin's birth skills classes. Juju gave me the knowledge to understand my body during labour and taught me about the physiology of pain and how to use her techniques to deal with it. - Sarah Murdoch If you're like most women, you'll go into labour with little knowledge of exactly what your body is doing and why, and how you can actively manage the pain and stay in control while helping your body do what it's designed to. That's where Birth Skills comes in, a step-by-step guide packed with information plus easy-to-learn, proven pain management skills. In Birth Skills, obstetric physiotherapist Juju Sundin shares the techniques she has pioneered over her 30-year career, while Sarah Murdoch takes you on a personal journey of her own labour and birth, describing how she learned the skills in the class then applied them on the big day. Whether it's your first baby or lucky last, you will learn: * how your body works in labour and why * how to turn fear into positive action so you stay in control * how to use movement, breathing, vocalisation, visualisation, keywords and other handy techniques * what to wear, what to take, and what questions to ask * how your partner can help, and working as a team * other women's experiences using Juju's techniques. Birth is all about the bigger picture -- educating and empowering yourself, giving it a try, doing it your way, and a healthy mother and baby. - Juju Sundin

Give Birth Like a Feminist: Your body. Your baby. Your choices. Milli Hill.2019-08-22 As featured on BBC Radio 2 and BBC Radio 5 Live Selected as one of the Independent's 10 best pregnancy books for expectant parents Birth is a feminist issue. It's the feminist issue nobody's talking about.

Holistic Hypnobirthing Anthonissa Moger.2021-02-16 Discover a modern holistic hypnobirthing book for every woman and every type of birth. This beautifully illustrated, practical guide to hypnobirthing provides you with the skills and tools to make any birth feel safe, calm, connected, and empowering - however you choose to bring your babies into the world. Whether you're trying to get pregnant, just found out you're pregnant, or well into your third trimester, this birthing book completely demystifies hypnobirthing, making it accessible and relevant for any mom-to-be. Anthonissa Moger (The Hypnobirthing Midwife) reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. This step-by-step guide enables you to embark on the benefits of hypnobirthing and create a safe space for you and your baby to return to time and again. Learn how to integrate body and mind throughout your pregnancy and birth with techniques such as deep relaxation, meditation, visualization, and breathwork exercises. Achieve the Birth You Want - For You and Your Baby Whether you're having a natural birth or assisted birth, this mindful pregnancy book will help every woman take control of their labor for a calm, connected, and positive birth. It's the perfect gift for expecting moms who are looking for advice and techniques for a stress-free pregnancy.

HypnoBirthing, Fourth Edition Marie Mongan.2015-12-08 Enclosed CD contains relaxation and birth rehearsal techniques.

Mindful Mamma Sophie Fletcher.2019-11-07 Feel calm and confident throughout your baby's first year Mindful Mamma is a reassuring and practical guide to help you to navigate the life-changing

first year of motherhood. Using simple mindfulness and hypnosis techniques alongside MP3 tracks, you'll learn to:

- Create moments of calm whenever you need it – even at 4am with a restless baby
- Tackle challenges, such as fatigue and anxiety, and build mental resilience
- Connect with your baby and tune in to their world

Whether this is your first or fourth baby, Mindful Mamma is your essential toolkit to manage the physical, emotional and joyful chaos of motherhood.

Hypnobirthing Siobhan Miller.2022-11-08 THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH.AS FEATURED ON DRAGONS' DEN. 'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending it to mums-to-be from now on' Sarah Turner, author of The Unmumsy MumExpert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world.In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre.So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable.Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout.By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

HypnoBirthing Marie Mongan.2020-09-03 The original guide by Marie Mongan, the creator of HypnoBirthing and founder of the global HypnoBirthing Institute.

The Positive Birth Book Milli Hill.2017-03-16 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.

The Hypnobirthing Book with Antenatal Relaxation Download Katharine Graves.2017-06-09

Expecting Better Emily Oster.2014-06-24 “Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way.” —Amy Schumer *Fully Revised and Updated for 2021* What to Expect When You're Expecting meets Freakonomics: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of Cribsheet and The Family Firm, a data-driven decision making guide to the early years of parenting Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most

are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, *Expecting Better* is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

Let's Talk about Preparing for Your Baby's Birth Jackie Kietz.2020-10 Let's talk about... everything to do with becoming a family. Pinter & Martin's new series aims to start a frank conversation with new and expectant parents, and explore the changes that affect them and their babies during pregnancy, birth and the early months of parenting.

Hypnobirthing Marie F. Mongan.2007 Childbirth is not something to be feared ; it is a natural expression of life. In this practical guide, HypnoBirthing founder Marie Mongan explores the myth of pain as a natural accompaniment to birth--P. [4] of cover.

Why Hypnobirthing Matters Katrina Berry.2015-04-05 Hypnobirthing is a method of birth preparation using a series of simple but effective techniques that can facilitate a calm and natural birth. Far from being a modern fad, it is logical, rational and there is a strong evidence base for its use. Many women approach labour with fear because of the negativity surrounding birth and the assumption that it must involve excruciating pain for the mother. Fear has a physiological effect, making contractions less effective and derailing normal labour. Hypnobirthing teaches the mother to relax and believe that her body is perfectly designed to give birth; when the mother is relaxed her body can release natural painkillers that are far more effective than pharmaceutical drugs. Women using hypnobirthing report needing little or no pain relief during labour and their babies are born calm and alert. Mothers need less medical intervention, and if they do they report feeling much more able to deal with it. Calm and confident parents are empowered to make informed decisions about their care, which can contribute enormously to a positive birth experience. In *Why Hypnobirthing Matters* Katrina Berry looks at the origins and rationale for using hypnosis for childbirth, explains what you can expect from hypnobirthing and dispels common misunderstandings in a lively, informative way.

Mindful Pregnancy Tracy Donegan.2020-03-18 Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. A must-read for all parents who want to create a healthier, more joyful, more peaceful world. - Deepak Chopra, MD

Birth Without Fear January Harshe.2019-03-05 An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In *Birth Without Fear*, January Harshe--founder of the global online community Birth Without Fear--delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child--covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. *Birth Without Fear* shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights--and how to use their voice to exercise them--as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, *Birth Without Fear* will also help partners understand what mothers are going through, as well as discuss the

challenges that they, too, will face--and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy, birth, and the postpartum experience, *Birth Without Fear* is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

Immerse yourself in the artistry of words with LL Leslie's expressive creation, *Immerse Yourself in Hypnobirthing Practical Ways To Make Your Birth Be*. This ebook, presented in a PDF format (PDF Size: *), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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