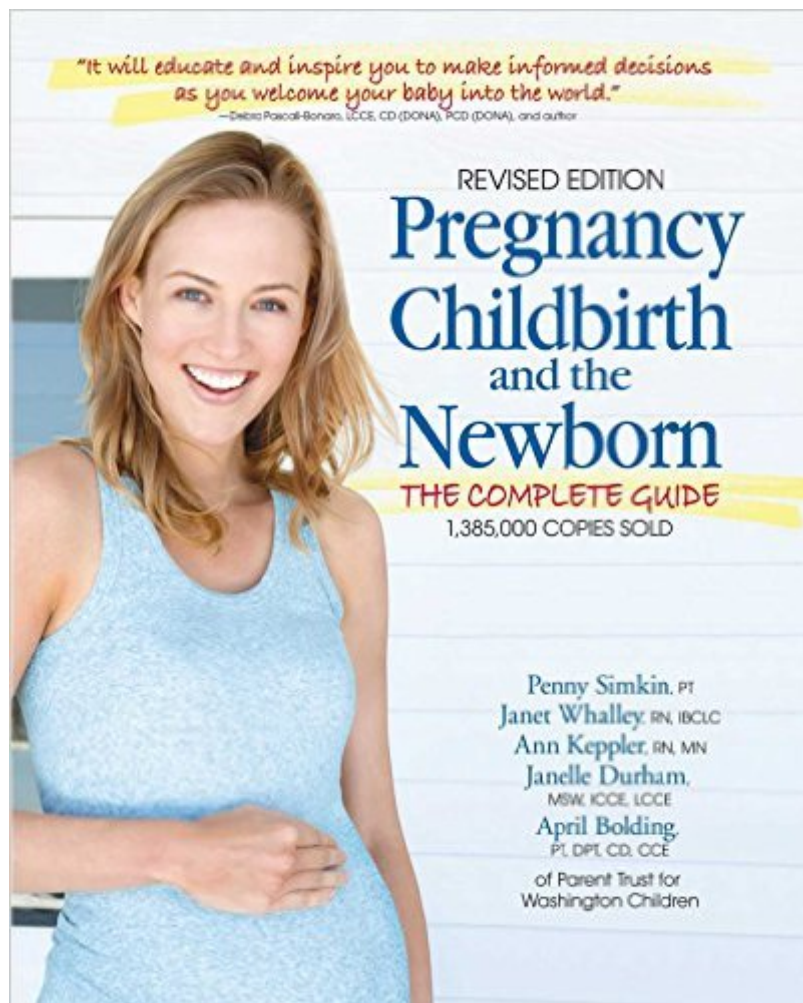




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# Pregnancy, Childbirth, And The Newborn: The Complete Guide



## Synopsis

If you only buy one pregnancy book, this should be the one! It's the most complete. It covers all aspects of childbearing, from conception through early infancy, and tells you what to expect. It offers detailed information, suggestions on decisions to make, and advice on steps to take to have a safe and satisfying experience. The Award-Winning Resource Recommended by Experts & Loved by Parents Parents love this book because it puts them in control by explaining a wide range of options, information, and questions to ask, so parents can find what works best for their health situation, personal goals, and priorities. Experts love this book because it's based on the latest medical research and recommendations from leading health organizations. It's practical & rooted in the real-life experiences of new families. The five authors bring a combined total of 150 years of experience working with expectant and new families as educators, nurses, counselors, doulas, physical therapists, and lactation consultants. They have attended hundreds of births, heard thousands of birth stories, and assisted innumerable new parents in adapting to their new lives. Not only that, the authors have a combined total of 12 children and 12 grandchildren. All of this experience allows them to write with compassion, understanding, and wisdom based on what really works in the real-world of parenting. The companion website offers even more details on select subjects, including lists of all the best resources on each topic and worksheets to guide parents' decision-making process. The website also includes a bonus chapter on pre-conception, which provides ways to improve your health and fertility before pregnancy begins.

## Book Information

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## Customer Reviews

“VERDICT: Readers considering having a baby or who are already pregnant will find this a valuable resource.” - Barbara Lundanis, Longmont Public Library, Colorado (Library Journal)

Penny Simkin, a physical therapist, has been a childbirth educator and doula since 1968. She trains childbirth educators, doulas, and doula trainers and frequently conducts workshops for doctors, nurses, and other medical professionals. Janet Whalley, a registered nurse and lactation consultant (IBCLC), has been a childbirth educator since 1975. Ann Keppler, a registered nurse, parish nurse, and lactation specialist, has taught childbirth classes and new parent classes since 1975. Janelle Durham, a social worker, has worked with new parents since 1993. She is a birth doula, childbirth educator, and lactation educator. April Bolding has a doctorate in physical therapy and is a childbirth educator, birth doula, water fitness instructor, and author.

For my first pregnancy, I read The Mayo Clinic Pregnancy Book, What to Expect, The Husband-Coached Childbirth, and this Penny Simkin book, Pregnancy, Childbirth and the Newborn. This book had the best balance of stats based on evidenced based medicine but also real life anecdotal vignettes from mothers. Throughout the book, there are quotes from mothers sharing their expectations and experiences - these voices put into perspective that there is no one right way, just a few different options that might work for me. For full disclosure, I approached this first pregnancy considering a natural childbirth but open to using drugs if needed. Since I come from a family of physicians I was skeptical of going too far off the holistic deep-end. I wanted to stay within a comfort zone that balanced following my body and practicing the best evidence-based medicine. After reading many reviews, I bought this book and was very very happy in its approach to preparing for and giving birth. The book does a great job of showing the range of options. For example, The book provides at least 3 sample birth plans ranging from mothers who wanted and epidural to mothers who wanted to give birth in a birthing center. A potential con is if you're interested in week by week drawings of your little fetus and getting updates on what fruit or vegetable s/he is, then you'll need to augment this book with the Mayo Clinic Pregnancy Book or sign up for Baby Center's week by week email. Penny Simkin's book will cover general fetus development and what you can expect in each phase of your pregnancy but invests much more in

the types of proactive exercises you can be doing to prepare for the birthing process. There is also a section at the end on how to prepare for the newborn, breastfeed and other aspects of basic newborn care. The book has simple pictures to illustrate techniques. My husband and I started about 2 months before our due date by spending 5-30 minutes each night practicing some of the suggested natural birthing management techniques. There were so many different techniques but the book did a great job of suggesting short routines so that we could work on a few techniques each night. It was great "us" time too! In addition, there are also sections on possible interventions such as a c-section, different drug options, membrane stripping, etc. It was great to be exposed to these possibilities early on so that I could make the appropriate decision and refer back to the book as needed. I highly recommend this book for people that are looking for a little more information on what you can do proactively as you're preparing for your childbirth. The book is supportive of both drug-assisted and drug-free deliveries. We lucked out and had a drug-free delivery - I really surprised myself! It was a fantastic experience and this book really helped me prepare.

I purchased this book for my first pregnancy. I was not happy with "What to Expect", and I wanted something better. I appreciate the sensitivity of the authors. My baby is not an "it". My baby is not a "bun in the oven". We are talking about a new person. There is more to think about than cutsie outfits and what color to paint the nursery. The authors talk about feelings. Rather than going into a lot of details about medical tests and procedures, they give you the basic information and advise you to discuss anything recommended with your healthcare provider. That, to me, is sensible. The authors encourage you to think about things and advocate for yourself but not become a "birthzilla". I appreciate the general health and wellness during pregnancy tips. I appreciate that the authors give some general guidelines but basic enough that you can confidently avoid certain things and not question your child's well being every time you sit down to a meal. I appreciate this book because it is well-balanced and sensible.

I already own several Pregnancy and Childbirth books, but I love having this one on my Kindle App so I can reference as needed on the go. This book is very informative and at times, has been more helpful than the ever popular 'What to Expect' books that I also own. I love that it is one book for all three stages. Penny Simkin has written a book that I highly recommend to all mothers, whether they are expecting their first or fourth child as I was when I purchased this book. It has a great section for C-sections births, which tend to be skimmed over in many books, as though they were written by proponents of natural labor techniques. I really feel like this book appeals to a broader

range of parents.

Great book, well written focused topics but doesn't add unnecessary fluff and easy to read. Solid medical information with an undertone of information to help you if you want to avoid medical interventions or want to know how it will effect labor or breastfeeding etc. Personally I love that it is written acknowledging that everything is connected and talks about topics and how they relate to others. I.e. If a doctor wants to break your water will that make it more likely you will need an epidural? If I have an epidural does that increase the chances of a C-section? It talks about what the procedure is, why you may need it but also why you may want to avoid and then what it can effect. Gives data to back up the statements so its not just the writers opinion. Best book out there for first time moms!

I am pregnant with my first child, and I was looking for books that would give me a sense of what to expect from pregnancy and labor. This book was perfect for that. There are chapters that describe pregnancy, chapters that describe labor and complications, a chapter about breastfeeding, a chapter about caring for a newborn (and yourself) and more. This is a very comprehensive guide to pregnancy that was well worth it for me. I plan to go back and read the chapters about labor and newborns when I get closer to my due date, as I think that information will be incredibly useful. I will say that although there is not a clear bias, I got the distinct impression that the author is in favor of natural, unmedicated childbirth. At no place is it overt, but there are incredibly helpful sections about managing labor without medications, the side effects caused by medications, and more. This was great for me, as I am working towards a natural birth, but someone who is not may see these sections as unnecessary. I would still recommend this book to those women, however, as those sections are only small portions of the book. There is useful information in the book for every parent-to-be.

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