

# A Pregnancy Assistant

Rachel Gurevich

**The Doula Guide to Birth** Ananda Lowe,Rachel Zimmerman,2009-05-19 Here is your guide to the fastest-growing trend in childbirth—a tradition as old as motherhood itself. Doulas, or professional labor assistants, have led thousands of expectant women through the birthing process in a way that’s safe and meaningful, and that creates the birth and postbirth experience all mothers long for. What exactly do doulas do? How to find one that suits you. What are the “trade secrets” only doulas know but every woman should be aware of (even if you don’t have a doula)? In *The Doula Guide to Birth*, senior-level doula Ananda Lowe and award-winning health reporter Rachel Zimmerman have written a most comprehensive book that draws on the wisdom of these skilled experts, whose experience with doctors, midwives, nurses, and hospitals makes them invaluable advocates before, during, and after birth. \* Labor techniques anyone can use \* Pain medication: do you, don’t you—and when? \* What dads and loved ones need and can do best \* When should you really go to the hospital in labor? \* How to prepare for unexpected medical procedures, including cesareans and epidural \* Postpartum—what it’s really like \* A clip-out chart of labor techniques, birth plan worksheets, and much more Combining science, wit, warmth, and support, as well as the inspirational stories of dozens of mothers and their partners, you’ll find the “doula viewpoint” on every major pregnancy and delivery issue, making this one of the most important childbirth books you’ll ever read and recommend.

*Counselling for Maternal and Newborn Health Care* World Health Organization,2010 The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. *Counselling for Maternal and Newborn Health Care* is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labor; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

**Birth Settings in America** National Academies of Sciences, Engineering, and Medicine,Health and Medicine Division,Division of Behavioral and Social Sciences and Education,Board on Children, Youth, and Families,Committee on Assessing Health Outcomes by Birth Settings,2020-05-01 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.

*The Doula Advantage* Rachel Gurevich,2012-11-21 Doulas and midwives are increasingly popular options for childbirth; this book answers questions for those considering the help of a doula or midwife at birth. *Take Control of Your Childbirth Experience* New moms are spreading the word to pregnant women just like you: Doulas make pregnancy and childbirth the celebratory experience it is meant to be! Doulas are professionally trained women who provide support before, during, and after delivery. Research has shown that doulas help women have positive birth experiences, decrease the need for pain medication, improve breastfeeding success, and reduce the need for cesarean sections and other invasive procedures. Author Rachel Gurevich interviewed more than 235 women and birth professionals to bring you this best-kept pregnancy secret. Inside, you'll find real mothers' stories and discover how doulas make a joyful difference in childbirth. You'll learn: ·The many ways doulas provide labor support, whether you plan a natural or medicated birth · How to find, hire, and choose the right doula ·How specialized doulas can help you before or after the baby's birth ·How doulas help the dad-to-be ·And more! Foreword by Mayer Eisenstein, M.D., medical director, Homefirst Health Services Praise for *The Doula Advantage* : Doulas really do make a difference in having a safe and satisfying birth, as you will learn in this book. — William Sears, M.D., coauthor, *The Baby Book Comprehensive*, thought-provoking, and highly moving. . . . A must read for any woman thinking of using the services of a doula. — Ann Douglas, author, *The Mother of All Pregnancy Books* and *The Mother of All Baby Books*

*Special Women* Paulina Perez, Cheryl Snedeker, 1994

**When Birth Calls: Developing Your Inner Birth Worker** Sekesa Berry, 2018-11-27 Birth Worker is a trending title to describe anyone serving within the maternal health profession. This generic name has created a convoluted career field of titles and labels. This book attempts to better define the title Birth Worker and also serves as a reference guide for navigating and sustaining a profession within this scope of practice.

*The Complete Illustrated Birthing Companion* Amanda French, Susan Thomforde, Jeanne Faulkner, Dana Rousmaniere, 2013-01-01 How to give birth is the most important decision of a woman's pregnancy, but navigating the maze of options is overwhelming. The Complete Illustrated Birthing Companion clearly lays out the process for eight successful birthing plans from home births and hospital births to a natural unmedicated delivery and C-sections. Each path outlines the latest research on every technique and procedure from water birthing to medications and includes "Real Deal" and "Inside Information" sections that detail the huge variations parents-to-be sometimes encounter. Written by an OB/GYN, nurse/midwife, and neonatal nurse, this photo-filled essential guide presents the most balanced and comprehensive perspective on all aspects of delivery today including red flags that indicate when another birthing plan may be more appropriate as well as helpful strategies and trimester-by-trimester schedules for the smoothest birth experience possible.

*Reproductive Health in Developing Countries* National Research Council, Division of Behavioral and Social Sciences and Education, Commission on Behavioral and Social Sciences and Education, Panel on Reproductive Health, 1997-07-02 Sexually transmitted diseases, unintended pregnancies, infertility, and other reproductive problems are a growing concern around the world, especially in developing countries. Reproductive Health in Developing Countries describes the magnitude of these problems and what is known about the effectiveness of interventions in the following areas: Infection-free sex. Immediate priorities for combating sexually transmitted and reproductive tract diseases are identified. Intended pregnancies and births. The panel reports on the state of family planning and ways to provide services. Healthy pregnancy and delivery. The book explores the myths and substantive socio-economic problems that underlie maternal deaths. Healthy sexuality. Such issues as sexual violence and the practice of female genital mutilation are discussed in terms of the cultural contexts in which they occur. Addressing the design and delivery of reproductive health services, this volume presents lessons learned from past programs and offers principles for deciding how to spend limited available funds. Reproductive Health in Developing Countries will be of special interest to policymakers, health care professionals, and researchers working on reproductive issues in the developing world.

Birthing the West Jennifer J. Hill, 2022-03 Reading the West Longlist for Nonfiction Childbirth defines families, communities, and nations. In Birthing the West, Jennifer J. Hill fills the silences around historical reproduction with copious new evidence and an enticing narrative, describing a process of settlement in the American West that depended on the nurturing connections of reproductive caregivers and the authority of mothers over birth. Economic and cultural development depended on childbirth. Hill's expanded vision suggests that the mantra of cattle drives and military campaigns leaves out essential events and falls far short of an accurate representation of American expansion. The picture that emerges in Birthing the West presents a more complete understanding of the American West: no less moving or engaging than the typical stories of extraction and exploration but concurrently intriguing and complex. Birthing the West unearths the woman-centric practice of childbirth across Montana, the Dakotas, and Wyoming, a region known as a death zone for pregnant women and their infants. As public health entities struggled to establish authority over its isolated inhabitants, they collaborated with physicians, eroding the power and control of mothers and midwives. The transition from home to hospital and from midwife to doctor created a dramatic shift in the intimately personal act of birth.

Pregnancy and Birth Keisha L. Goode, Barbara Katz Rothman, 2021-06-18 Pregnancy and Birth: A Reference Handbook provides students with information too often ignored in sex education—on what pregnancy and birth are, have been, and can be as transformative personal and social events. Pregnancy and Birth: A Reference Handbook is a person-centered reference book on pregnancy and childbirth in the United States. The medicalization of pregnancy and childbirth is a theme; however, primary emphasis is on the historical and contemporary significance of the Midwifery Model of Care and how that can improve outcomes for all. The volume opens with a background and history of the topic, followed by a chapter on related problems, controversies, and solutions. A Perspectives chapter contains essays from a variety of individuals who are invested in the topic of pregnancy and birth. The remaining chapters provide students with additional information, such as profiles, data and documents, resources, a chronology, and a glossary. This book is accessible to high school and college-level researchers, as well as general-interest readers curious about the topic.

**Dr. Miriam Stoppard's New Pregnancy and Birth Book** Miriam Stoppard, 2009 Incorporating the latest medical information on pregnancy and childbirth, this illustrated guide covers everything from prenatal care and prepared childbirth techniques to the first days after delivery.

**Giving Birth** Catherine Taylor, 2002 Offers an evocative and insightful look at the world of midwives and their role in childbirth, providing a thorough analysis and helpful advice on using a midwife as an alternative to

physician-aided hospital delivery to bring one's child into the world.

**The Doula** Mary Mahoney,Lauren Mitchell,2016-10-17 As more feminism migrates online, full-spectrum doulas remain focused on life's physically intimate relationships: between caregivers and patients, parents and pregnancy, individuals and their own bodies. They are committed to supporting a pregnancy no matter the outcome—whether it results in birth, abortion, miscarriage, or adoption—facing the question of choice head-on.

Prenatal Care Institute of Medicine,Division of Health Promotion and Disease Prevention,Committee to Study Outreach for Prenatal Care,1988-02-01 Prenatal care programs have proven effective in improving birth outcomes and preventing low birthweight. Yet over one-fourth of all pregnant women in the United States do not begin prenatal care in the first 3 months of pregnancy, and for some groups—such as black teenagers—participation in prenatal care is declining. To find out why, the authors studied 30 prenatal care programs and analyzed surveys of mothers who did not seek prenatal care. This new book reports their findings and offers specific recommendations for improving the nation's maternity system and increasing the use of prenatal care programs.

**Prenatal and Postnatal Care** Robin G. Jordan,Cindy L. Farley,Karen Trister Grace,2018-04-03 The second edition of the comprehensive and award-winning text on prenatal and postnatal care The updated edition of Prenatal and Postnatal Care offers a comprehensive text for the care of the woman during the childbearing year. The expert author team presents information needed to master foundational knowledge in anatomy, physiology, psychology, culture, and structure of preconception, prenatal and postnatal care, and the management of common health problems in the childbearing year. This edition has been revised throughout and contains 6 new chapters on the following topics: prenatal ultrasound, triage of the pregnant woman, assisting women to development confidence for physiologic birth, pregnancy after infertility, oral health, and issues around diversity and inclusion in prenatal and postnatal care. Additional highlights include new and updated content on pregnant women in the workplace, prenatal genetic testing, trauma-informed care, and transgender pregnancy care. The second edition also includes commonly used complementary therapies and offers more detailed information on shared decision-making and planning for birth. Prenatal and Postnatal Care: Provides expanded faculty resources with case studies and test questions for each chapter Offers a comprehensive text that covers essential aspects of prenatal and postnatal care of the childbearing woman Builds on the edition that won the Book of the Year award from the American College of Nurse Midwives (ACNM) in 2015. This revised, authoritative text is an ideal resource for midwifery, nurse practitioner and physician assistant students, and healthcare providers working with pregnant and postpartum women.

*Pregnancy, Childbirth, Postpartum, and Newborn Care* ,2003 This guide provides a full range of updated, evidence-based norms and standards that will enable health care providers to give high quality care during pregnancy, delivery and in the postpartum period, considering the needs of the mother and her newborn baby. All recommendations are for skilled attendants working at the primary level of health care, either at the facility or in the community. They apply to all women attending antenatal care, in delivery, postpartum or post abortion care, or who come for emergency care, and to all newborns at birth and during the first week of life (or later) for routine and emergency care. This guide is a guide for clinical decision-making. It facilitates the collection; analysis, classification and use of relevant information by suggesting key questions, essential observations and/or examinations, and recommending appropriate research-based interventions. It promotes the early detection of complications and the initiation of early and appropriate treatment, including time referral, if necessary. Correct use of this guide should help reduce high maternal and perinatal mortality and morbidity rates prevalent in many parts of the developing world, thereby making pregnancy and childbirth safer.

**Great Expectations Pregnancy Journal & Planner** Marcie Jones,Sandy Jones,2005-12 A critical companion to the comprehensive guide Great Expectations: Your All-In-One Resource to Pregnancy & Childbirth, this must-have accompaniment will help the expecting know what to expect. This record keeper and organizational tool is an expectant mother's helper in keeping track of all the details of her pregnancy and preparing for baby's arrival. Written by the mother-and-daughter team who brought us Great Expectations: Your All-in-One Resource for Pregnancy & Childbirth, this invaluable resource features a week-by-week journal to note everything from emotions to physical sensations; checklists of things to do; pre-scripted interviews for meetings with potential healthcare and childcare providers; baby gear and maternity-wear lists; tidbits about baby's development in utero; and guided fill-in space for writing down other important details, such as information from doctor appointments and directions to the birthing facility. A personal directory enables the mom-to-be keep all her pregnancy-related contact information in one easy-to-access place.

Your Birth Plan Megan Davidson,2019-06-08 There is no right way or best way to give birth, but if you're pregnant, you're likely already hearing advice and stories about what you should do, how you should feel, and what you should want from your birth experience. Your Birth Plan is an intervention: it's a birth book that equally honors all paths and all pregnant people, guiding and empowering you to make informed decisions, without judgment or prescription, for your own positive birth experience. Long on information, short on opinions, Your Birth Plan is a how-to guide filled with practical descriptions, insights, stories and tips to make it easier for you to

pick where, with whom, and in what way you would like to give birth. Your Birth Plan is comprehensive and free from judgment and prescriptions. It offers unbiased information about all birthing options, including birthing in a hospital, at home, or in a birthing center; having an epidural or an unmedicated birth; induction of labor; vaginal or Cesarean birth; and more. This is a new, inspiring, inclusive, and much-needed guide to help you plan for a birth where you are empowered to make your own choices and to have your needs met, whatever they are.

*Tarot for Pregnancy* Brittany Carmona-Holt,2022-06-07 Tarot for Pregnancy is the perfect gift for every magical parent-to-be in your life—guiding them through the history, mystery, and ritual that is both tarot and pregnancy. Tarot for Pregnancy: A Companion for Radical Magical Birthing Folks is for parents-to-be who want to tap into internal and ancestral wisdom on the journey to and through parenthood. Brittany Carmona-Holt is an intuitive Tarot reader as well as a full-spectrum doula, marrying her two passions to offer a rare understanding of the birth journey and an esoteric guide to the life-altering experience of giving life. Filled with incredible artwork by Kimberly Rodriguez (IG: Poetagoddes), Tarot for Pregnancy is the perfect book for any soon-to-be (or already) parent—and a sure-to-be staple at every baby shower in the future! Written for both the amateur Tarot fan and the initiated birth activist, Tarot for Pregnancy offers a rare tour-de-force, opening up the Tarot as both a guide to the future and a handbook for the important activism that modern birthing requires. Carmona-Holt's book offers tactical guidance and rituals to guide the reader's birthing experience, empowering them to connect to their ancestral truths in order greet their baby on their own terms. Grounded by two critical essays, History [Mystery] of the Tarot by Sanyu Estelle Nagenda, “The Word Witch,” and The History of Birth in the United States by Dr. Stephanie Mitchell, “Doctor Midwife,” Tarot for Pregnancy guides readers to better understand the history, mystery, and ritual of both Tarot and pregnancy. Throughout the book, Carmona-Holt helps reader to better understand, experience, and advocate for their soon-to-be baby by utilizing the magic of the Tarot to guide and empower them. Filled with illustrated pearls of wisdom, Tarot for Pregnancy offers a trauma-informed, antiracist, and evidence-based spiritual resource for folks wanting to make intuition-led decisions about their care during pregnancy and birth. Tarot for Pregnancy aims to inspire and ignite those who wish to utilize their journeys to birth as a means of activism, personal empowerment, and magical parenting. Brittany Carmona-Holt (aka The Birth Witch) is a full spectrum doula and instructor, community midwife's assistant, Tarot reader, poet, reproductive justice advocate, partner to Alex, and parent to Kahlo Sol. She received her education and from Mama Glow and is still constantly continuing her education on all experiences along the reproductive continuum. Her purpose is to help reignite the cellular wisdom in pregnant, birthing, and postpartum folks so they may reconnect with their innate power. Kimberly Rodriguez is a first-generation Xicana Indigena artist and the eldest daughter of two undocumented parents who occupies so-called Oakland, CA, land to the Ohlone peoples. Kimberly's art, inclusive of different body types, is rooted in her culture and her decolonizing journey.

*Mayo Clinic Guide to a Healthy Pregnancy* Mayo Clinic,2009-03-17 Book description to come.

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