

# Water Birth Please

Rima Star

**The Water Birth Book** Janet Balaskas,2004 The Waterbirth Book is the comprehensive guide to all aspects of waterbirth and the use of water throughout pregnancy and during infancy.

**The Water Birth Book** Janet Balaskas,2004-08 The definitive guide to using water during labour and birth Using a deep pool of warm water in labour can make the experience of giving birth shorter, easier and more comfortable for the mother, providing an alternative route to medical pain relief. When birth happens under water, this can help to make the baby's entry into the world gentler and free from trauma. In *The Water Birth Book*, natural childbirth pioneer Janet Balaskas offers straight-forward guidance for both parents and midwives. This comprehensive and inspiring guide includes: - The benefits of water in labour and birth - Is a waterbirth is the best option for you? - How water can help throughout your pregnancy - How to prepare for your water birth - The best way to use a birth pool - The experience of waterbirth - personal stories

**Water Birth** Susana Napierala,1994-09-26 As women increasingly seek more humanistic birthing methods than the hospital-based delivery, certified midwife Susanna Napierala suggests that water birth offers mother and infant the ideal circumstances for beginning their lives together. Warm water, explains the author, reduces the hours and stress of labor, offers bodily support and relaxes blood flow, helping to ease the baby's journey. The baby makes its transition to breathing air in a familiar, gentle medium. Avoiding the didactics of ideology, Napierala infuses her eloquent text with answers to commonly-asked questions: How does the baby breathe underwater? What about complications or infections? For whom is

water birth a viable choice? How does a couple prepare for it? *Water Birth* guides the reader through the details of parental and midwife preparation, labor, and birth, noting danger signals that must be heeded. Here is a wealth of solid information, personal testimony, and instruction for those who make this choice. Giving birth is one of life's most enriching, yet emotionally and physiologically stressful experiences. Faced with the dehumanizing mandates of the medical establishment, women increasingly seek alternatives to hospital birth. In her carefully presented book, Susanna Napierala, midwife to more than 600 births over 18 years, suggests that giving birth in water offers mother and infant the ideal circumstances for beginning their lives together. Recognizing that this birthing approach is not yet widely practiced in the United States, Napierala readily acknowledges the commonly-asked questions: How does the baby breathe underwater? What about complications or infections? What specifically makes water birth a viable choice, and for whom? How do a couple and their chosen midwife prepare for water birth? Avoiding ideological didactics, the author cautions that, regardless of a couple's expectations of the birth experience, every pregnancy's priority should be a healthy mother and baby. As she details aspects of parental and midwife preparation, labor, and birth, Napierala counsels vigilance, noting possible difficulties and danger signals that must be heeded. For midwives, their assistants, pregnant women and their families considering birth options, *Water Birth* offers a wealth of solid information, personal testimony, and guidance for those who make this choice.

*Water Birth* Janet Balaskas, Yehudi Gordon, 1990

**Choosing Waterbirth** Lakshmi Bertram, 2000-09-01 Waterbirth is an all-natural, gentle, pain-reducing,

fulfilling, and empowering birthing method, in which mother and infant start their new life together in a relaxing and deeply familiar environment: warm water. But is it safe? How does water reduce the pain? And is it really more beneficial to your baby? In this complete guide to waterbirth, a yoga instructor and mother of five water babies relates her own experiences in the tub while providing the important information that every parent needs to understand, prepare for, and undertake waterbirthing: The basics of natural birthHow water immersion promotes the feeling of well-being while reducing painHow to locate birthing facilities, practitioners, and tubsExercises designed to relax and strengthen the motherHow to create the ideal birthing environmentPractical advice for breast-feeding, baby massage, and more In addition, Choosing Waterbirth contains a complete prenatal yoga program with exercises and breathing and relaxation techniques designed to prepare the mother for an easier labor and delivery. More than 80 photos, including some of the author giving birth in water, bring the experience vividly to life. If you are interested in creating a loving, positive, empowering, and fulfilling birth experience, Choosing Waterbirth will provide you with all the information, practical guidance, and insight you'll ever need.

**Gentle Birth Choices** Barbara Harper, 2005-08-09 Birth as every woman would like it to be •

Recommended by Lamaze International as one of the top ten books for pregnant women and their families

- Includes a 45-minute DVD of six live gentle births • More than 32,000 copies sold of the original edition

New parents are faced with a myriad of choices about pregnancy, labor, and birth. In **Gentle Birth Choices** Barbara Harper, renowned childbirth advocate, nurse, former midwife, and mother of three, helps to clarify these choices and shows how to plan a meaningful, family-centered birth experience. She dispels

medical myths and reimagines birth without fear, pain, or violence. Harper explains the numerous gentle birth choices available, including giving birth in an independent birth center, at home, or in a hospital birthing room; finding a primary caregiver who shares your philosophy of birth; and deciding how to best use current technologies. She also provides practical advice for couples wishing to explore the option of using a doula or water during labor and birth to avoid the unwanted effects of drugs and epidurals. The Gentle Birth Choices DVD blends interviews with midwives and physicians and six actual births that illustrate the options of water birth, home birth, and vaginal birth after a prior Cesarean section. The DVD clearly reveals the strength of women during childbirth and the healthy and happy outcome of women exercising gentle birth choices. It is a powerful instructional tool, not only for expectant parents, but also for midwives, hospitals, birth centers, and doctors.

Water Birth Unplugged Beverly A. Lawrence Beech, 1996 This book contains the proceedings of the first International Water Birth Conference held in London, April 1995. The conference was set up to allow practitioners and researchers from all over the world to come together and share experiences and expertise in order to understand and explore the effects of what is virtually an entirely new environment for birth. This book further extends the objectives of the conference in trying to answer some of the questions surrounding water birth. Water Birth Unplugged covers all aspects of water birth, written by some of the most prestigious and informed names around the world, with case records and data that illustrate the positive and satisfying experience that water birth can provide.

**Revisiting Waterbirth** Dianne Garland, 2017-05-04 The use of warm water immersion throughout the

birthing process is renowned for its physical and psychological benefits, yet waterbirth is still vastly underrepresented as a birthing method across the globe. Now going into its second edition, Dianne Garland's popular and authoritative text guides the reader through the clinical, practical and organisational considerations for delivery in water. Drawing on the author's own extensive experience, the book explores:

- The history and evolution of hydrotherapeutic theory.
- The specific skills and specialist care required for attending births in this setting.
- Key research and debates surrounding the many aspects of waterbirth.

- Practical guidance on engaging with parents when promoting waterbirth as an option. From an internationally renowned and respected midwife, this new edition retains the personal and engaging style that made the first edition so popular. The book is enhanced with photos taken from the author's own travels around the world, and features a wealth of interactive material – including an expansion of the Birth Story feature, whereby first-hand accounts of waterbirth from both mothers and practitioners worldwide provide an often moving conclusion to each chapter. With a strong focus on developing practitioners' knowledge and skills in this area, enabling them to confidently offer waterbirth as a safe and viable option, this classic text is an invaluable one-stop resource for anyone with academic, professional or personal interests in waterbirth.

Choosing a Water Birth Beverly A. Lawrence Beech, 1998

*Water Labour, Water Birth* Annie Sprague, 2004 This book invites midwives, women and maternity care providers to consider using deep water immersion to help women cope with labour.

*Water Birth: Stories to Inspire and Inform* MILLI Hill, 2014-11-01

**Water Birth** Susanna Napierala,1994-01-01 As women increasingly seek more humanistic birthing methods than the hospital-based delivery, certified midwife Susanna Napierala suggests that water birth offers mother and infant the ideal circumstances for beginning their lives together. Warm water, explains the author, reduces the hours and stress of labor, offers bodily support and relaxes blood flow, helping to ease the baby's journey. The baby makes its transition to breathing air in a familiar, gentle medium. Avoiding the didactics of ideology, Napierala infuses her eloquent text with answers to commonly asked questions: How does the baby breathe underwater? What about complications or infections? For whom is water birth a viable choice? How does a couple prepare for it? *Water Birth* guides the reader through the details of parental and midwife preparation, labor, and birth, noting danger signals that must be heeded. Here is a wealth of solid information, personal testimony, and instruction for those who make this choice.--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

*Water & Birth* Janet Balaskas,1992

*Water Birth Wisdom* Rima Star,2022-01-12 I was on a crowded beach in Spain, curious about the millions of human beings who spend their vacations watching and playing in the waves, when I received the manuscript of Rima's book. In the 1970s, having noticed the strong attraction towards water of many women in labor, we introduced in our maternity unit a garden inflatable paddling pool, the ancestor of hospital birthing pools. Just as we at Pithiviers were pioneers of water labor and water birth, so Rima Star is a pioneer of both-she was one of the first two women in the United States to give birth in water back in 1980. Since then, she has attended and facilitated hundreds of water labors and births, accumulating over

many years her Water Birth Wisdom-which she now offers to all in this magical book. We need more observations and interpretations of the mysterious connections between Homo sapiens and water, and Rima provides many of these herein, relating to both parents and babies. Thank you, Rima! -Dr. Michel Odent Author of Planet Ocean: Our Mysterious Connections to Water Rima Star, Founder of Star Institute, is widely known as the mother of water birth in the United States and elsewhere. Author of The Healing Power of Birth, she is also well-known as a rebirther/breath therapist, originally trained by Leonard Orr. She was one of the first breath therapists in the US and remains in active practice. For many years, she taught a 250-hour program in birth journey facilitation at Star Institute. Her curriculum trained students to help families from pre-conception to post-birth bonding. Her methods add massage for parents and infants, breath work, and other therapeutic techniques to the repertoire of the doula, and she has trained hundreds of birth facilitators in her system.

Large Volume Water Delivery Paul Shapiro,2020-11-16 Large Volume Water Delivery by Paul Shapiro keeps an open mind about old and new concepts in hose evolutions and fire stream productions. Large diameter hose is not the only fix; it needs to be blended with the latest innovations in moving water. Offensive large flow water delivery operations are critical to the fireground operations. Sometimes you need more than a single supply line. Sometimes you need dual pumping and a relay that extends 1,300 feet. Features: --How to measure water flow for fire suppression --How to develop pump discharge pressures --Discover new concepts of moving big water and the improved methods of moving big water on the fireground



Birth Without Violence Frédérick Leboyer, 2011 Birth without Violence revolutionised the way we perceive the process of birth, urging us to consider birth from the infant's point of view. This Pinter & Martin edition is the definitive edition, published exactly how the author intended it.

**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.

Waterbirth Stories Maria Paz Miranda,Sian Marie Barnard,2019-09-18 Drawing on years of midwifery experience of waterbirth, this collection of stories, based on real-life events, illuminates a rewarding way of birth and emphasises the theoretical knowledge, skills, understanding, and resilience needed to practice well. Waterbirth Stories includes chapters on the criteria for use of water in labour and birth, on the different stages of labour, and on some more serious or unusual situations such as shoulder dystocia, postpartum haemorrhage, breech presentation, and other unexpected maternal and neonatal events. Each chapter includes several stories from a midwife's perspective, told in the context of evidence-based guidelines available for this topic. The stories end with learning points to help readers reflect on their own practice. Ideal for student and practising midwives with an interest in waterbirth, this research-informed book is enjoyable, challenging, and informative.

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.

**Quick, Boil Some Water** ,2007 First person accounts of childbirth during the 1940s, '50s and '60s. Today, we hear stories of over-worked midwives and short-staffed hospitals, but the truth is that childbirth has never been easier. For our grandmothers, pregnancy was a journey into the unknown. Rather than ponder which pushchair to buy or fret over towelling versus disposable nappies, they worried about what lay ahead. Home births were often lonely affairs with the midwife or doctor only visiting when birth was imminent. During hospital births, medical staff rarely gave explanations and would push and prod with little offer of pain relief let alone sympathy. Standard care in labour was the O.B.E. - Oil, Bath and Enema. Nursing staff gave firm rules on how long to stay in bed, how to lie in bed and even when to go to the toilet. And life didn't get much easier after giving birth. Taking care of a home and baby was hard work when there were few washing machines, no disposable nappies and heating came from coal carried in from the back yard.

Embark on a breathtaking journey through nature and adventure with **Crafted by** is mesmerizing ebook, **Witness the Wonders in Water Birth Please** . This immersive experience, available for download in a PDF

format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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