



Third
Revised
Edition

A·GOOD BIRTH A·SAFE BIRTH

Choosing and Having the
Childbirth Experience You Want

Diana Korte and Roberta M. Scaer

Good Birth A Safe Birth

Adrienne Lieberman



Good Birth A Safe Birth:

A Good Birth, A Safe Birth Diana Korte,1992-09-16 Based on a survey of two thousand women and responses from readers of the first and second editions this complete and accurate guide enables women and their partners to take control of the childbirth experience Diana Korte and Roberta M Scaer both long time La Leche leaders analyze today s childbirth options and help readers to choose among them to find Dr Right or a midwife and perhaps a labor assistant too and to pick a hospital birthing center or home birth They describe the pros and cons of medications fetal monitoring induction of labor and other medical interventions during birth and they tell readers how to avoid an unnecessary cesarean section and ensure that all their wishes are followed In chapters such as If You Don t Know Your Options You Don t Have Any The Obstetricians Black Bag of Interventions and How to Have a Normal Vaginal Birth and Avoid an Unnecessary Cesarean Korte and Scaer are refreshingly frank but never dogmatic they want their readers to decide for themselves what s best for them **A Good**

Birth, a Safe Birth Diana Korte,Roberta Scaer,1992-09-16 Essential guide to the bewildering array of delivery options available **A Good Birth, a Safe Birth** Diana Korte,Roberta Scaer,1984 **A Good Birth** Anne Lyerly,2013-08-01

Drawing on a landmark study involving more than one hundred pregnant women and mothers a renowned OB GYN synthesizes the secrets to a good birth medically and emotionally Most doctors are trained to think of a good birth only in terms of its medical success But Dr Anne Lyerly knows firsthand that there are many other important elements that often get overlooked Her three year study of a diverse group of over one hundred expectant moms asked what matters most to women during childbirth The results presented to the public for the first time in A Good Birth show what really matters goes beyond the clinical outcome or even the usual questions of hospital versus birthing center and reveal universal needs of women like the importance of feeling connected safe and respected Bringing a new perspective to childbirth the book s wisdom is drawn from in depth interviews with women with a wide variety of backgrounds and experiences and whose birth stories range from quick and simple to complicated and frightening Describing what went well what didn t and what they d do differently next time these mothers give voice to the complete experience of childbirth helping both women and their healthcare providers develop strategies to address the emotional needs of the mother going beyond the standard birth plans and conversations Transcending the medical versus natural childbirth debate A Good Birth paves the entryway to motherhood turning our attention to the deeper and more important question of what truly makes for the best birth possible **This Sacred Life,**

Transforming Our World Through Birth... Zuki Abbott,2007-04-12 A text guide covering conception pregnancy and childbirth for Parents Birth workers and those interested in Transforming Our World through Birth **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 *The Thinking Woman's Guide to a Better Birth* Henci Goer,1999-08-01 As an intelligent

woman you are probably used to learning as much as you can before making major decisions But when it comes to one of the most important decisions of your life how you will give birth it is hard to gather accurate unbiased information Surprisingly much of the research does not support common medical opinion and practice Birth activist Henci Goer gives clear concise information based on the latest medical studies The Thinking Woman s Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures drugs restrictions and tests The book covers Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Ceasarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more

Childbirth and Pain Relief Sanjay Datta,2001 Written to help the expectant mother sort through the different anaesthesia total pain block and analgesia partial pain block options that are available today this book empowers women to make informed choices regarding pain relief in childbirth It describes the recent and dramatic changes in pain relief options including new medications and the role of anaesthesiologists who are continuously creating ways to improve pain relief for labour and delivery to give expectant mothers some control during the delivery process This book looks at the advantages and disadvantages of anaesthesia and pain medications covers the physiological changes experienced by the expectant mother as they relate to pain relief and details natural childbirth options

Reclaiming Our Health John Robbins,1998 The author calls for a revolution in health care criticizing its hostility to alternative medicine and its bias against women

Birthing a Better Way Kalena Cook,Margaret Christensen,2010 A must read for women who want to know all of their choices in childbirth

Unassisted Childbirth Laura Kaplan Shanley,2012-02-22 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 According to Laura Kaplan Shanley a renowned leader in the natural birth movement human birth is inherently safe and relatively painless provided we refrain from physical or psychological interference The problems often associated with birth can be traced to three main factors poverty unnecessary medical intervention and fear When these causes are eliminated most women can give birth either alone or with the help of a partner friends or family This second edition of Unassisted Childbirth leads with a history of childbirth and then describes how most deliveries occur today detailing why these processes don t serve mothers or babies The information in this unique book gives women yet another legitimate choice in childbirth that doesn t rely on doctors and technology and allows parents birth professionals and general readers to reexamine their most basic ideas about birth and learn to think in new ways

Five Standards for Safe Childbearing David Stewart,1997

Natural Family Living Peggy O'Mara,Jane L. McConnell,2000-03 From preconception to adolescence to creating a healthy family lifestyle this guide covers health during pregnancy and natural childbirth healthful eating for the whole family uses and abuses of TV computers and video games discipline issues and more

Immaculate Deception II Suzanne Arms,2011-04-27 In this intimate perspective

on birth renowned author and photographer Suzanne Arms conveys the inherent wisdom in this natural process through her eloquent words and pictures From the Trade Paperback edition **Safe Birth Choices** Liam Brown, AI, 2025-02-23 Safe Birth Choices empowers expectant parents to navigate the complexities of modern maternity care and make informed childbirth decisions This book addresses three key areas understanding various birth settings like hospitals birth centers and home births evaluating individual risk profiles and applying medical guidelines to specific situations It emphasizes that a safe birth hinges on an informed decision making process prioritizing the well being of both mother and baby For example did you know that the historical shift from home births to hospital centered care has led to ongoing debates about the safety of out of hospital births and the potential over medicalization of childbirth The book progresses logically first introducing different birth settings and their characteristics It then guides readers through risk assessment explaining how risk factors influence birth outcomes Finally it interprets medical guidelines enabling readers to develop a personalized birth plan Practical tools like checklists and decision making matrices are provided This approach ensures readers can confidently choose their preferred birth setting and maternity care options supported by evidence based information and an understanding of their unique circumstances *Attachment Parenting* Katie Allison Granju, Betsy Kennedy, 1999-08 A comprehensive guide to attachment parenting which asserts that consistent parental responsiveness to a baby's needs will lead to happy and emotionally well balanced children Photos **Safer Childbirth?** Marjorie Tew, 2013-11-11 Since the first edition went to press in 1989 there have been many important developments concerning different aspects of maternity care To take account of these much needs to be added to this history Late 1989 saw the publication of the double volume set of studies Effective Care in Pregnancy and Childbirth in which all the then existing evidence on all the associated procedures was considered and evaluated by well informed and impartial authors representing many countries This informative collection has since been followed by a flow of single reports of new research findings about specific subjects within the field To incorporate the new material has involved in particular a considerable enlargement and rearrangement of the text and reference lists for Chapters 3 and 4 which deal with antenatal and intranatal care Then in 1990 1 the House of Commons Health Committee under its chairman Nicholas Winterton undertook a further enquiry into the maternity services in Britain A wide range of people concerned as providers or users of the service as well as researchers concerned to find out how well the service was meeting needs chose to submit testimonies written and oral These testimonies were all later published in six volumes which offered a most valuable depiction of the maternity service from many points of view **Giving Birth With Confidence (Official Lamaze Guide, 3rd Edition)** Judith Lothian, Charlotte DeVries, 2017-03-28 For a Safe and Healthy Birth Your Way Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth giving you the confidence to make decisions that best ensure the safety and health of you and your baby Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze

International the leading childbirth education organization in North America Written with a respectful positive tone this book presents Information to help you choose your maternity care provider and place of birth Practical strategies to help you work effectively with your care provider Information on how pregnancy and birth progress naturally Steps you can take to alleviate fear and manage pain during labor The best available medical evidence to help you make informed decisions Previously titled The Official Lamaze Guide this 3rd edition has updated information on How vaginal birth keeping mother and baby together and breastfeeding help to build the baby s microbiome How hormones naturally start and regulate labor and release endorphins to help alleviate pain Maternity care practices that can disrupt the body s normal functioning The latest recommendations on lifestyle issues like alcohol vitamins and caffeine Room sharing and cosleeping the controversy recommendations and safety guidelines Out of hospital births are on the rise New research and advice on planned home birth including ACOG s revised guidelines which support women s choices and promote seamless transfer to hospital if needed The importance of avoiding unnecessary caesareans for mother and child Includes the new ACOG guidelines on inductions and active labor The research in support of the Lamaze International s Six Healthy Birth Practices which are Let labor begin on its own Walk move around and change positions throughout labor Bring a loved one friend or doula for continuous support Avoid interventions that aren t medically necessary Avoid giving birth on your back and follow your body s urges to push Keep mother and baby together it s best for mother baby and breastfeeding VBAC Companion Diana Korte,1997-11-19 The Cesarean Rate is finally dropping in the United States primarily because women who have had this operation are saying no to a repeat cesarean They are doing so because vaginal birth after cesarean or VBAC is generally safer than the alternative For most women though VBAC is still a scary prospect In The VBAC Companion Diana Korte explains the risks and benefits of both VBACs and repeat cesareans She tells how to work on overcoming fears about labor how to find a VBAC friendly doctor or midwife and hospital or birth center and how to get extra support from a labor assistant childbirth educator or VBAC support group Korte also describes pain relieving techniques for labor and routine hospital procedures to avoid Throughout the book are VBAC success stories told in the mothers own words for inspiration on the path to a safe and joyful birth **Midwifery: Best Practice Volume 5** Sara Wickham,2009-01-29 This is Volume 5 in the Midwifery Best Practice series Each of the volumes in this Series is built around the familiar core of four main topic areas relevant to midwifery pregnancy labour birth postnatal and stories reflection and also includes a number of focus on sections These are different in each volume and reflect a wide range of key and topical issues within midwifery Each volume builds upon the others to provide a comprehensive library of articles that shows the development of thought in key midwifery areas Volume 5 offers a range of wholly new topic areas within the focus on sections covering the birthing environment women midwives and risk holistic health and working international stories A practical reference source containing a wide range of articles research and original material in an easily accessible format Volume 5 offers a more interactive learning experience by

inviting midwives to create their own questions before reading the articles and then returning to these afterwards for reflective thought. Diverse opinions on selected topics provide a comprehensive resource for debate and discussion. Unique approach includes ideas on how to turn reading into professional development activities. Includes 60 articles from *The Practising Midwife* 2004 5 4 research articles from *Midwifery* 2004 5 3 articles from *The Journal of Midwifery and Women's Health* 2003 5 and 5 original articles commissioned for this book. 60 articles from *The Practising Midwife* 2004 05 4 research articles from *Midwifery* 2004 05 3 articles from *The Journal of Midwifery and Women's Health* 2003 05 5 original articles commissioned for this book.

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