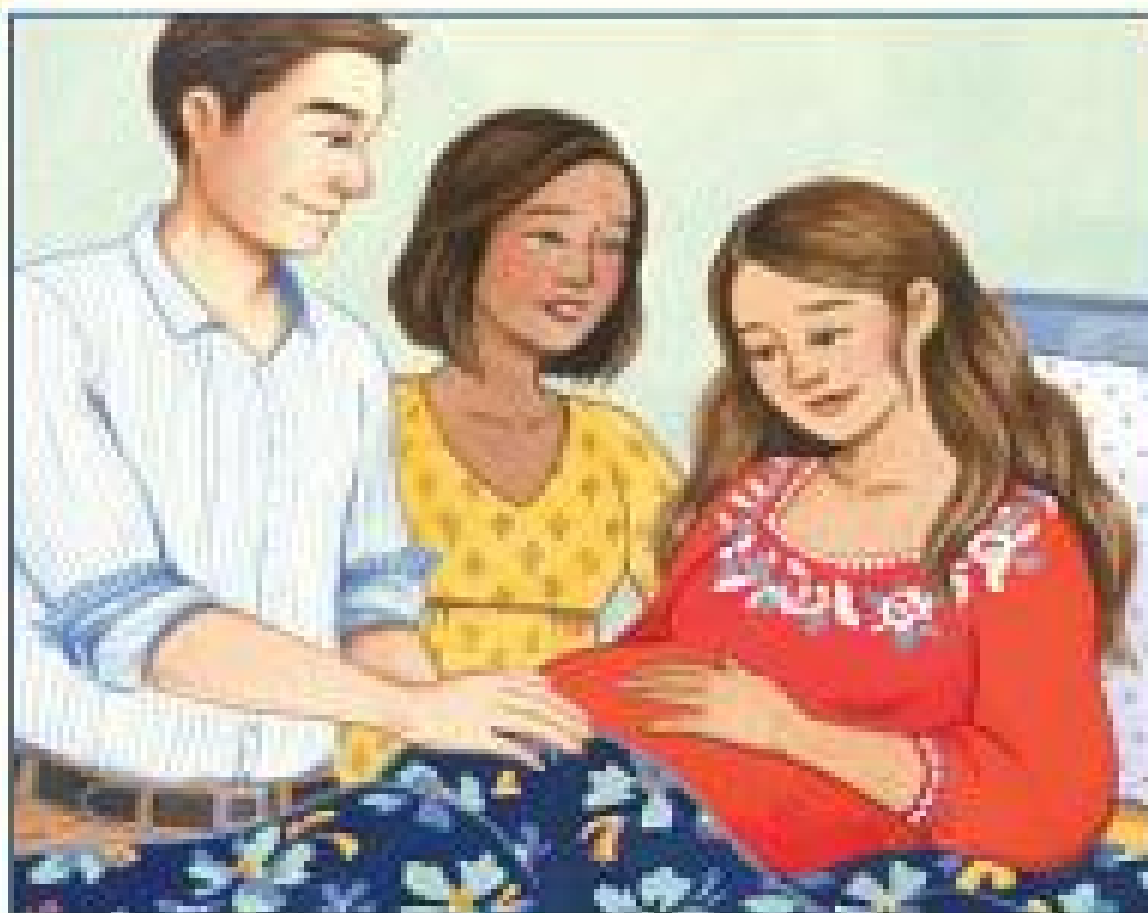


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THE BIRTH PARTNER

A COMPLETE GUIDE TO CHILDBIRTH FOR DADS,
PARTNERS, DOULAS, AND OTHER LABOR COMPANIONS

PENNY SIMKIN WITH KATIE ROHS

"In these days of fear-based maternity care, this book is an antidote. Employing the lessons and information provided, the birth partner, working with delivery staff (and hopefully with the support of a doula), can form a strategic alliance that will promote the mother's desired birth experience."

—Matthew C. Haas, MD, Director of Birth Culture and Culture and Women's Health Center of Birth Culture

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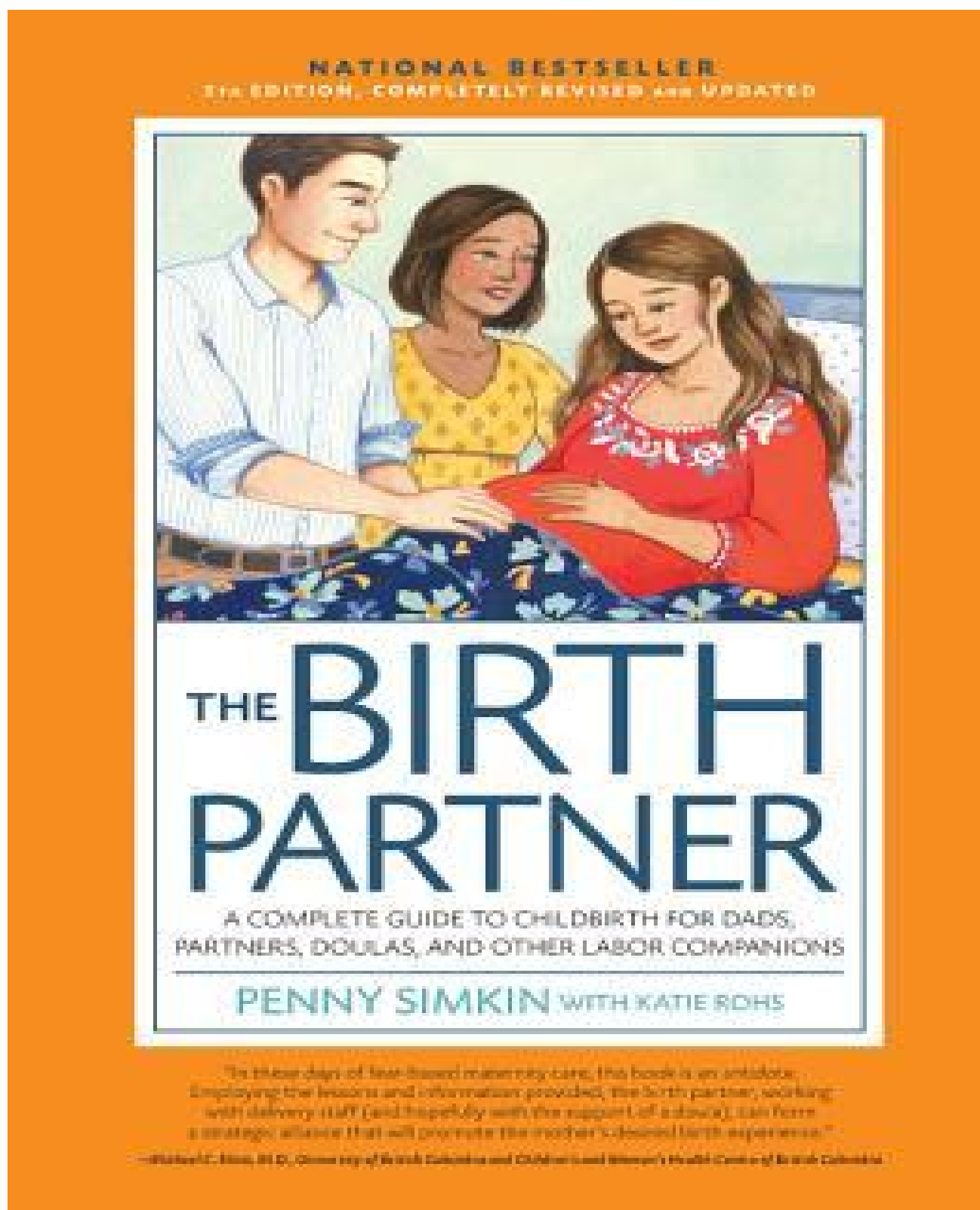
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Synopsis book

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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.

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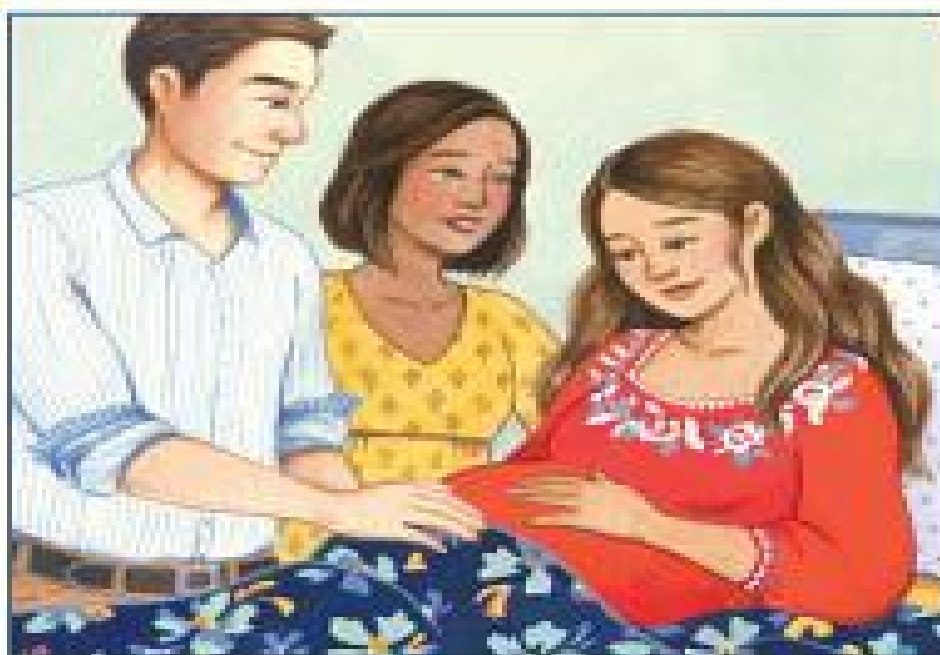
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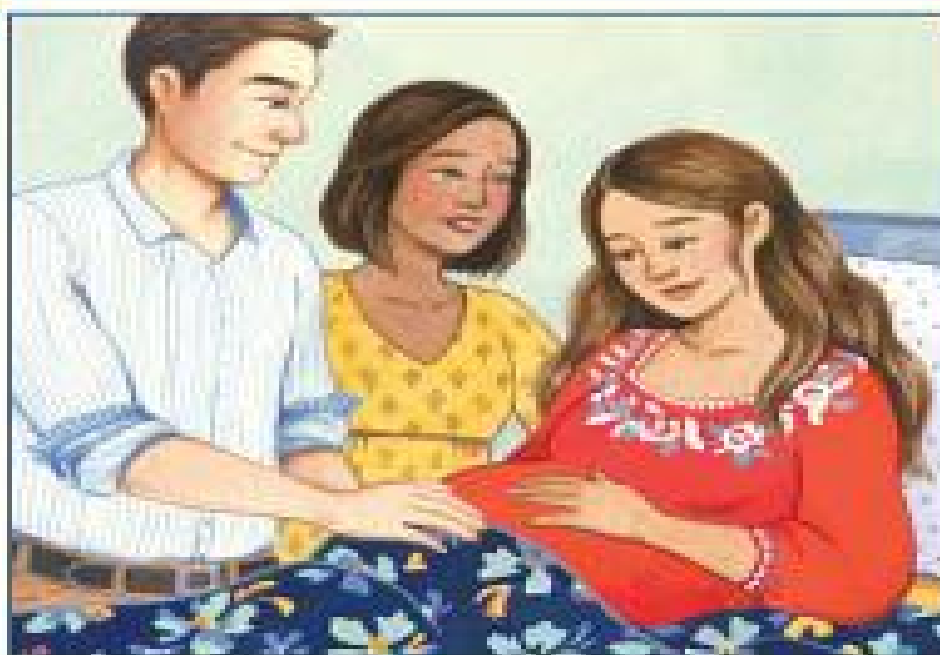
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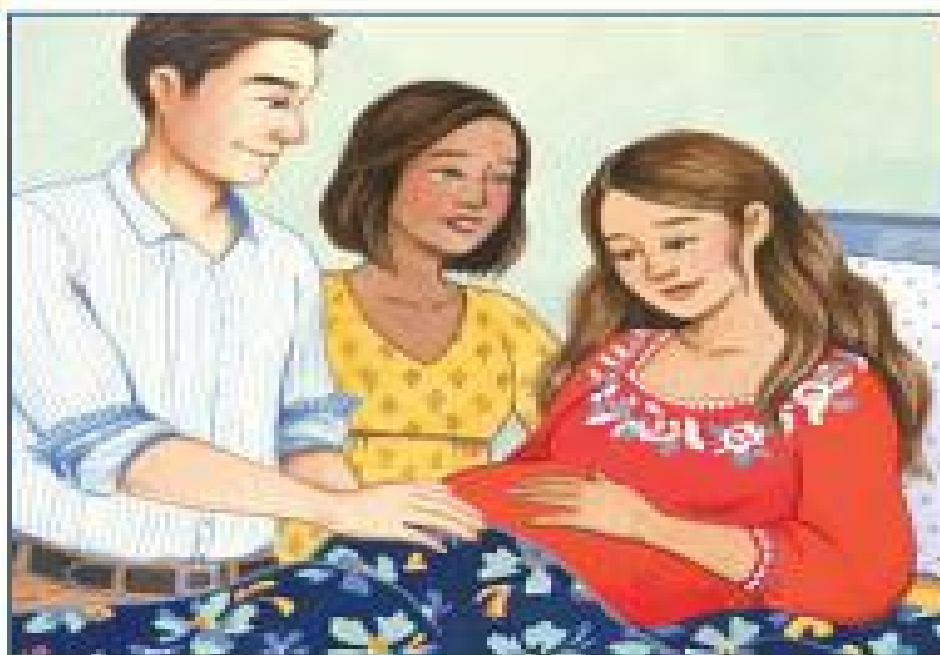
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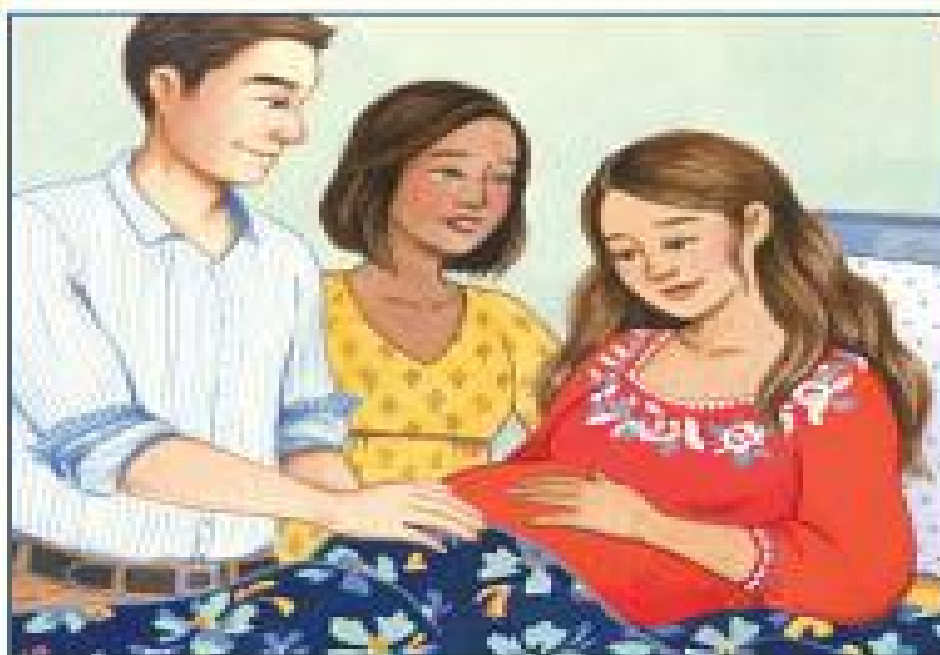
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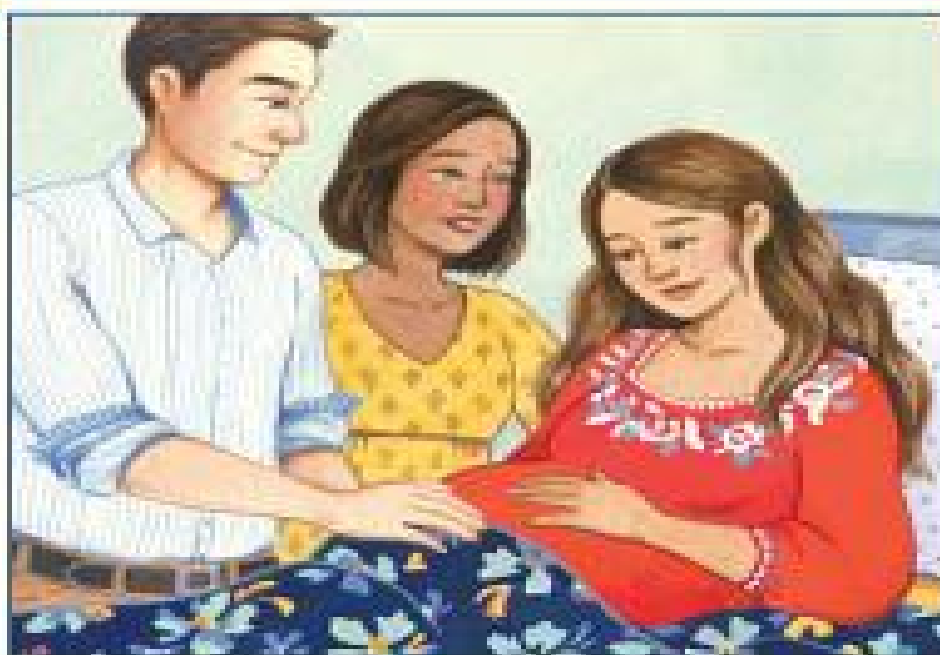
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THE BIRTH PARTNER

A COMPLETE GUIDE TO CHILDBIRTH FOR DADS,
PARTNERS, DOULAS, AND OTHER LABOR COMPANIONS

PENNY SIMKIN WITH KATIE ROHS

"In these days of fear-based maternity care, this book is an antidote. Employing the lessons and information provided, the birth partner, working with delivery staff (and hopefully with the support of a doula), can form a strategic alliance that will promote the mother's desired birth experience."

—Markus C. Elias, MD, Director of Birth Cohorts and Outpatient Women's Health Care at Brisk Columbia

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.

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Description

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