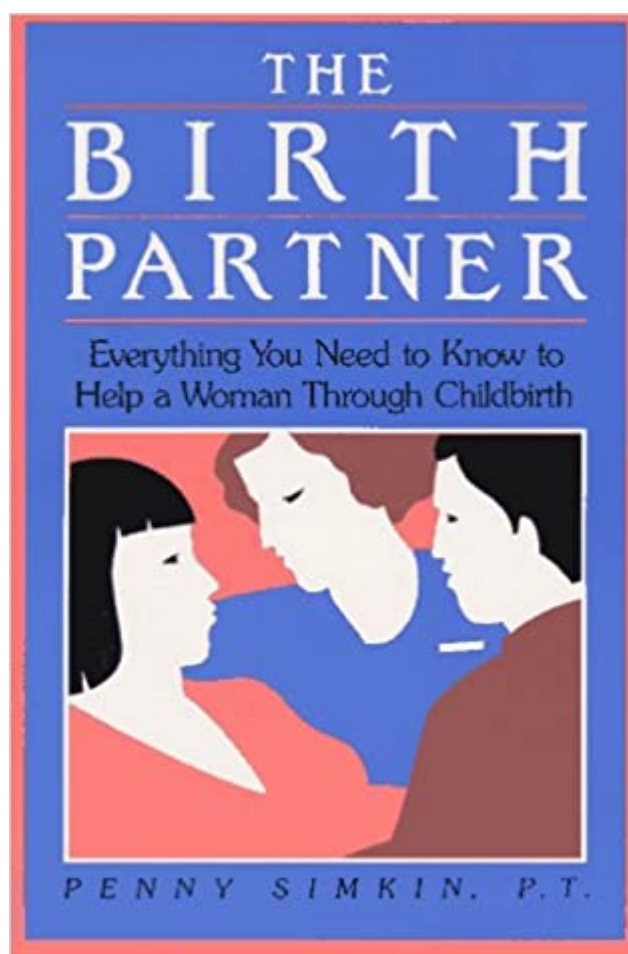


The book was found

The Birth Partner: Everything You Need To Know To Help A Woman Through Childbirth



Synopsis

What fathers and other birth supporters or coaches need to know.

Book Information

Paperback: 256 pages

Publisher: Harvard Common Press (August 15, 1989)

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Customer Reviews

The role of birth partner is a tough one. A birth partner may be expected to help a laboring woman make decisions and help her get through the pain and discomfort of childbirth. During this high-intensity time, the birth partner--whether father, partner, or friend--needs a book that can give thorough information for studying ahead of time, yet can be easily referenced in an emergency or for quick answers during labor and delivery. The Birth Partner fills both needs. Penny Simkin, P.T. (Pregnancy, Childbirth, and the Newborn) has written a clear, informative guide that includes a thorough description of everything a birth partner can expect. For a quick brush-up, or for sudden emergency situations where a birth partner is thrust into the role unprepared, the book also provides vital information and emergency tips that are clearly marked on pages with darkened edges. Every section includes a description of a stage of labor or circumstance, a description of what the caregiver (doctor, nurse or midwife) might do, and suggestions about what the birth partner's role should be. The different sections include preparing for the birth, helping labor begin (in certain situations this is necessary), early labor, the stages of labor, strategies for special situations, the medical side of childbirth, and ways to assist after the birth. Of special note is a clear chart describing various drugs, their desired effects and secondary reactions, and the stages of labor in which each of them may be appropriate.

To give the birth partner a clear understanding of the process of bearing a baby, and the role that he or she is to play, Simkin thoroughly examines parturition, from essential supplies for mother and baby to how to handle an emergency delivery. She writes knowledgeably and in a readable style, but has an unfortunate habit of tendering gratuitous advice (she notes that the partner can help the mother during the "birth phase" by staying "close by"). She also fails to explain certain suggestions (why does the birth partner need a swimsuit to shower with the mother?). At her best, Simkin makes the birth partner aware of medical decisions that may lie ahead and of the importance of indulging the mother with constant tender loving care and encouragement during labor and delivery. But those who have attended a competently taught childbirth preparation class will find much of the text familiar. Simkin, herself an instructor, wrote *Pregnancy, Childbirth and the Newborn: A Complete Guide for Expectant Parents*. Illustrations not seen by PW. Copyright 1989 Reed Business Information, Inc.

This is the most comprehensive birth book ever written! It covers all aspects of giving birth, and is an excellent resource for both the pregnant woman and her partner. After reading this book, I felt very well-informed about all the possibilities of my own labor. Also, it doesn't lean too far towards any one ideology, but gives you the biology and information to understand your own labor. Too many women go into their labor not understanding what is happening to their own bodies! This book explains it very well with great suggestions for how to make it an easier experience. I HIGHLY recommend it!

One reviewer said you get more than you expect - without a doubt! I bought this book for my husband so HE could be fully prepared, and found myself reading it first - so *I* could be prepared. It gives the most complete description of all the phases of labor, with diagrams, words on how long each will last, what the mother feels, what the caregiver may do, how the support person may feel and what (s)he can do to help. The author, Penny Simkin, describes comfort measures, labor positions and strategies for difficult labors & births. In addition, she describes the medical side of childbirth - including all the tests, interventions & procedures, offering the purpose, disadvantages and alternatives for each. There is a chart with all the available pain medications, their desired effects, other possible effects and precautions & procedures for safe use. I found that armed with objective, straight-forward information, I feel that we can now take charge of our care, in combination with a doctor we trust. Ms. Simkin does not preach - she simply lays out all the facts

and makes it possible for you to make informed decisions. Awesome book. Skip Lamaze - get this book.

I've given this to my sons and sons-in-law as well as to the partners of my doula clients. It's the next best thing I could do to being there at the births of my grandchildren. Their wives felt very supported and thought that he had done a lot to prepare himself for this important day. I gave it to a Spanish speaking father and told him to memorize all the labor positions illustrated and be ready to help her into and out of each position.

This is one of my favorite books. I've read it probably half a dozen times during my pregnancies and now get to read it again for doula certification. The information is helpful and written in a way that's very enjoyable to read. I'm glad to have this one on my bookshelf again.

I didn't realize this is the 2nd edition and therefore outdated. The 4th edition is the most recent and available on .

I read a lot in preparation for my first child. This book was the most helpful in preparing me and my birth partner for the birth experience. It's full of facts, descriptions, and important emotional insights into the entire process. I went into labor feeling totally prepared. Of course that feeling lasts until contractions are four minutes apart...and then you hope your partner read this book.

My daughter has asked me to be her primary labor coach during her upcoming delivery. It has been many years since my Lamaze days, and I was uncomfortable that a "refresher" course would be insufficient to prepare me for this task. I found the book to be very helpful. She and I have referred to it numerous times already in preparation for the birth. I plan to take it into the labor room with me. Very clear illustrations, specially marked "cheat sheets" for quick reference. The book was recommended in several pregnancy publications from different sources. My copy is already looking a bit shop-worn, and I expect it to be all but tattered by the time the baby is delivered.

Used this a ton as a new doula and midwife assistant. Penny Simpkin's reference book is spot on. A must read for doulas, midwives, and anyone else who supports pregnant women.

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