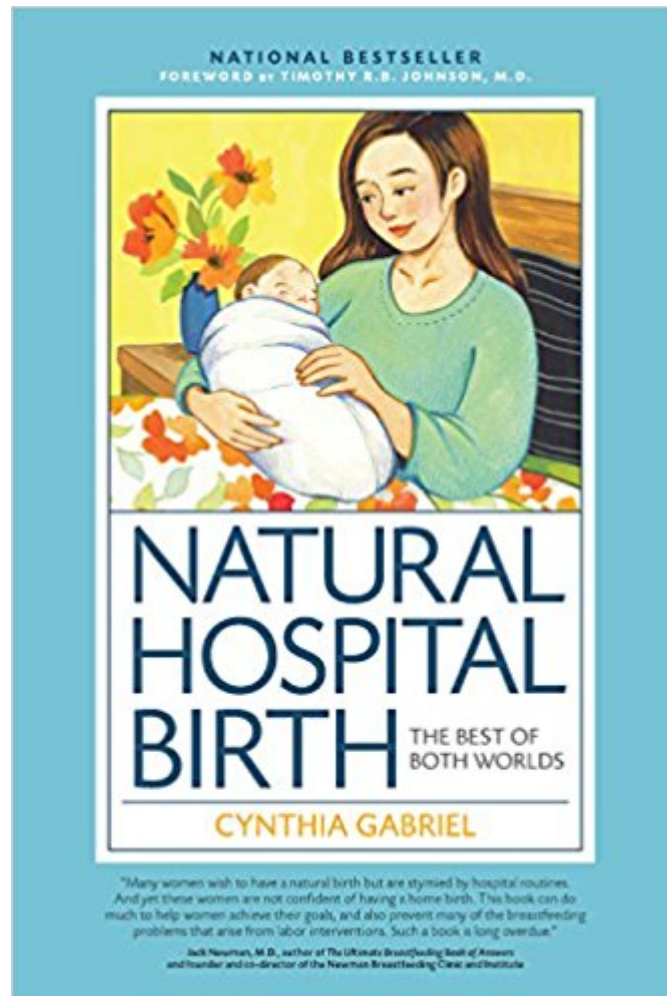




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Natural Hospital Birth: The Best Of Both Worlds



Synopsis

These days, many mothers-to-be find themselves torn between the desire for a natural childbirth with minimal medical intervention and the peace of mind offered by instant access to life-saving technology that only a hospital can provide. In *Natural Hospital Birth*, doula Cynthia Gabriel asserts that there is no good reason that women in North America should not be able to have both. She shows expectant mothers what they can do to avoid unnecessary medical interventions and how to take initiative and consciously prepare for the kind of birth they want to have. Also included are inspiring stories from other women who know firsthand that natural birth in the hospital is possible. With this book, mothers-to-be will be equipped with the knowledge they need to ensure a satisfying hospital birth that they will look back on with peace and joy.

Book Information

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Customer Reviews

Cynthia Gabriel is a medical anthropologist, mother of three, and a doula who has attended nearly 100 births. She trains doulas, parents-to-be, childbirth educators, midwives, nurses, and hospital administrators on how to have natural childbirths in hospital settings. With a PhD from the University of California at Santa Cruz and a Post-Doctorate Fellowship from the University of Michigan, she also conducts research on stress during pregnancy among African American women. She previously served as Vice President of the Board of Directors for the Center for the Childbearing Year. Gabriel is also the founder of Growing Together, a Life Learning Center, which offers psychotherapy and life coaching services in Ann Arbor, Michigan, where she resides.

Of all the books I'm reading in preparation for my planned natural hospital birth (due in 6 weeks), I found this one the most helpful by far and this is the ONE book I will be making sure that my partner reads. Overall I think the book is well balanced. I like really feel like it will help my partner prepare to be my advocate in the hospital and I appreciate the very practical tone of the book, giving helpful tips and strategies for partners to support women in labour. I don't find the tone of the book combative or "anti-hospital" as some other books are. For sure, this is not a book about the potential complications of labour and there is definitely merit in informing yourself about the conditions under which medical procedures are necessary. (Although a trusting relationship with your doctor is better than any book in this regard, since at the end of the day nobody else can call the medical shots). Any woman preparing for birth knows the cardinal rule that birth is unpredictable and plans may have to be tossed. But enough of my friends have felt disempowered by hospital and had medical procedures done on them during birth without any discussion to obtain their consent (including breaking amniotic fluid and even episiotomies!) that I think this book is worth a read so you can really discuss with your birth team how you want them to interact with hospital staff for you and what's important to you in both the best-case and worst-case scenarios.

If you've committed to a natural birth in a hospital setting, definitely pick up a copy of this book! The author does a wonderful job of making a natural birth feel within reach; I felt as though I was getting a pep-talk the whole way through the book. She discusses medical interventions in detail and explains the importance of selecting a supportive birth team. I am fortunate enough to be a client of a natural-friendly OB practice that partners with a hospital that pairs natural laboring mothers with l&d nurses who are supportive of birth without medical intervention (most of whom have had natural births themselves), so some of the concerns about having to stick to your guns while in labor did not really pertain to me. Even so, this book prepared me to ask my OB questions I previously had not considered. I especially enjoyed that Chapter 5 (Extra Support for Special Circumstances) explores VBACs and giving birth after traumatic events, as I purchased this book to prepare for my own natural VBAC. After reading several books out there in preparation for my natural birth, this was the one I found most useful & kept coming back to as a resource!

As a Childbirth Educator, and a Nurse working in a Holistic Hospital Birth Center, I read many Childbirth Books, and have many favorites, but this is a book I bring to class with me and encourage participants to read. I've been teaching classes since the nineties, and want to help participants have their best experience. We use a lot of technology in the Hospital, and it's good to know what to

discuss with the Midwife or Doctor during prenatal visits. I would mention Birth Plans in class, but after reading Cynthia's Book, I made a simple plan to hand out and discuss in class. It gives parents a chance to become familiar with the many choices they will face on admission to the Hospital for the above discussion. Also, the book made me focus on more specifics about what to do when your water breaks. Is it always necessary to call your Midwife or Doctor at 2 am, or can you get guidelines for when it would be safe to get some rest and call in the morning? There are many other great points, but I don't want to spoil it for everyone. Get a copy - it's one of the Childbirth books you won't want to put down.

Ordered this to plan for our natural child birth for our last baby and it provides so much information and has honestly put our minds at ease in certain things such as standing our ground when it comes to the things we desire for our babies birth to keep it all natural.

I'm a doula in training and have read many books over three years. Honestly, this book has been the absolute best treasure for me to launch my doula career, has given me so much confidence in the information I know and has really helped me help so many women who are more comfortable with a hospital birth but want to go all natural.

This was a really useful book. I was literally referring to it while in active labor because it gives great advice on how to know its time to go to the hospital. If you want to avoid meds, it's all about waiting as long as possible -but not too long that you don't make it there in time. With the help of this book I timed it exactly right and was 6-7 cm dilated when I checked in to the hospital - awesome! This book is full of practical suggestions and straightforward information. I had a doula in addition to my OB. This book was a great complement to my birth team. Highly recommended.

Easy read with many significant details to help keep Mom & Dad on task for a "Natural" Birth. My favorite line is "We'd like to wait an hour". LOVE THIS!! If whatever A, B, C intervention that is currently being proposed by the hospital staff were a 'true' medical emergency there would not be an option. Waiting for Baby and Mom to progress naturally is always the best choice, and an opportunity to try a myriad of non-invasive options...change positions, have a snack, change again, shower, try nipple stim, dance,/sing, walk/hug, hydrate, make a little love, laugh and take a nap, watch a movie, play a game, and then...repeat it all again!!! Thank you for this important book which may be my new favorite Birth book! Will definitely recommend it to all future Doula clients.

Loving Birth Journeys...ALWAYS!

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