



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.

A devotional journal inviting women to embrace the spiritual journey that awaits as they prepare for the high and holy calling of motherhood. Expecting a baby is a time of unfolding wonders—from the jolt of first heartbeat, to the buds of tiny fingers, to the flutter of little kicks. During pregnancy, a mother's body nourishes this quiet miracle's development. But through the trials of morning sickness, the anticipation of labor, and the questions of whether she'll be a good mother, she'll need her own nourishment—both physical as well as spiritual. She'll want to nurture her own heart so that she may one day strengthen the spiritual life of this child entrusted to her. *Waiting in Wonder* guides readers through the weeks of pregnancy with devotions designed to encourage, strengthen, and inspire. Each devotion includes Scripture and journaling space for writing personal thoughts, prayers, dreams, even love letters to the growing baby. And when baby is born, mother will hold a lifelong keepsake for rereading and reliving a truly wonder-filled time of physical change and spiritual growth.

An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In *Birth Without Fear*, January Harshe—founder of the global online community Birth Without Fear—delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child—covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. *Birth Without Fear* shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights—and how to use their voice to exercise them—as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, *Birth Without Fear* will also help partners understand what mothers are going through, as well as discuss the challenges that they, too, will face—and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy, birth, and the postpartum experience, *Birth Without Fear* is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

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