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experienced doula linsey bliss shows you how to prepare physically and mentally for every element of having a child from pregnancy to fourth trimester in the doula s guide to empowering your birth lindsey bliss who has assisted as a doula at hundreds of births and is herself a mother of seven reveals here all the wisdom and advice that doulas share with the new mothers who hire them the doula s guide to empowering your birth covers the period from pregnancy through labor and birth to fourth trimester healing the focus however is on preparing for birth including topics like how to pick the right childbirth class and the right birthing method you ll also see how to assemble the team of professionals family members and friends who will support you through labor and birth and how to approach last minute decisions about pain medications and cesarean sections bliss s tone throughout is at once authoritative and confident as well as warm and encouraging her concern in her practice as well as in these pages is to listen to and help secure each new mom s own personal vision of a birthing experience that is safe fulfilling and meaningful provides information about labor and childbirth for soon to be dads highlighting ways to keep the mom happy be useful and document the special day in his breakthrough book jones introduces a new highly effective method of childbirth preparation using mental imagery he shows expectant parents how to prevent the pain and fear associated with childbirth providing an insightful analysis of the key issues and significant trends relating to labour within the platform economy this modern guide considers the existing comparative evidence covering all world regions it also provides an in depth look at digital labour platforms in their historical economic and geographical contexts

highlighting the diversity of experience of platform work case studies illustrate how general trends play out both in online and location based labour platforms across the globe chapters illustrate a need for a post pandemic regulatory requirement of digital labour platforms at different policy levels whilst providing a general overview of key topics interlinking contributions with a global scope and coverage identify the challenges faced and offer thoughtful regulatory solutions this engaging book will be an invaluable resource for academics of labour economics legal and business studies and sociology it will also benefit policy makers in social and political geography and political science looking for a deeper understanding of the topic this guide aims to help policy makers and practitioners design practical and targeted projects by applying the techniques of project design to the complex problem of child labour the reader is guided through the logical sequence of steps necessary for effective project design and the drafting of coherent project documents it includes guidelines on international labour standards situation analysis and interviewing techniques optimizing outcomes for women in labor at the global level requires evidence based guidance of health workers to improve care through appropriate patient selection and use of effective interventions in this regard the world health organization who published recommendations for induction of labor in 2011 the goal of the present guideline is to consolidate the guidance for effective interventions that are needed to reduce the global burden of prolonged labor and its consequences the primary target audience includes health professionals responsible for developing national and local health protocols and policies as well as obstetricians midwives nurses general medical practitioners managers of maternal and child health programs and public health policy makers in all settings whether it is your first second or fifth baby most of us approach childbirth with some trepidation yet this life changing event can and should be a positive one caroline flint is a practising midwife and one of the most inspirational figures in the world of childbirth over the years she has helped hundreds of women give birth comfortably and confidently and now she will help you find out how to make preparations for being in labour or even having your baby at home help labour progress quickly and smoothly make a hospital birth more homely enjoy the first hours days and weeks with your newborn having a baby is one of life's most exciting adventures this book will help you to embrace it a complete guide to childbirth for the mind body and soul of the jewish woman this sensitively written comprehensive book leaves no aspects of labor and delivery unmentioned from epidurals to exercises breathing to breastfeeding and lots of positive encouragement this is a book every expectant jewish mother will find valuable the author a renowned childbirth teacher with over twenty five years of experience combines vital information practical guidance and the timeless wisdom of our rich jewish heritage to empower women to make their birth a labor of love with a foreword by rabbi abraham j twerski m d includes ribbon bookmark and a special bonus cd featuring deep relaxation techniques reassuring guide for expectant mothers to wide range of pain control options evidence based care is a well established principle in contemporary healthcare and a world wide health care movement however despite the emphasis on promoting evidence based or effective care without the unnecessary use of technologies and drugs intervention rates in childbirth are rising rapidly evidence based care for normal labour and birth brings to light much of the evidence around what works best for normal birth which has until now remained largely hidden and ignored by maternity care professionals beginning with the decision about where to have a baby through all the phases of labour to the immediate post birth period it systematically details research and other evidence sources that endorse a low intervention approach the book highlights where the evidence is compelling discusses its application where women question its relevance to them and where the practitioner's expertise leads them to challenge it gives background and context before discussing the research to date includes questions for reflection and practice

recommendations generated from the evidence using research data evidence based care for normal labour and birth critiques institutionalised scientifically managed birth and endorses a more humane midwifery led model packed with up to date and relevant information this controversial book will help all students practising midwives and doulas keep abreast of the evidence surrounding normal birth and ensure their practice takes full advantage of it since the original publication of the birth partner new mothers mates friends and relatives and doulas professional birth assistants have relied on penny simkin s guidance in caring for the new mother from the last few weeks of pregnancy through the early postpartum period fully revised in its fourth edition the birth partner remains the definitive guide for preparing to help a woman through childbirth and the essential manual to have at hand during the event this completely updated edition 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 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 the first complete comprehensive guide to pain relief during labor and delivery far too many expectant mothers find themselves unprepared when labor begins and natural techniques don t effectively manage the pain this indispensable guide provides reassuring proven approaches to combining medical and natural techniques to ensure the most comfortable pain free labor possible in easy labor you ll discover what to expect during labor and key factors that affect your comfort the facts on epidurals safety concerns and how effectively they reduce pain the pros and cons of pain relief medications complementary and alternative methods including water immersion acupuncture hypnosis massage and birth balls how your choice of hospital or birth center affects your pain management options techniques to calm and eliminate the specific fears and stresses associated with childbirth so relax and enjoy your pregnancy with this important book by your side this new edition provides an up to date and thoughtful guide to supporting women in labour looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families across the world support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies written by two highly experienced midwifery authors this text draws on a wide range of cutting edge research on this topic identifying how the evidence can be applied to everyday practice narratives from women and practitioners including midwives doulas childbirth educators and students are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome supporting women for labour and birth encourages readers to reflect on their experiences and examine the evidence provided by both research and experiences of women and practitioners in order to explore how this could be incorporated into their practice the only book to deal directly with the practical and emotional issues associated with labour support this is an ideal text for student midwives and an important reference for practising midwives doulas and other childbirth practitioners the main aim of this practical handbook is to strengthen counselling and communication skills of skilled attendants sAs and other health providers helping them to effectively discuss with women families and communities the key issues surrounding pregnancy childbirth postpartum postnatal and post abortion care counselling for maternal and newborn health care is divided into three main sections part 1 is an introduction which describes the aims and objectives and the general layout of the handbook part 2 describes the counselling process and outlines the six key steps to effective counselling it explores the counselling context and factors that influence this context including the socio economic gender and cultural environment a series of guiding principles is introduced and specific counselling skills are outlined part 3 focuses on different maternal and newborn health topics including

general care in the home during pregnancy birth and emergency planning danger signs in pregnancy post abortion care support during labor postnatal care of the mother and newborn family planning counselling breastfeeding women with hiv aids death and bereavement women and violence linking with the community each session contains specific aims and objectives clearly outlining the skills that will be developed and corresponding learning outcomes practical activities have been designed to encourage reflection provoke discussions build skills and ensure the local relevance of information there is a review at the end of each session to ensure the sas have understood the key points before they progress to subsequent sessions fear of childbirth the increasing use of epidurals and soaring caesarean section rates are the focus of much apprehension debate and controversy in contemporary maternity care across the world support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies yet women often report feeling unhappy with the support they receive this textbook provides a clear and practical guide to supporting women in labour looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families written by two highly experienced midwifery authors this text draws on up to date research identifying how evidence can be applied to everyday practice it includes narratives from women and practitioners including midwives doulas childbirth educators and students these are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome supporting women for labour and birth encourages readers to reflect on their experiences and examine the evidence provided by both research and the experiences of women and practitioners in order to explore how this could be incorporated into their practice the only book to deal directly with the practical and emotional issues associated with labour support it is an ideal text for student midwives and an important reference for practising midwives doulas and other childbirth practitioners topics covered include background evaluation policy organization and management for labour inspection sectoral aspects such as child labour agriculture non commercial service sector construction industry labour inspection and hazards prevention my pregnancy guide is based on my 20 years clinical experience in helping women during pregnancy and the latest scientific evidence sourced from over 750 research studies this self help guide blends modern fact based research together with the ancient theories of chinese medicine to deliver a powerful and concise understanding of pregnancy and labour my pregnancy guide explains what to expect in pregnancy problems you may experience and what to do about them the impact of covid 19 an optimal pregnancy diet supplements to take pregnancy for dads and how to reduce your baby s chances to developing autism it explains what tests you can have and the various dangers to your baby and how to avoid them from chemicals in the environment in foods cosmetics and household products to pollution plastics heavy metals and pharmaceutical drugs advice is given on how to minimise your baby miscarrying or developing any abnormalities and how you can enhance your health for optimal breast milk production and post labour health in depth explanations are given on how to optimise your lifestyle from exercising work sleep to clothing footwear and even baths versus showers all based on the latest cutting edge research together with the tried and tested theories of chinese medicine week by week explanations on how your baby is growing is given along with advice on how to enhance your baby s development a large range of supplements are listed to improve mother and baby s health based on the latest scientific research my pregnancy guide also explains how to deal with various pregnancy problems that may develop from gestational diabetes preeclampsia to constipation and slow baby growth explanations are given on the stages of labour and how to prepare for each step fact based research is given advising on going over 40 weeks and how to prepare for labour treat a breech baby pain relief options and acupressure points to encourage labour and a reduction in labour pain a large range of natural herbs are

given to help reduce miscarriage and aid labour dr tcm attilio d alberto has been supporting women in pregnancy and labour since 2004 from those who fell pregnant naturally to those that conceived with ivf this book is a treasure trove of information that is invaluable to all women who are pregnant i safely delivered a baby boy i defiantly feel he helped to reduce the pain too as i felt ready to give birth all over again the next day dr tcm attilio d alberto bachelor of medicine beijing bsc hons tcm south african labour legislation prescribes to employers and employees what they are able to do when they are allowed to do it and how it is in reality a potential mine eld but help is now at hand with everyone s guide to labour law which aims to assist employers and employees in respect of their rights duties and obligations in most labour related matters it deals simply with the relevant legislation and the most common pitfalls as well as the processes and procedures that must be followed this comprehensive current and informative book makes complex acts accessible and easy to understand while practical examples provide clarity and better understanding back cover available for the first time in full color the up to date and authoritative pregnancy guide that has sold 1 5 million copies by recognizing that one size fits all doesn t apply to maternity care parents love this book because it puts them in control experts love it because it s based on the latest medical research and recommendations from leading health organizations pregnancy childbirth and the newborn provides the information and guidance you need to make informed decisions about having a safe and satisfying pregnancy birth and postpartum period decisions that reflect your preferences priorities and values unlike pregnancy guides that can overwhelm and alarm by telling you up front all the things that can possibly go wrong this book first describes normal healthy processes their typical variations and the usual care practices for monitoring them only then does it cover possible complications and the care practices and procedures for resolving them throughout the presentation is crystal clear the tone is reassuring and the voice is empowering and the language is inclusive reflecting today s various family configurations such as single parent families blended families formed by second marriages families with gay and lesbian parents and families formed by open adoption or surrogacy from sensible nutrition advice to realistic birth plans from birth doulas when desired to cesareans when needed from reducing stress during pregnancy to caring for yourself as well as your baby after birth this pregnancy guide speaks to today s parents to be like no other 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 have you been asked to attend the birth of a baby are you wondering what to expect learn the secrets to a positive birth experience in this ultimate guide doula antenatal teacher and hypnobirthing instructor sallyann beresford reveals everything you need to know when preparing to attend the birth of a baby she identifies key elements of the birth partner role that are not traditionally taught and presents the most up to date information examining all the important issues related to giving birth in these modern times over the past 20 years sallyann has supported thousands of couples in achieving their dream birth and she knows exactly what is required to help any woman through labour whether you are a spouse relative friend doula or midwife you ll benefit from the easy to follow information and tried and tested tools she shares an excellent

understanding of your role during the birth process leads to a positive experience for the pregnant woman and everyone around her this reference book provides a core list of publications in the labour field covering both reference materials and selected ilo publications in english it covers employment training labour relations labour administration working conditions and environment social security promotion of equality and workers education this publication sets out a practical framework for specific measures for trade union involvement at the local national and international levels to protect against the use of child labour based on the variety of approaches taken by workers organisations around the world the book summarises the nature and extent of the child labour problem gives examples of trade union activities in the campaign against child labour sets out a framework for action based on these case studies and examines the international response to child labour what you need to know to have the best birth experience for you drawing upon her thirty plus years of experience ina may gaskin the nation s leading midwife shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience based on the female centered midwifery model of care ina may s guide to natural childbirth gives expectant mothers comprehensive information on everything from the all important mind body connection to how to give birth without technological intervention filled with inspiring birth stories and practical advice this invaluable resource includes reducing the pain of labor without drugs and the miraculous roles touch and massage play what really happens during labor orgasmic birth making birth pleasurable episiotomy is it really necessary common methods of inducing labor and which to avoid at all costs tips for maximizing your chances of an unmedicated labor and birth how to avoid postpartum bleeding and depression the risks of anesthesia and cesareans what your doctor doesn t necessarily tell you the best ways to work with doctors and or birth care providers how to create a safe comfortable environment for birth in any setting including a hospital and much more ina may s guide to natural childbirth takes the fear out of childbirth by restoring women s faith in their own natural power to give birth with more ease less pain and less medical intervention practical hands on information for fathers to be dad s guide to pregnancy for dummies is packed with practical straightforward information for fathers to be covering all of the logistical physical and emotional aspects of pregnancy from a dad s unique point of view when it comes to pregnancy dads roles have changed so much in the past few decades that expectant fathers don t always know where to turn to for guidance and advice on this milestone event now they do dad s guide to pregnancy for dummies covers what to expect at doctor s visits tips for being a supportive partner during pregnancy and preparing for fatherhood advice on birth plans labour and delivery and the first days and weeks of a baby s life packed with helpful information on the typical struggles and feelings expectant fathers face dad s guide to pregnancy for dummies gives first time fathers and veteran dads alike a wealth of useful information

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