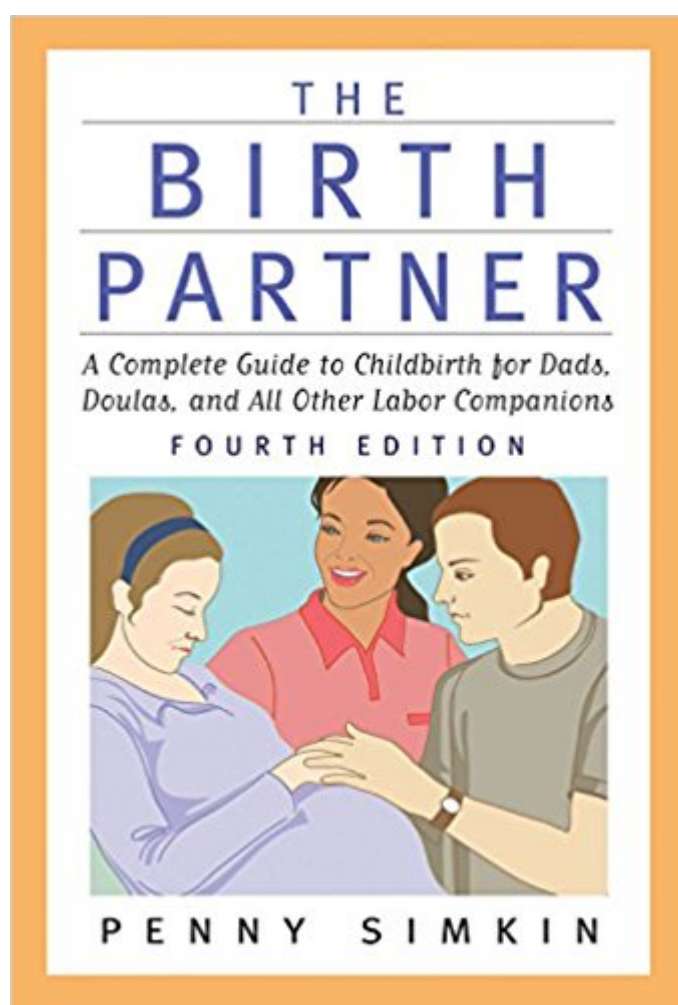


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# The Birth Partner - Revised 4th Edition: A Complete Guide To Childbirth For Dads, Doulas, And All Other Labor Companions



## Synopsis

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.

## Book Information

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## Customer Reviews

**PRAISE for THE BIRTH PARTNER** "Penny Simkin shows how giving support in childbirth is not only a matter of helping a woman through labor and delivery important though that is but also of enabling her to cherish a meaningful memory of birth. Sheila Kitzinger, author of *Rediscovering Birth* and *The Complete Book of Pregnancy and Childbirth* "A clearly written book that describes what really happens in our maternity units. I recommend it highly for both parents and a supportive friend. Marshall Klaus, M.D., author of *Bonding, Your Amazing Newborn* and *Mothering the Mother*

Penny Simkin, P.T., is a physical therapist, childbirth educator, doula, and birth counselor. She is nationally recognized as a premier authority on childbirth, having helped 9,000 expecting women and birth partners in childbirth and attended hundreds of couples through the birth process. Simkin is a prolific author and serves on more than ten different consultant and editorial boards, including the journal *Birth: Issues in Perinatal Care*, The International Childbirth Education Association, and The Seattle Midwifery School, where she also provides training for doulas and lectures for the students. She has written myriad books, journal and magazine articles. She is also co-founder of DONA International (formerly Doulas of North America) and The Pacific Association for Labor Support. In addition to providing childbirth education, birth counseling, and labor support, Simkin travels extensively throughout the country, lecturing and presenting at conferences and workshops. For more information, please visit Simkin's website at [pennysimkin.com](http://pennysimkin.com)

As a new dad with a now 7-month old son, this book helped me prepare for what my wife was going to go through and give me the tools and confidence to help her through everything she went through. I would recommend this book to all new fathers. HOWEVER, do not get the e-book. There are lots of tables and pictures that do not translate well into the smaller e-book format. Also, as a reference, this is much better used as a physical book.

All the info I needed to help/support my wife give birth to our kids without the use of medical drugs or instruments. It covers positions, including drawings and descriptions that tell what each position helps with; like relieving back pain or changing the baby's position from a bad one to a good one. I brought copies of these pages to the birth center and used them to help Rachel be more comfortable and promote the baby's movement and position. Our midwife used one of the positions in this book to help the birth happen within minutes of doing it. If we hadn't done that position we probably would have had to do a surgical birth (C-Section). The other important part for me was how to help the mother relationally to help her emotionally. It was the three Rs: Rest, Rhythm and Ritual. It wasn't common sense for a guy to know this stuff. Her midwife said we were a great team. It was because of the things I learned in this book. There was a lot more to this book that may help you. But those are the parts I used

I learned a ton about birth from this book, and I am sure it helped me be useful to my wife during our pregnancy. I really appreciated the positive "you and your partner can DO this!" attitude. I even got

a little teary-eyed reading some of the sections that did a great job of getting me excited! It also offered a thorough and non-judgmental treatment of both natural and medical-intervention style births. I am going to recommend this book now any time I have a friend who's partner is expecting.

A lot of birthing books have a bias and are filled with horror stories to manipulate you into choosing a certain birthing method. This book presented facts in an unbiased manner, educating the reader, so that she could make a well-informed decision and prepare herself well without becoming more overwhelmed than she probably already is. Who needs to hear horror stories when they're preparing for birth? This was very educational and helpful.

The first few chapters are kind of slow but I am probably biased. I got the book to learn more about how to be an effective birth partner and I am also a student midwife. So it's not as nitty gritty as I'd like but there is some great, very useful info in here. I'd say this book is great for individuals that are interested in learning about the birthing process if they really have no idea about it whatsoever. This is something I will definitely be making my husband and brothers read because it will probably be eye-opening and helpful for them to understand the mental/emotional side of birth for both the mother and father. The further I read the more interesting the book is for me and telling me some things I don't already know.

My husband and I purchased this book because it was recommended by our birth center midwives. We did not have a doula and it was just a midwife and a nurse present at the birth of our first born. We didn't take any pregnancy/birth courses and instead chose to read this book to help us prepare for our journey. It was very informative for all different types of births, from pregnancy and delivery; hospital, birth center, home birth, medicated, unmedicated, natural, c-section. My husband felt confident that he would be able to support me during labor and delivery and I felt confident in his abilities given the information he learned from *The Birth Partner*.

Wonderfully informative. Well arranged. I bought it when it became apparent my son-in-law might not be present for the birth of his first child. Giving birth has really changed since I last gave birth 27 years ago. I assumed the natural child birth movement that began around the time my children were born had continued. I had no idea that it had turned around. My daughter gave birth without any medical interventions and I don't believe she would have been able to do so if I hadn't first read this book. I knew what to expect and ways to respond. I must admit I forgot a great deal of what I read,

but remembered enough to help me to help my daughter and son-in-law bring their beautiful daughter into the world. I highly recommend THE BIRTH PARTNER to anyone planning to be present at a birth.

This is the best book I read in preparation for labor and delivery. It's written addressed to the partner (partner or spouse) to guide them, but as the mom to be I felt this had the most helpful and straight-to-the-point facts and advice I have found and I read a TON. What to expect had way too much fluff and didn't tell me anything I didn't already know. Way too topical. Ina May's guide had some helpful tips, but not as helpful as I had expected and the birth stories were literally ridiculous. This book gets right to the point. I highlighted a lot and learned the most from this book. Although we ended up in an emergency c section situation (I didn't know I was in labor and baby was in distress, heart rate dropped in the doctors office). But there were helpful tips on taking your mind off things that we still used. I'm not doing it justice here, but trust me even if you don't have a "natural labor" you will find this really helpful.

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