

Get Free Rediscovering Birth Sheila Kitzinger Free Download Pdf

The Complete Book of Pregnancy & Childbirth Birth Crisis Rediscovering Birth The Politics of Birth The New Pregnancy & Childbirth Birth Your Way The Experience of Childbirth Being Born A Passion for Birth The Complete Book of Pregnancy and Childbirth Becoming a Grandmother Sheila Kitzinger's Birth Book Woman's Experience of Sex The New Pregnancy and Childbirth The Year After Childbirth The Midwife Challenge Birth and Sex Birth Over Thirty-five Women as Mothers The New Experience of Childbirth Safer Childbirth? Homebirth and Other Alternatives to Hospital Tensions and Barriers in Improving Maternity Care The Experience of Breastfeeding Breastfeeding Your Baby Episiotomy and the Second Stage of Labor Birth Your Way Giving Birth Birth Over 35 Evidence-based Care for Normal Labour and Birth Birth & Sex Understanding Your Crying Baby Birth and Death The New Experience of Childbirth Breastfeeding Birth Over Thirty Pregnancy and Childbirth The Positive Birth Book Education and Counselling for Childbirth Easing Labor Pain

Extensively revised to reflect the latest in scientific research and cultural trends, an authoritative guide to pregnancy and childbirth provides all the information women need to make decisions about prenatal tests, pain control, and how and where to give birth, with advice on the development of the fetus, body changes, and labor preparation techniques. Revised and expanded edition of a comprehensive guide for parents-to-be to pregnancy and childbirth, extensively illustrated with diagrams and photographs. Includes references, a guide to further reading, useful addresses in Australia and New Zealand, a glossary, and an index. The author is an internationally bestselling authority in the field. First published in 1982, and in this revised edition in 1989 by Dorling Kindersley (UK). Released simultaneously in hardcover. Updated throughout with the most current medical information, ideas, and practices, this essential guide to the birth experience for older mothers addresses the concerns and realities associated with the growing trend of waiting for motherhood. Explores ways in which we learn about birth, how we talk and feel about it, assumptions that professional caregivers may make, and the roles and skills of midwives. Reassuring guide for expectant mothers to wide range of pain control options. This book focuses on a woman's experience during her physically, emotionally, and socially turbulent first year as a mother. A classic for all new parents, this book inspires, informs and reassures. From conception through to birth, Sheila Kitzinger describes what to expect and prepares parents-to-be for the physical changes ahead. Now includes information on Caesarean births, the birthing sling, sex during pregnancy, and nutrition. Encourages expectant parents to be actively involved in decisions about their antenatal care and birth method. Describes different approaches to childbirth and their advantages and disadvantages, including midwife delivery and birth centers. Birth and sex are often talked about as if they were contrasting experiences. In fact, they each involve the same rush of hormones in an action drama in which mind and body work in harmony. When a woman is free to follow her instincts and give birth naturally, waves of

endorphins surge in the bloodstream with the same energy as in ecstatic lovemaking. Birth and sex mingle to become one in the thrilling, sweet, intense and overwhelming experience of creation. Yet in the Western high-tech birth culture the environment often inhibits the spontaneity of birth, resulting in pain and distress. Pr. " The Experience of Childbirth is written by a sociologist and ante-natal teacher - herself the mother of five children - as a complete manual of physical and emotional preparation for the expectant mother. The physiology of pregnancy, the development of the foetus, and the successive stages of labour are described in detail. Moving on from the pioneer work of Grantly Dick-Read and later psychoprophylactic techniques Mrs. Kitzinger's research and teaching focus particularly on the psychological aspects of child-bearing, on the preparation of both wife and husband not only for birth but for parenthood and marital adjustment, and on a girl's changing relationship with her own mother."

-- Publisher's description. 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. This fully illustrated autobiography recounts Sheila Kitzinger's life from her childhood, with a mother who was a feminist before the term was invented, her student days in Oxford to her pioneering work in anthropology and tireless campaigning for women's rights and improvement in maternity services. An inspiration to many, Kitzinger talks candidly about her set-backs and failures as well as her achievements, the sexual exploitation and abuse that she encountered in her continuous and untiring struggle against the medicalization of childbirth." Since the first edition went to press in 1989, there have been many important developments concerning different aspects of maternity care. To take account of these, much needs to be added to this history. Late 1989 saw the publication of the double volume set of studies, Effective Care in Pregnancy and Childbirth, in which all the then existing evidence on all the associated procedures was considered and evaluated by well-informed and impartial authors representing many countries. This informative collection has since been followed by a flow of single reports of new research findings about specific subjects within the field. To incorporate the new material has involved, in particular, a considerable enlargement and rearrangement of the text and reference lists for Chapters 3 and 4, which deal with

antenatal and intranatal care. Then in 1990-1 the House of Commons Health Committee, under its chairman Nicholas Winterton, undertook a further enquiry into the maternity services in Britain. A wide range of people concerned as providers or users of the service, as well as researchers concerned to find out how well the service was meeting needs, chose to submit testimonies, written and oral. These testimonies were all later published in six volumes which offered a most valuable depiction of the maternity service from many points of view. Featuring international midwives, this book compares the position of midwives in different medical systems, in industrial and developing countries, the problems they face and their future hopes. This book is designed to be of interest to midwives, health workers and to women generally. Usually conceived in opposition to each other – birth as a hopeful beginning, death as an ending – this book brings them into dialogue with each other to argue that both are central to our experiences of being in the world and part of living. Written by two authors, this book takes an intergenerational approach to highlight the connections and disconnections between birth and death; adopting a relational approach allows the book to explore birth and death through the key relationships that constitute them: personal and social, private and public, the affective and social norms, the actual and the virtual and the ordinary and profound. Of interest to academics and students in the fields of feminism, phenomenology and the life course, the book will also be of relevance to policy makers in the areas of birth activism and end of life care. Drawing from personal stories, everyday life and publicly contested examples, the book will also be of interest to a more general readership as it engages with questions we all at some point will grapple with. Kitzinger, a social anthropologist, explores the experience of grandmotherhood both personally and historically based on detailed research. Classic guide to pregnancy, labor, and early parenthood now fully revised and expanded to meet the needs of today's parents-to-be. An up-to-date manual of physical and emotional preparation for giving birth. Index. A practical, pictorial guide to every aspect of breastfeeding. Diagrams and 200 photographs. More and more women are keen to explore their options for childbirth, and to choose the kind of birth that they feel is best for them and their babies. For many women, giving birth at home in their own surroundings has significant advantages. Childbirth is one of the most important and powerful events in a woman's life - and yet many women look back on it as an ordeal. Sheila Kitzinger, acknowledged around the world as an expert in the psychological, social and physiological aspects of birth, has rewritten her first book for today's women. Herself a mother of five, all born at home, she believes that birth can be a positive and deeply satisfying experience. She co-created the teacher training scheme of the National Childbirth Trust, and was the first person to introduce couple's classes, pregnancy and postnatal counselling, and birth companions to give personal support and help in childbirth. Written with warmth, elegance and understanding, **THE NEW EXPERIENCE OF CHILDBIRTH** explores emotional as well as the physical elements in childbirth and is essential reading for every mother- (and father-) to be. This carefully researched and passionate book tells the story of a birth centre, and the painful but valuable lessons it presents for others. This is a vital and challenging resource for all midwives, managers and policy makers and shapers with an interest in maternity and women-centred care. Everything the expectant mother needs to know about childbirth, from one of the foremost experts in the field. Childbirth is one of the most important and powerful events in a woman's

life - and yet many women look back on it as an ordeal. Sheila Kitzinger, acknowledged around the world as an expert in the psychological, social and physiological aspects of birth, has rewritten her first book for today's women. Herself a mother of five, all born at home, she believes that birth can be a positive and deeply satisfying experience. She co-created the teacher training scheme of the National Childbirth Trust, and was the first person to introduce couple's classes, pregnancy and postnatal counselling, and birth companions to give personal support and help in childbirth. Written with warmth, elegance and understanding, **THE NEW EXPERIENCE OF CHILDBIRTH** explores emotional as well as the physical elements in childbirth and is essential reading for every mother- (and father-) to be. A guide for new mothers or mothers to be, looking for the knowledge, encouragement and self confidence to breastfeed her baby. Topics covered include, making milk, getting to know your baby, and the baby with special needs. Photographs and text describe the baby's nine-month journey from conception to birth. One new mother in twenty is diagnosed with traumatic stress after childbirth. In *Birth Crisis* Sheila Kitzinger explores the disempowerment and anxiety experienced by these women. Key topics discussed include: increasing intervention in pregnancy the shift in emphasis from relationships to technology in childbirth how family, friends and professional caregivers can reach out to traumatized mothers how women can work through stress to understand themselves more deeply and grow in emotional maturity how care and the medical system needs to be changed. *Birth Crisis* draws on mothers' voices and real-life experiences to explore the suffering after childbirth which has, until now, been brushed under the carpet. It is a fascinating and useful resource for student and practising midwives, all health professionals, and women and their families who want to learn how to overcome a traumatic birth. Women over 35 (or even younger) expecting a first baby are automatically assigned to a 'high risk' category. Research, however, suggests that the mother's overall health is more important than age per se. This updated version provides the specialist information needed by 'older' mothers. "Episiotomy and the Second Stage of Labor presents a comprehensive analysis of the widespread practice of episiotomy and of the management of the second stage of labor."-- Back cover. As research discloses the risks of intensively managed hospital births, increasing numbers of women are considering alternatives. This new, updated edition of Sheila Kitzinger's pioneering work gives them the facts. Highly informative yet sensitively written, and supported by first-hand experiences of birth, this is the essential guide for every woman considering her options. A long-time champion of freedom of choice in childbirth, Sheila Kitzinger is uniquely placed to advise and support women who want to make the right decision confidently for themselves. Birth and sex are often talked about as if they were contrasting experiences. In fact, they each involve the same rush of hormones in an action drama in which mind and body work in harmony. When a woman is free to follow her instincts and give birth naturally, waves of endorphins surge in the bloodstream with the same energy as in ecstatic For thousands of years women have given birth among people they know in a place they know well. Knowledge is shared between the participants and birth is a social event. In this new, revised edition of her classic book, Sheila Kitzinger explores the universal experience of pregnancy and birth. She looks closely at the place of birth, what is done to help women in childbirth and examines the bond traditionally formed between mothers and midwives.

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