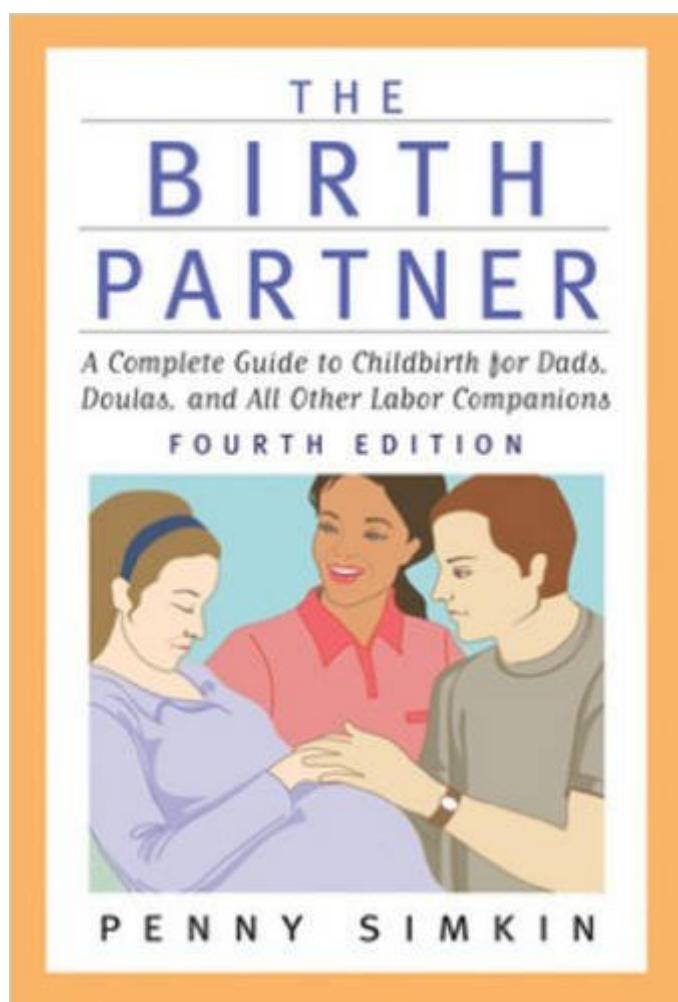


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# The Birth Partner - Revised 4th Edition: A Complete Guide To Childbirth For Dads, Doulas, And All Other Labor Companions



## **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**

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.

As a first time dad i wanted to be very much the involved father from the first step. I had taken enough birth and baby caring classes to understand the basics for the new baby to baby. My wife

and i wanted to do a (as much as possible) natural birth. This means no drugs and no surgery. Yo go girl! What really scared me was that from everyone i talked with, complications occur and you sometimes had to make a quick decision on limited knowledge on the spot. This is where i think that Penny did a great job of breaking things down. She has a great background in natural births. So many tips for comforting the mother. Birthing is a marathon. After 20 hours watching my wife go through labor, i could still remember some tips to help her cope. It was great for someone needing to know how the last few hours of pregnancy and the first first hours of newborn life can be, Thanks for making the book read more like a series of personal accounts vs. charts and studies that don't relate to me. Its an easy read for a acouple of days that will bring comfort to the mother and most importantly father to be.

I've delivered 7 children and am now pregnant with my 8th. WHERE WAS THIS BOOK WHEN I WAS PREGNANT WITH MY 1st?!?!? Everything the book said the mother would feel was RIGHT on!!! The title is deceiving because it says it is for a "Birth Partner". It would definitely be helpful to them, but I got this book for myself and found it even more educating then I expected. I especially appreciated that it didn't seem to have a hidden agenda or preference. Having had hospital/epidural births and natural births myself, I can see the benefits of both as each birth is different. I never felt there was an anti-home birth or anti-hospital birth sentiment to it. It was information for BOTH of them. My favorite part was the detailed What-is-Mom-going-to-feel during \_\_\_\_\_ stage of labor. Then there were suggestions on how to relieve that, etc. I highly highly recommend this book. I have read many (SCADS!!!) of birthing books and this is my favorite so far.

Extremely comprehensive. The book could be a little shorter because it tends to repeat itself. It basically prepares you with a summery of information before diving into that information, so it makes for a very long read. None the less, the repetitiveness allows for the information to really sink in and it is a great read for mothers and birth-partners alike. It covers, what I think would be, every possible scenario in the birthing arena and your options, choices and things to consider and prepare for in regards to said scenarios. It helps you recognize the stages of labor and offers comfort techniques as well.

I bought this book for my husband before our daughter was born. Disclaimer: I ended up with an emergency c-section almost immediately after I went into labor, so we didn't get to put most of this into practice - but throughout my pregnancy he was totally enthralled with this book. It is very easy

to read, light on the crunchy-granola-y stuff that some other "natural" childbirth books are guilty of, and still contains a lot of very useful information. A lot of work goes into having a child without pain medication, and you are FAR more likely to have a good experience if you have a supportive partner (whether that's your significant other, a friend, a doula, your mom, whatever). My mom also read this, expecting to be my husband's backup, and she hates to read anything longer than a New Yorker article - even she had a positive experience reading it.

READ THIS BOOK (and this edition)!! Seriously, I have been a birth worker for over 9 years and if there is only one book a person supporting someone in birth reads, this should be it (and bring it to the birthing place!!). Penny Simkin's famous for concise information and clear line drawings. There is a free pdf you can start with via the Childbirth Connection website, but seriously, spend the \$12 on THIS edition of THIS book. If you are the pregnant parent, it is absolutely a great read, but you may find the emotional work from "Birthing From Within" to be a needed addition to this book (or try a hypno-for-birth program after you read The Birth Partner!). For DOULAS, Childbirth Educators, Community Health Workers -- Read this, keep it and re-read it every year or so, you will likely find something new and relevant as you re-read. This edition is the best, by far, with important modifications from the previous two, specifically about labor progress and the like. Very helpful. If you don't have the funds for a doula (which would be the ideal option, by the way), this book can be extremely helpful. If you ARE hiring a doula, read this book anyway and you'll be able to think of ways to support your partner and be prepared to physically assist in the Birthing Room. And good luck!!

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