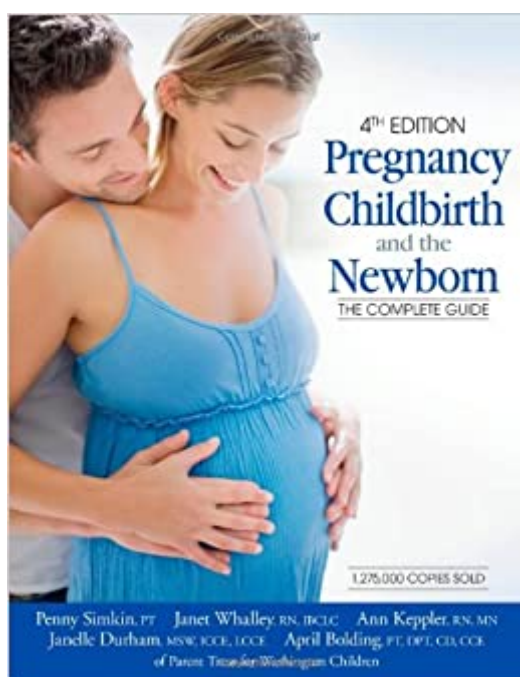


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# Pregnancy, Childbirth, And The Newborn (4th Edition): The Complete Guide



## Synopsis

"More readable, more attractive, and more accessible" is how pregnant couples describe the latest edition of this million plus-copy seller! And, of course, it's got all the latest medical information and advice. The new edition is designed to expand the retail market for this authoritative and complete guide. *Pregnancy, Childbirth, and the Newborn: The Complete Guide* is already one of the bestselling pregnancy books on the market, with more than one million copies in print! Now newly revised and redesigned, this comprehensive, authoritative "bible" provides expectant couples with abundant, valuable information about pregnancy, labor, birth, the postpartum period, and newborn care. This award-winning book presents the latest research-based information on pregnancy, birth, and early parenthood, including:

- New information on complementary-medicine approaches such as acupuncture
- Updated information on interventions during childbirth
- Revised statistics and discussions on cesarean birth and vaginal birth after cesarean (VBAC)
- New advice on informed decision-making, one of the hottest topics in maternity care today
- Plus much, much more! The book has been redesigned so it's more accessible and reader-friendly, with more photos, illustrations, and boxed features that allow for important information to be highlighted. Also included in the new design are fun and informative sidebars, such as "Common Q&As" about pregnancy, childbirth, and newborn care; "In Their Own Words," in which parents describe their pregnancy, childbirth, and early parenting experiences from their point of view; and "Fact or Fiction?" in which the authors present common misinformation and the facts. New to this edition is an accompanying website, [www.PCNGuide.com](http://www.PCNGuide.com), where readers can find additional maternity care information as well as helpful forms and worksheets.

*Mom's Choice Awards Pregnancy, Childbirth, and the Newborn (2010)* GOLD AWARD; *Pregnancy & Childbirth*; *iParenting Media Awards Pregnancy, Childbirth & the Newborn (2009)* Best Products Winner: Book; *Living Now Book Awards Pregnancy, Childbirth, and the Newborn: The Complete Guide (2009)* Family (Parenting/Health/Safety): BRONZE AWARD; *National Parenting Publications Awards (NAPPA) Pregnancy, Childbirth & the Newborn (2009)* GOLD AWARD; *Parenting Resources; USABookNews.com Pregnancy, Childbirth & the Newborn (2009)* WINNER: Parenting/Family: *Pregnancy & Childbirth*; *ForeWord Magazine Book of the Year Awards Pregnancy, Childbirth & the Newborn (2008)* FINALIST: Parenting

## Book Information

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## Customer Reviews

“This is the ultimate guide to all aspects of birthing. It is a must for all pregnant women and those who love them!”  
•Christiane Northrup, MD, Author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*  
“Women can only make informed choices when they are able to get comprehensive information on the many decisions that come up during pregnancy, labor, birth, and the postpartum period. This book provides such information. I heartily recommend it to all pregnant women!”  
•Ina May Gaskin, Author of *Ina May's Guide to Childbirth*, *Ina May's Guide to Breastfeeding*, and *Spiritual Midwifery*  
“Current research, wisdom, and women's voices together create the most comprehensive book on understanding your options. It will educate, inspire, and nurture you to make informed decisions as you welcome your baby into the world.”  
•Debra Pascali-Bonaro LCCE, CD (DONA), PCD (DONA), Coauthor of *Orgasmic Birth: Your Guide to a Safe, Satisfying and Pleasurable Birth Experience*; director, *Orgasmic Birth: The Best-Kept Secret*  
“Once again the authors have provided the right information, at the right time, and have delivered it with the kind of reassuring expertise that helps expectant parents prepare for the most meaningful moment of their lives.”  
•Bernie Dorsey, Founder of *Conscious Fathering*  
“This is the revision we have been waiting for! It is the best book for parents and a wonderful resource.”  
•Kathleen A. Lindstrom, CD (DONA), LCCE, FACCE, Perinatal Program Manager, Douglas College, Coquitlam, BC  
“This book is authoritative without feeling overwhelming. It keeps the woman and her

family in focus and provides a range of options. If expectant parents could have one book, this would be the one.

•Trish Booth, MA, LCCE, FACCE, Childbirth education consultant, Manlius, NY  
"A truly wonderful book for expectant families. It's informative, thorough, and helpful. We give it to all our patients, and they think it's great, too!"

•Carolyn Kline, MD, MPH, Perinatologist Eastside Maternal Fetal Medicine, Kirkland and Bellevue, WA  
"The material is beautifully organized and the presentation is crystal clear."

•Sheila Kitzinger, Author of *The Complete Book of Pregnancy and Childbirth*  
"For the most part, pregnancy books are written for and read by women, but if you're a caring father (or father-to-be), this is an outstanding book. It gives the fairest and most complete descriptions of the myriad medical options available during childbirth. It is the best of the many books available."

•Tom Seager, father of three, Potsdam, NY  
"Pregnancy, Childbirth and the Newborn has been a standard guide for expecting parents since the first edition in 1979. With the 4th edition, the book has undergone some amazing changes. The pages are more graphical in design and easier to search, with each chapter broken into smaller sections. Sidebars break up the text so important information can be pointed out easily to the reader. Lots of sketches and black and white photographs adorn the pages. Easy-to-read charts describe trimester changes, sample fetal movement counts, newborn tests, procedures and much more. The book covers everything from prenatal nutrition to making a birth plan. Doula, pain relief options and homebirth are all presented in a fair, evenhanded manner, leaving the reader to decide what options may be best for herself and her baby. The authors have done an excellent job at outlining the many options available to pregnant and birthing women today. There is an entire chapter describing what labor may be like, as well as one about possible complications. I liked that these two were separate; moms-to-be can read about what normally happens, and then go on to learn about possible complications. The book does this with postpartum, too. There is a chapter on cesareans and one on breastfeeding. The book also includes helpful appendices on common medications used in labor, a summary of normal labor without pain medications and recommended resources that readers may want to pursue. All in all, a wonderful book has been made even better. I would recommend all midwives keep this book in their lending library for new parents. It would also make an excellent baby shower gift." Toni Rakestraw, *Midwifery Today* Issue 97

Penny Simkin, a physical therapist, has been a childbirth educator and doula since 1968. She trains childbirth educators, doulas, and doula-trainers and frequently conducts workshops for doctors, nurses, and other medical professionals. Janet Whalley, a registered nurse and lactation consultant

(IBCLC), has been a childbirth educator since 1975. Ann Keppler, a registered nurse, parish nurse, and lactation specialist, has taught childbirth classes and new-parent classes since 1975. Janelle Durham, a social worker, has worked with new parents since 1993. She is a birth doula, childbirth educator, and lactation educator. April Bolding has a doctorate in physical therapy and is a childbirth educator, birth doula, water fitness instructor, and author.

For my first pregnancy, I read *The Mayo Clinic Pregnancy Book, What to Expect, The Husband-Coached Childbirth*, and this Penny Simkin book, *Pregnancy, Childbirth and the Newborn*. This book had the best balance of stats based on evidenced based medicine but also real life anecdotal vignettes from mothers. Throughout the book, there are quotes from mothers sharing their expectations and experiences - these voices put into perspective that there is no one right way, just a few different options that might work for me. For full disclosure, I approached this first pregnancy considering a natural childbirth but open to using drugs if needed. Since I come from a family of physicians I was skeptical of going too far off the holistic deep-end. I wanted to stay within a comfort zone that balanced following my body and practicing the best evidence-based medicine. After reading many reviews, I bought this book and was very very happy in its approach to preparing for and giving birth. The book does a great job of showing the range of options. For example, The book provides at least 3 sample birth plans ranging from mothers who wanted and epidural to mothers who wanted to give birth in a birthing center. A potential con is if you're interested in week by week drawings of your little fetus and getting updates on what fruit or vegetable s/he is, then you'll need to augment this book with the Mayo Clinic Pregnancy Book or sign up for Baby Center's week by week email. Penny Simkin's book will cover general fetus development and what you can expect in each phase of your pregnancy but invests much more in the types of proactive exercises you can be doing to prepare for the birthing process. There is also a section at the end on how to prepare for the newborn, breastfeed and other aspects of basic newborn care. The book has simple pictures to illustrate techniques. My husband and I started about 2 months before our due date by spending 5-30 minutes each night practicing some of the suggested natural birthing management techniques. There were so many different techniques but the book did a great job of suggesting short routines so that we could work on a few techniques each night. It was great "us" time too! In addition, there are also sections on possible interventions such as a c-section, different drug options, membrane stripping, etc. It was great to be exposed to these possibilities early on so that I could make the appropriate decision and refer back to the book as needed. I highly recommend this book for people that are looking for a little more information on

what you can do proactively as you're preparing for your childbirth. The book is supportive of both drug-assisted and drug-free deliveries. We lucked out and had a drug-free delivery - I really surprised myself! It was a fantastic experience and this book really helped me prepare.

I purchased this book for my first pregnancy. I was not happy with "What to Expect", and I wanted something better. I appreciate the sensitivity of the authors. My baby is not an "it". My baby is not a "bun in the oven". We are talking about a new person. There is more to think about than cutsie outfits and what color to paint the nursery. The authors talk about feelings. Rather than going into a lot of details about medical tests and procedures, they give you the basic information and advise you to discuss anything recommended with your healthcare provider. That, to me, is sensible. The authors encourage you to think about things and advocate for yourself but not become a "birthzilla". I appreciate the general health and wellness during pregnancy tips. I appreciate that the authors give some general guidelines but basic enough that you can confidently avoid certain things and not question your child's well being every time you sit down to a meal. I appreciate this book because it is well-balanced and sensible.

I already own several Pregnancy and Childbirth books, but I love having this one on my Kindle App so I can reference as needed on the go. This book is very informative and at times, has been more helpful than the ever popular 'What to Expect' books that I also own. I love that it is one book for all three stages. Penny Simkin has written a book that I highly recommend to all mothers, whether they are expecting their first or fourth child as I was when I purchased this book. It has a great section for C-sections births, which tend to be skimmed over in many books, as though they were written by proponents of natural labor techniques. I really feel like this book appeals to a broader range of parents.

Great book, well written focused topics but doesn't add unnecessary fluff and easy to read. Solid medical information with an undertone of information to help you if you want to avoid medical interventions or want to know how it will effect labor or breastfeeding etc. Personally I love that it is written acknowledging that everything is connected and talks about topics and how they relate to others. I.e. If a doctor wants to break your water will that make it more likely you will need an epidural? If I have an epidural does that increase the chances of a C-section? It talks about what the procedure is, why you may need it but also why you may want to avoid and then what it can effect. Gives data to back up the statements so its not just the writers opinion. Best book out there for first

time moms!

I am pregnant with my first child, and I was looking for books that would give me a sense of what to expect from pregnancy and labor. This book was perfect for that. There are chapters that describe pregnancy, chapters that describe labor and complications, a chapter about breastfeeding, a chapter about caring for a newborn (and yourself) and more. This is a very comprehensive guide to pregnancy that was well worth it for me. I plan to go back and read the chapters about labor and newborns when I get closer to my due date, as I think that information will be incredibly useful. I will say that although there is not a clear bias, I got the distinct impression that the author is in favor of natural, unmedicated childbirth. At no place is it overt, but there are incredibly helpful sections about managing labor without medications, the side effects caused by medications, and more. This was great for me, as I am working towards a natural birth, but someone who is not may see these sections as unnecessary. I would still recommend this book to those women, however, as those sections are only small portions of the book. There is useful information in the book for every parent-to-be.

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Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom, pregnancy, newborn, childbirth, obstetrics, parenting, motherhood) Pregnancy, Childbirth, and the Newborn (4th Edition): The Complete Guide Pregnancy, Childbirth, and the Newborn: The Complete Guide Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Husband-Coached Childbirth (Fifth Edition): The Bradley Method of Natural Childbirth Pea in a Pod, Second Edition: Your complete Guide to Pregnancy, Childbirth & Beyond Study Guide for Foundations of Maternal-Newborn and Women's Health Nursing, 6e (Murray, Study Guide for Foundations of Maternal-Newborn & Women's Health Nursing) Olds' Maternal-Newborn Nursing & Women's Health Across the Lifespan (10th Edition) (Maternal-Newborn & Women's Health Nursing (Olds)) Newborn Photography Made Easy for Best Photo: A Guide to Posing Newborn Baby Avery's Neonatology: Pathophysiology and Management of the Newborn (Avery's Neonatology Pathophusiology and Management of the Newborn) The Pregnancy Journal, 4th Edition: A Day-to-Day Guide to a Healthy and Happy Pregnancy Understanding Newborn Behavior and Early Relationships: The Newborn Behavioral Observations (NBO) System Handbook Clinical Handbook for Olds' Maternal-Newborn Nursing (Davidson, Clinical Handbook Olds' Maternal -Newborn Nursing) Preparing for Birth with Yoga, Updated

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