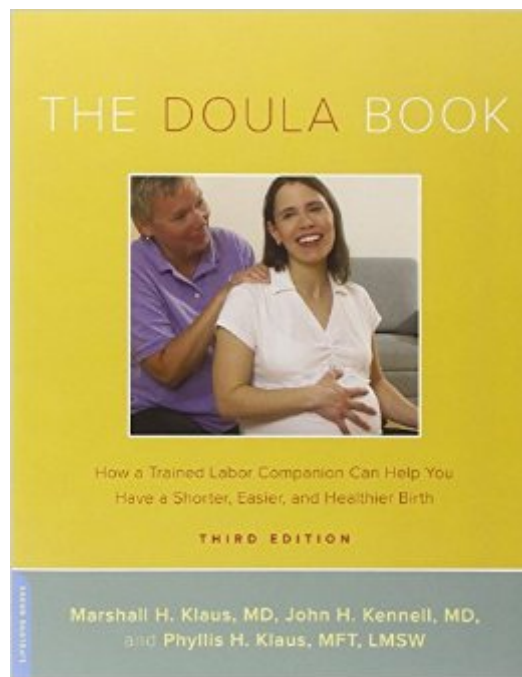


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# The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth (A Merloyd Lawrence Book)



## Synopsis

For an entire generation of new parents, this warm, expert work has become the standard guide to the shortest, easiest, and healthiest childbirth. Now a thoroughly updated and revised edition offers new research showing how labor support reduces the rate of cesarean sections, length of labor, need for pain medicine, and number of episiotomies. New material also demonstrates the positive effects of having a doula on mother-infant bonding, how relatives or friends can be trained in labor support, and how hypnosis is used to ease and shorten labor. No expectant parent will want to be without this empowering and irreplaceable book.Â

## Book Information

Series: A Merloyd Lawrence Book

Paperback: 272 pages

Publisher: Da Capo Lifelong Books; 3 edition (April 3, 2012)

Language: English

ISBN-10: 9780738215068

ISBN-13: 978-0738215068

ASIN: 0738215066

Product Dimensions: 0.8 x 7 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (65 customer reviews)

Best Sellers Rank: #18,295 in Books (See Top 100 in Books) #58 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #474 inÂ Books > Parenting & Relationships > Parenting

## Customer Reviews

I started this book at the beginning of my doula training (it was recommended reading) and never actually finished it. It had some useful information for new doulas and for parents considering using a doula, but unfortunately did not have much I didn't already know. I think in its time this book was probably a bit revolutionary and could still be useful for parents who have no idea what a doula is, but otherwise it's not a necessary read.

Bought this book hoping to learn some theory and technique for supporting my wife as she delivers our 2nd baby. Rather than being instructional, though, this book reads more like an advertisement or pitch piece for doulas and their services. It mostly refers to things you can expect your doula to

assist you with, but offers no actionable information for someone hoping to perform those tasks themselves. I've got nothing against doulas - I think more couples should explore the idea of using one - and the book is clearly written and well annotated. I just didn't find it that helpful.

This is on the DONA international required reading list and is a must for every birth doula in training. But, if you aren't sure what a doula and are considering one for the birth of your baby, this is a great book to consider as well.

I haven't fully read this yet, I am only picking little bits out at a time so I can properly help clients, but I want to sit down and read the whole book. I should be able to now though since I'm almost done with another. This is for my DONA birth doula training and this has helped me so much so far.

I am currently pursuing certification to become a doula, and found this book to be very helpful in understanding the role and importance of being a doula. It includes a few sections specifically on (very interesting) research regarding doulas, and includes extensive lists of the references, resources, and research cited for further reading. It also helped me to make the final decision in regards to whether or not I truly wished to pursue this new course in life.

It is a proven fact that women giving birth can benefit from the assistance of a trained labor companion, more commonly known as a doula. Doulas provide one-on-one comfort and reassurance to laboring women through touch, environmental adjustments, providing knowledge about the process of labor and any medical interventions employed, and more. "The Doula Book" by Klaus, Kennell, and Klaus has been a mainstay for both couples considering hiring a doula and women in training to become a doula for years. The newly released third edition provides updated information for readers, such as research about unintended effects of common medical interventions and information on how a female relative or friend can be trained to support a laboring woman. The idea of using a doula in childbirth is slowly becoming more mainstream, and with good reason: hiring a doula is scientifically proven to shorten labor time and reduce the need for relatively common medical interventions such as epidurals and cesarean sections. This book is a great place for women to start when looking to learn more about labor companions. It is full of valuable knowledge and useful personal anecdotes that pregnant women and potential doulas alike will find beneficial. Spread the word and hire a doula! Originally published for San Francisco and Sacramento

Book Reviews.

This was a very boring read for me. Yes, it was educational, however, the author(s) reiterated each and every technique over and over again. If the author(s) did not repeat themselves so many times, this book would have been cut by 3/4. I'm a bit disappointed!

I love this book! I had a birth Doula for my second birth and was everything and more than I hoped for...inspired me to become a Certified Birth and Postpartum Doula through DONA, after already being a registered nurse in maternal child, and LC (IBCLC). I love the chapters devoted to Fathers in Child Birth, using interviews and actual quotes from Fathers themselves that were unsure at first, but highly recommend having a Doula after their experience... I think it does a superb job of really illustrating how the Doula differ in a unique way that actually benefits the entire family, laboring women, supportive husband (or other significant other), and backs everything up with much clinical research. Highly recommended! Complements The Birth Partner very well!

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