



You And Your Caesarean Birth

Michele C. Moore, Caroline M. de Costa



You And Your Caesarean Birth:

You and Your Caesarean Birth Trisha Duffett-Smith, 1985-01-01 **The His and Hers Guide to Pregnancy and Birth** Dean Beaumont, Steph Beaumont, 2016-06-09 Mums and dads to be both want the best for their baby but often their experiences of the journey to parenthood can be quite different In this book leading antenatal teachers Dean and Steph Beaumont offer a new way to prepare for your new arrival Covering everything from first finding out you are pregnant to the early weeks with your baby you ll find practical advice reassurance and guidance on how you can support each other as well as your growing baby Divided into sections with targeted information for mum and dad addressing their concerns and questions The His and Hers Guide to Pregnancy and Birth will support you as individuals giving you the confidence and knowledge you need Each chapter also includes a Get Together section which provides ideas for bonding advice on what dad can do to help and ways to connect with and understand each other *The 360 Mama Guide to C-Section Recovery* The 360 Mama, Emma Bradley, Hannah West, 2025-07-01 From the award winning postpartum professionals The 360 Mama The 360 Mama c section recovery courses have been changing lives for new mothers Incredible course User review The 360 Mama website Essential postpartum care User review The 360 Mama website Best investment for postpartum User review The 360 Mama website Have you recently had a c section Are you struggling with recovery but want to come back stronger Looking for advice on your scar your pelvic floor health or a return to exercise The 360 Mama Guide to C Section Recovery gives everything you need to fully heal from your c section answering all your questions and offering practical expert led advice at a time when you may feel lost or unsupported Written by the hugely successful 360 Mama postnatal recovery team this expert led book leaves nothing out From how to prepare for a c section to strategies you can put in place from the earliest moments to support the healing process to guidance on wound care and scar massage there is practical guidance for every new mama You will find exercises to strengthen and rehabilitate your core improve any overhang and help you return to full physical activity Featuring real life birth stories and experiences as well as advice on coping with birth trauma and managing your mental health post birth this empowering guide will help you to reclaim the narrative and to fully enjoy motherhood

The Positive Birth Book Milli Hill, 2022-05-26 Completely changed my way of looking at giving birth Ella Mills Deliciously Ella Challenging negativity and fear of childbirth and brimming with everything you need to know about labour birth and the early weeks of parenting The Positive Birth Book is the must have guide for pregnant women A widely acclaimed bestseller since it was first published it has empowered hundreds of thousands of women worldwide to make informed positive choices about their births Fully revised and updated this new edition will help you work out what kind of birth you really want and learn how to maximise your chances of getting it The book s trademark Visual Birth Plan icons can be downloaded for free to help you create a birth plan for every eventuality Written in Milli Hill s trademark warm and witty style discover vital information on everything from the truth about pain and what giving birth actually feels like to your choices and rights in the

birth room from optimal cord clamping to postnatal mental health from the inside track on breastfeeding to positive gentle caesarean Whether you plan to have your baby in hospital in a birth centre at home or by elective caesarean this essential non judgemental guide shows you how to raise your expectations and have the best possible birth experience New for this edition How to plan for a positive birth in difficult times Reworked chapter on choosing where to have your baby What you need to know about exercise in pregnancy from Charlie Launder author of Bumps and Burpees Top tips for breastfeeding from Amy Brown author of The Positive Breastfeeding Book New section on your rights in pregnancy and birth by Bashi Hazard of the Human Rights in Childbirth International Lawyers Network Essential information about your pelvic floor core and postnatal incontinence by Nikki Bergen creator of the Belle Method and Luce Brett author of PSML Full to bursting with useful stuff and so refreshing to read something positive about all types of birth Sarah Taylor A much needed brilliant reassuring pioneering kick ass book that all women should read Emma Jane Unsworth Genuinely life changing Jess Brammar Milli Hill s books are much needed brilliant reassuring pioneering kick ass books that all women especially mothers should read Emma Jane Unsworth Seriously sound straight from the hip advice Mother Baby Magazine One of my very favourite birth writers Ricki Lake The Positive Birth Book takes expectant parents through the maze of information and choices in a down to earth practical empowering reassuring way I highly recommend that you put your feet up relax and enjoy preparing yourself for the birth of your baby by reading this great book Sue Atkins ITV This Morning Parenting Expert

Pregnancy For Dummies Jane Palmer,Joanne Stone,Keith Eddleman,Mary Duenwald,2012-01-10 Your complete guide to having a healthy happy pregnancy This updated and expanded third edition of Pregnancy ForDummies offers mothers to be practical advice and expert guidance on every stage of their pregnancy and beyond Understand what s happening with your baby and your body and be guided through what to expect from labour birth and becoming a new parent Follow your baby s development understand the changes you and your baby go through during all three trimesters Research your birth options make informed choices that best suit your needs Care for your baby before birth eat well and keep active during pregnancy Prepare for the birth of your baby know what happens before during and after labour Look after your newborn find advice on breastfeeding and bringing your baby home Keep up with current issues identify issues facing mothers today such as returning to work or having children later in life Get expert advice on special situations meet the challenges of multiple births problems during pregnancy or miscarriage Open the book and find Ways to increase your chances of getting pregnant Clear illustrations of how the body changes during pregnancy Advice for managing pre existing conditions during pregnancy Discussion about complementary and alternative therapies Simple explanations of your birth options Information about parental leave entitlements Websites to access further support

The Calm Birth Method (Revised Edition) Suzy Ashworth,Liz Stanford,2022-11-08 Discover tried and tested techniques to help you relax during labour including mindfulness breathing exercises and visualization for an empowering positive birth Now with two new chapters this brand

new edition of The Calm Birth Method will show you how you can make birth a gentle and enjoyable experience This authoritative guide will help you to build confidence in your body and its abilities and offers practical techniques to support and prepare you Walking you and your birth partner through the whole process of birth preparation Suzy Ashworth and Liz Stanford share Why many people feel so scared of giving birth and how to eliminate these fears during pregnancy How relaxing during birth transforms your physiology Practical techniques to promote deep relaxation and mindfulness How to unify birth partners and care providers to ensure the birthing environment is stress free Take the power back into your own hands so that you can learn to trust your body and look forward to welcoming your child into the world **Why Caesarean**

Matters Clare Goggin,2018-09-27 Caesarean birth is a hugely complex and emotive topic that is associated with both positive and negative health outcomes Women can be left feeling that their body has become a battleground and it can be hard to distinguish between evidence based practice and personal opinion Why Caesarean Matters aims to navigate the research and put women at the centre of their own care so that their birth can be a positive experience however it unfolds The clear and evidence based discussion addresses the questions that women and their care providers may have enabling women to make positive decisions and feel supported if a caesarean is needed The Calm Birth Method Suzy

Ashworth,2017-07-04 Discover tried and tested techniques to help you relax during labour including mindfulness breathing exercises and visualization so that you can have an empowering positive birth Birth is a natural and normal event and while it can be unpredictable this book will show you how you can make it a gentle and enjoyable experience In The Calm Birth Method hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities and shares practical techniques to support you so that no matter what happens you feel prepared Walking you and your birth partner through the whole process of birth preparation Suzy explores Why many women feel so scared of giving birth and how to eliminate these fears during pregnancy How relaxing your mind and body during birth transforms your physiology Practical tools and techniques to promote deep relaxation and mindfulness How to unify birth partners and care providers to ensure the birthing environment is stress free and has the most conducive set up for a calm and relaxing birth Breathing techniques and visualizations to help with the sensations of birth Take the power back into your own hands so that you can learn to trust your body and look forward to welcoming your child into the world with confidence Hypnobirthing Siobhan

Miller,2019-04-04 THIS BOOK WILL MAKE YOUR BIRTH BETTER IT IS FOR EVERY PARENT AND EVERY TYPE OF BIRTH Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way we approach and experience birth Through her teaching she seeks to educate and empower parents and their birth partners so that they can enjoy amazing and positive birth experiences however they choose to bring their babies into the world So what is hypnobirthing Essentially it s a form of antenatal education an approach to birth that is both evidence based and logical Hypnobirthing certainly doesn t involve being hypnotised instead it teaches you how your body works on a

muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body rather than against it making birth more efficient and comfortable Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout By the time you finish this book you'll feel relaxed capable and genuinely excited about giving birth **Hit the Ground**

Crawling: Lessons from 150,000 New Fathers Greg Bishop, 2006 Covers issues that more than 150 000 attendees of the nation's largest fatherhood program Boot Camp for New Dads have found important including tips for work life balance finances getting hands on with your baby what's going on with the new mom in your life what men bring to raising children what raising children does for men and more **BREECH** Haley Pearse, 2023-09-02 You're on an extraordinary journey of

bringing a breech baby into the world Learn about your options and be encouraged through empowering stories of breech births including twins and first time mothers Finding comprehensive coverage of birth variations in books is challenging Here essential information and empowering stories are brought together to provide you with a complete guide to planning an empowered breech birth Discover breech affirmations turning techniques a chapter for dads evidence based information about breech presentations and tips on finding supportive care providers who respect your choices This book not only explains your options and childbirth rights but also equips you with practical advice and valuable resources Gain the knowledge and confidence to make informed decisions and be prepared for whatever type of breech birth your body and baby need Immerse yourself in a collection of encouraging stories that will reassure and inspire you as women share their pregnancy labor and breech birth experiences Although written for women with a breech baby this book will become an invaluable resource for anyone curious about breech childbirth *Babycentre Baby - the all-important first year*

DK, 2010-07-01 The all important first year expert advice from the world's leading website for parents Babycentre Produced with Babycentre the world's leading parenting website this up to the minute guide to your child's first year combines expert advice from health professionals with shared experience suggestions and tips from parents taken from the Babycentre online community Covering all the essentials for your baby's first year with a special focus on the most frequently discussed topics on Babycentre from sleep to solids Find out what to expect at every stage with inspiring advice on bonding and practical care to keep your child happy and healthy including an invaluable medical section Packed with all the information and options you need to make informed choices about what suits you and your baby through the first incredible months of life from sleeping and feeding to crying and healthcare *Your Second Child* Joan Weiss, 1981-10-21 From Simon Schuster Your Second Child

is the first book to focus on the special challenges and joys of being a parent for the second time is the first definitive discussion of the problems pleasures and pitfalls of being a parent for the second time with practical guidelines on sibling rivalry scheduling how to avoid comparisons between siblings and other topics **PRACTICAL PREGNANCY & BIRTH**

4th edition Irene Bourquin, 2008 *What to Expect When You're Expecting 4th Edition* Heidi Murkoff, Sharon

Mazel,2010-02-18 We re expecting again Announcing the COMPLETELY REVISED AND UPDATED FOURTH EDITION of this bestselling pregnancy book This is a cover to cover chapter by chapter line by line revision and update It s a new book for a new generation of expectant mums featuring a fresh perspective and a friendlier than ever voice Heidi Murkoff has rewritten every section of the book answering dozens of new questions and including loads of new asked for material such as a detailed week by week foetal development section in each of the monthly chapters an expanded chapter on pre conception and a brand new one on carrying multiples The Fourth Edition incorporates the most recent developments in obstetrics and addresses the most current lifestyle trends from tattooing and belly piercing to Botox and aromatherapy There s more than ever on pregnancy matters practical including an expanded section on workplace concerns physical with more symptoms more solutions emotional advice on riding the mood roller coaster nutritional from low carb to vegan from junk food dependent to caffeine addicted and sexual what s hot and what s not in pregnant lovemaking as well as much more support for that very important partner in parenting the dad to be Overflowing with tips helpful hints and humour a pregnant woman s best friend this new edition is more accessible and easier to use than ever before It s everything parents to be have come to expect from What to Expect only better **Birth**

birthing Normally After a Caesarean Or Two (2nd British Edition) H L Ne Vadeboncoeur,Helene Vadeboncoeur,2011-04 Book discusses VBAC vaginal birth after caesarean *The Essential C-Section Guide* Maureen Connolly,Dana Sullivan,2008-12-10 Childbirth is a life altering experience for any woman but a Cesarean delivery can be overwhelming whether it s unexpected or planned Despite the fact that roughly one in four babies in the United States is delivered by c section very little information about the experience is included in typical pregnancy books and physicians and childbirth educators often gloss over the details The Essential C Section Guide is written not only for women to read in preparation for a scheduled c section and for those considered high risk who know that a c section may become necessary but also for women recovering from an unexpected surgical delivery This book provides answers to important questions about what the surgery entails what a woman can expect as she recovers and what considerations should be made for future pregnancies and deliveries With frank discussions about the physical and emotional aspects surrounding a c section the authors share comforting wisdom about early bonding pain control breastfeeding infant care healing from surgery postpartum exercise partner involvement and much more in detail not available anywhere else Written by authors who have firsthand knowledge of birth by c section The Essential C Section Guide is well researched and addresses its unique concerns with intelligence and compassion www.broadwaybooks.com *Raising Healthy Families in Unhealthy Times* Kate Gollé,2014-04-09 Author Kate Goll has coached over 300 wellness doctors internationally empowering people to experience radiant health with simple yet effective proven strategies She draws on this wealth of experience as a role model to mummas wanting to pursue their passion career and purpose while being an exceptional wife and mother Kate has successfully balanced raising three happy healthy children naturally whilst leading several thousand people through detox

programs across the globe and running three influential wellness empowerment companies In *Raising Healthy Families* in *Unhealthy Times* Kate has created an easy use guide that humorously presents a raw honest wholesome approach for parents about Essentials for preconception care and natural birth Nutrition for optional breastfeeding and fantastic first foods Creating a magnetic connection with your bundle of joy from day one Taking the stress out of babies crying by understanding what they are saying and meeting their needs effectively Bringing the balance to your relationship and family whilst making magical moments Riding the emotional rollercoaster of pregnancy birth and first time parenting with a smile on your dial and hands in the air Are you left feeling judged overwhelmed unsupported and unhappy with the conflicting information and opinions you have been given on parenting yet not sure where to turn Or do you just want to be the very best parent you can be If you answered yes to one of these questions then this book is for you

Cesarean Section Michele C. Moore, Caroline M. de Costa, 2004-12-01 Trusted physicians reassure mothers and mothers to be It s okay to say yes One in four babies born in the United States and Europe comes into the world via Cesarean section Yet this procedure has been described by critics as an unnecessary and potentially dangerous medical intervention Consequently expectant mothers often fear this option and women who have had C sections can feel a sense of failure In *Cesarean Section Understanding and Celebrating Your Baby s Birth* Drs Michele Moore and Caroline de Costa emphasize the joy of delivering a healthy baby however that is best achieved They explain why Cesarean births are sometimes preferable to vaginal delivery for both mother and baby and they help women understand the issues behind the decision to perform the procedure From anesthesia surgery and recovery through at home care of mother and child the authors offer reassurance and practical information for all mothers and mothers to be They also discuss the latest findings on postpartum depression and planning for future births including the possibility of vaginal birth after a Cesarean section For every woman who has a planned or unplanned Cesarean section this book provides the information they need to alleviate their fears and come to value this delivery option Because up to a quarter of all births are Cesarean births prenatal preparation should include information about Cesarean sections for every woman And that is why we have written this guide We believe strongly that it is time to speak out and say that Cesarean section is a normal birth method and that women who have a Cesarean section should not be made to feel that they have failed We hope you find the information in this book useful and helpful in thinking about C section whether you have already had a Cesarean and want to understand the experience better you wish to plan for another C section birth or you are expecting a baby and want to be informed about all the possibilities ahead including this other normal way of bringing a baby into the world from the

Introduction **Pregnancy For Dummies** Sarah Jarvis, Joanne Stone, Keith Eddleman, Mary Duenwald, 2011-03-01 In *Pregnancy For Dummies* Dr Sarah Jarvis takes the reader through pregnancy trimester by trimester following the baby s growth and describing medical issues that might ensue This UK edition includes information on Getting the best care from the NHS for you and your baby Welfare benefits for mothers and mums to be The newborn baby Taking care of yourself after

delivery Choosing breast or bottle feeding Special considerations such as age multiple births complications illness New ultrasound techniques such as 4D Working while pregnant and deciding when to return Considering alternative birth procedures Selecting and using an infant car seat Preparing home family and siblings for new baby Caring for a premature child

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