

SECOND REVISED EDITION
FULLY ILLUSTRATED
THE LAMAZE METHOD

SIX
PRACTICAL
LESSONS
FOR AN
EASIER
CHILDBIRTH

BY ELISABETH BING

THE ONE BOOK THAT MILLIONS
OF PREGNANT WOMEN RELY ON TO HELP
THEM THROUGH CHILDBIRTH

Six Practical Lessons For Easier Childbirth

Elisabeth D. Bing



Six Practical Lessons For Easier Childbirth:

Six Practical Lessons for an Easier Childbirth Elisabeth Bing, 1994-02-01 THE BIBLE FOR EVERY COUPLE PREPARING FOR THE BIRTH OF A BABY When it was first introduced more than thirty years ago the Lamaze method was a revolutionary childbirth technique Since that time it has made pregnancy and childbirth easier for millions of women lessening their dependence on pain medications before and after birth Elisabeth Bing's classic book on the Lamaze method guides women through the physical and psychological challenges of pregnancy Six Practical Lessons for an Easier Childbirth details the changes a woman can expect in her body during pregnancy labor and delivery and provides a complete program of exercises for increased muscular control and relaxation during childbirth This guidebook also emphasizes the partner's supportive role in the Lamaze method both in preparation and in the delivery room This newly revised edition includes an expanded program with new photographs of exercises for every pregnant woman Elisabeth Bing also provides more information on what to expect in the hospital including updated information on cesarean births and the medications commonly prescribed during delivery Filled with vital information and reassurance Six Practical Lessons for an Easier Childbirth will make expectant couples better prepared than ever for this joyous rewarding experience

Six Practical Lessons for an Easier Childbirth Elisabeth D. Bing, 1982-08 The classic book on the Lamaze method for pregnant women and their partners now revised and in a new trade paperback edition Filled with vital information and reassurance this essential book will make expectant couples better prepared than ever for this joyous rewarding experience Photos throughout

Six Practical Lessons for an Easier Childbirth Elisabeth Bing, 2010-04-14 THE BIBLE FOR EVERY COUPLE PREPARING FOR THE BIRTH OF A BABY When it was first introduced more than thirty years ago the Lamaze method was a revolutionary childbirth technique Since that time it has made pregnancy and childbirth easier for millions of women lessening their dependence on pain medications before and after birth Elisabeth Bing's classic book on the Lamaze method guides women through the physical and psychological challenges of pregnancy Six Practical Lessons for an Easier Childbirth details the changes a woman can expect in her body during pregnancy labor and delivery and provides a complete program of exercises for increased muscular control and relaxation during childbirth This guidebook also emphasizes the partner's supportive role in the Lamaze method both in preparation and in the delivery room This newly revised edition includes an expanded program with new photographs of exercises for every pregnant woman Elisabeth Bing also provides more information on what to expect in the hospital including updated information on cesarean births and the medications commonly prescribed during delivery Filled with vital information and reassurance Six Practical Lessons for an Easier Childbirth will make expectant couples better prepared than ever for this joyous rewarding experience

Six Practical Lessons for an Easier Childbirth Elisabeth Bing, 1977

Easing Labor Pain Adrienne Lieberman, 1992-05-16 Reassuring guide for expectant mothers to wide range of pain control options

Birthing Fathers Richard K. Reed, 2005 In this unique

study Richard Reed draws on the feminist critique of professionalized medical birthing to argue that the clinical nature of medical intervention distances fathers from child delivery He explores men s roles in childbirth and the ways in which birth transforms a man s identity and his relations with his partner his new baby and society In other societies birth is recognized as an important rite of passage for fathers Yet in American culture despite the fact that fathers are admitted into delivery rooms little attention is given to their transition to fatherhood

Giving Birth With Confidence (Official Lamaze Guide, 3rd Edition) Judith Lothian,Charlotte DeVries,2017-03-28 For a Safe and Healthy Birth Your Way Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth giving you the confidence to make decisions that best ensure the safety and health of you and your baby Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International the leading childbirth education organization in North America Written with a respectful positive tone this book presents Information to help you choose your maternity care provider and place of birth Practical strategies to help you work effectively with your care provider Information on how pregnancy and birth progress naturally Steps you can take to alleviate fear and manage pain during labor The best available medical evidence to help you make informed decisions Previously titled The Official Lamaze Guide this 3rd edition has updated information on How vaginal birth keeping mother and baby together and breastfeeding help to build the baby s microbiome How hormones naturally start and regulate labor and release endorphins to help alleviate pain Maternity care practices that can disrupt the body s normal functioning The latest recommendations on lifestyle issues like alcohol vitamins and caffeine Room sharing and cosleeping the controversy recommendations and safety guidelines Out of hospital births are on the rise New research and advice on planned home birth including ACOG s revised guidelines which support women s choices and promote seamless transfer to hospital if needed The importance of avoiding unnecessary caesareans for mother and child Includes the new ACOG guidelines on inductions and active labor The research in support of the Lamaze International s Six Healthy Birth Practices which are Let labor begin on its own Walk move around and change positions throughout labor Bring a loved one friend or doula for continuous support Avoid interventions that aren t medically necessary Avoid giving birth on your back and follow your body s urges to push Keep mother and baby together it s best for mother baby and breastfeeding

Women, Power, and Therapy Marjorie Braude,1988 The woman seriously interested in her personal growth and self awareness will find this volume indispensable reading She can learn how to assume power over her relationships mind body and positions in society Leading feminist therapists provide methods that can help women make their aspirations for power a reality in the workplace in social situations in intimate relationships Topics include black women and the politics of skin color and hair agoraphobic women and behavior change unlearning victim behavior decision making about contraception single mothers by choice female alcoholism and affiliation needs and much more This volume is on the cutting edge of the rapidly expanding body of literature

and knowledge in women's studies and describes new and frequently controversial ideas and programs. It deals with issues of power over the intimacies of women's bodies and psyches as well as power in the workplace, professional societies and the courts. In order to help the reader understand these issues more fully, this fine book also describes some of the historical and social contexts in which women have not had power or have gained power. Effectiveness and Satisfaction in Antenatal Care M. Enkin, I. Chalmers, 1982-04-22

The potential contribution of antenatal care to health is enormous. However, if this potential is to be fully realised, the content and organisation of that care must be more imaginatively conceived and realised and must take into account the uncomfortable paradox that antenatal care is a mixture of science and magic. This book faces that paradox, asking what in antenatal care has been shown by proper scientific method to work, what is questionable dogma, what is magic, what should be done now. This volume is intended not only for those professionals giving the care and for the potential mothers receiving it, but also for all those who influence decisions concerning the future of antenatal care, such as politicians, researchers and the public in general. *A Comprehensive Textbook of Midwifery & Gynecological Nursing*

Annamma Jacob, 2018-11-10

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Michaels,2014-02-20 The Lamaze method is virtually synonymous with natural childbirth in America In the 1970s taking Lamaze classes was a common rite of passage to parenthood The conscious relaxation and patterned breathing techniques touted as a natural and empowering path to the alleviation of pain in childbirth resonated with the feminist and countercultural values of the era In Lamaze historian Paula A Michaels tells the surprising story of the Lamaze method from its origins in the Soviet Union in the 1940s to its popularization in France in the 1950s and then to its heyday in the 1960s and 1970s in the US Michaels shows how for different reasons in disparate national contexts this technique for managing the pain of childbirth without resort to drugs found a following The Soviet government embraced this method as a panacea to childbirth pain in the face of the material shortages that followed World War II Heated and sometimes ideologically inflected debates surrounded the Lamaze method as it moved from East to West amid the Cold War Physicians in France sympathetic to the communist cause helped to export it across the Iron Curtain but politics alone fails to explain why French women embraced this approach Arriving on American shores around 1960 the Lamaze method took on new meanings Initially it offered a path to a safer and more satisfying birth experience but overtly political considerations came to the fore once again as feminists appropriated it as a way to resist the patriarchal authority of male obstetricians Drawing on a wealth of archival evidence Michaels pieces together this complex and fascinating story at the crossroads of the history of politics medicine and women The story of Lamaze illuminates the many contentious issues that swirl around birthing practices in America and Europe Brimming with insight Michaels engaging history offers an instructive intervention in the debate about how to achieve humane empowering and safe maternity care for all women **Patient Safety in Obstetrics and Gynecology, An**

Issue of Obstetrics and Gynecology Clinics Paul Gluck,2019-05-08 In collaboration with Consulting Editor Dr William Rayburn Dr Paul Gluck has put together a state of the art issue of the Obstetrics and Gynecology Clinics of North America devoted to Patient Safety in Obstetrics and Gynecology Clinical review articles from expert authors are specifically devoted to the following topics The Patient Experience and Safety The Certification Process Driving Patient Safety Just Culture and

Patient Safety Patient's Role in Patient Safety Implementing Patient Safety Initiatives Eliminating Disparities In Perinatal Care Transparency and Disclosure Leadership and Teams Emerging Role of Drills and Simulations in Patient Safety California Maternal Quality Care Collaborative The Power of Collaboration Role of the Patient Safety Organization in Advancing Patient Safety Office of Patient Safety Applying Patient Safety to Reduce Maternal Mortality Benefits and Pitfalls of Ultrasound in Ob Gyns Obstetrical Anesthesia Patient Safety in Outpatient Procedures and Safety in Minimally Invasive Surgery Readers will come away with the latest information they need to improve outcomes and safety in obstetric and gynecologic patients

It's Your Pregnancy Niels H. Lauersen, 2010-06-15 Dr Niels Lauersen clinical professor of Ob Gyn at New York Medical College provides sensitive clear cut answers to the pregnant woman's most difficult and pressing questions Pregnancy is a time of great emotional and physical change that creates countless concerns and questions for the expectant mother All too often however many of these questions go unanswered because patients are hesitant or afraid to ask their obstetricians *It's Your Pregnancy* is the modern woman's question and answer guide to every aspect of pregnancy and childbirth Culled from years of office experience telephone and personal interviews as well as questionnaires *It's Your Pregnancy* provides authoritative sensitive and compassionate answers to a pregnant woman's most difficult and pressing questions

Deliver Me from Pain Jacqueline H. Wolf, 2012-04-01 Despite today's historically low maternal and infant mortality rates in the United States labor continues to evoke fear among American women Rather than embrace the natural childbirth methods promoted in the 1970s most women welcome epidural anesthesia and even Cesarean deliveries In *Deliver Me from Pain* Jacqueline H Wolf asks how a treatment such as obstetric anesthesia even when it historically posed serious risk to mothers and newborns paradoxically came to assuage women's anxiety about birth Each chapter begins with the story of a birth dramatically illustrating the unique practices of the era being examined *Deliver Me from Pain* covers the development and use of anesthesia from ether and chloroform in the mid nineteenth century to amniotics barbiturates narcotics opioids tranquilizers saddle blocks spinals and gas during the mid twentieth century to epidural anesthesia today Labor pain is not merely a physiological response but a phenomenon that mothers and physicians perceive through a historical social and cultural lens Wolf examines these influences and argues that medical and lay views of labor pain and the concomitant acceptance of obstetric anesthesia have had a ripple effect creating the conditions for acceptance of other often unnecessary and sometimes risky obstetric treatments forceps the chemical induction and augmentation of labor episiotomy electronic fetal monitoring and Cesarean section As American women make decisions about anesthesia today *Deliver Me from Pain* offers them insight into how women made this choice in the past and why each generation of mothers has made dramatically different decisions

Good Wives Laurel Thatcher Ulrich, 2010-12-29 This enthralling work of scholarship strips away abstractions to reveal the hidden and not always stoic face of the goodwives of colonial America In these pages we encounter the awesome burdens and the considerable power of a New England housewife's domestic life and witness her

occasional forays into the world of men We see her borrowing from her neighbors loving her husband raising and all too often mourning her children and even attaining fame as a heroine of frontier conflicts or notoriety as a murderess Painstakingly researched lively with scandal and homely detail *Good Wives* is history at its best *Health Education* Marion C. Chafetz, 1981-06-30 Summary 1197 entries to books dealing with current topics of disease prevention and health promotion Intended for layman and health personnel Covers specific areas of aging alcoholism and drug abuse fitness and exercise nutrition women's health health education environment industry and mental health Each entry gives bibliographic information and annotation Author index While Waiting George E. Verrilli, Anne Marie Mueser, Ed.D., 2002-11-23 Third Revised Edition A fully revised expanded edition of the book that millions of women and care providers have depended on for facts about pregnancy More than 4.5 Million Copies Sold Written by an obstetrician and a mother The information you need to know about pregnancy labor and delivery With more than four and a half million copies in print the must trusted prenatal guidebook in America is now newly revised updated and expanded It includes Questions to ask your care provider Explanations of medical terms and procedures Helpful exercises and tips for staying fit healthy and comfortable Record keeping sections Warning signs to watch for Expanded and updated coverage of pain relief prematurity Cesarean delivery birthing positions and other key topics The book is arranged in an easy to use format with space to keep track of prenatal appointments notes and questions and any special instructions for personal care **Cesarean Section** Bruce L. Flamm, Edward J. Quilligan, 2012-12-06 Cesarean section rates Percentage Indication Low High Failure to progress 2 0 4 0 Repeat cesarean section 2 0 6 0 Breech and abnormal lie 1 3 3 5 Fetal distress 1 5 3 0 Third trimester bleeding 1 0 1 0 Totals 7 8 17 51 From Quilligan by permission of Contemporary Obstetrics and Gynecology vaginal delivery I have yet to meet a physician who would do something they believed would harm their patient even if they were paid ten times as much for a section On the other hand there are fears and misconceptions I have heard many doctors say I have never been sued for a section I did but I have been sued for the section I did not do The fear of not having performed a section in my opinion is real although difficult to prove and until the public can be educated that cesarean section delivery cannot eradicate fetal death and damage this fear will remain and will be responsible for some unnecessary cesarean sections Bruce Flamm and I hope this book will correct misconceptions that have been responsible for many unnecessary cesarean sections I am still frequently asked the same old question What is an ideal cesarean section rate I still give an answer similar to the 1983 answer perhaps somewhat modified *Gentle Birth Choices* Barbara Harper, 2005-08-09 Birth as every woman would like it to be Recommended by Lamaze International as one of the top ten books for pregnant women and their families Includes a 45 minute DVD of six live gentle births More than 32 000 copies sold of the original edition New parents are faced with a myriad of choices about pregnancy labor and birth In *Gentle Birth Choices* Barbara Harper renowned childbirth advocate nurse former midwife and mother of three helps to clarify these choices and shows how to plan a meaningful family centered birth

experience She dispels medical myths and reimagines birth without fear pain or violence Harper explains the numerous gentle birth choices available including giving birth in an independent birth center at home or in a hospital birthing room finding a primary caregiver who shares your philosophy of birth and deciding how to best use current technologies She also provides practical advice for couples wishing to explore the option of using a doula or water during labor and birth to avoid the unwanted effects of drugs and epidurals The Gentle Birth Choices DVD blends interviews with midwives and physicians and six actual births that illustrate the options of water birth home birth and vaginal birth after a prior Cesarean section The DVD clearly reveals the strength of women during childbirth and the healthy and happy outcome of women exercising gentle birth choices It is a powerful instructional tool not only for expectant parents but also for midwives hospitals birth centers and doctors

Pregnancy Sucks Joanne Kimes, Sanford A. Tisherman, 2003-11-01 Pregnancy Sucks by Joanne Kimes and Sanford A Tisherman M D gives you real solutions to all the annoying and somewhat awkward situations that can unexpectedly arise during your pregnancy Did you know that Farm fresh butter or petroleum jelly works just as well for your itchy belly as a fancy and overpriced pregnancy product If you're put on bedrest walkie talkies will allow you to yell at your husband no matter where he is in the house Surrounding yourself with regular pillows don't forget to swipe your husband's is just as good as buying a special large pregnancy pillow and more adaptable to giving support where you personally need it Doing the hokey pokey or taking a warm shower can ease Braxton Hicks contractions Full of insight hilarity and practical solutions on every page Pregnancy Sucks shows how through it all you can survive with your health dignity and sanity intact

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