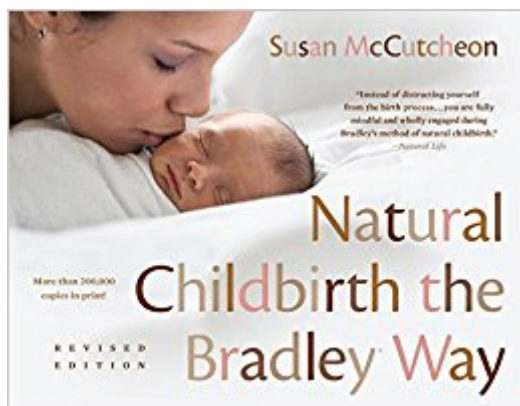


The book was found

Natural Childbirth The Bradley Way: Revised Edition



Synopsis

Details an alternative to Lamaze childbirth that includes a more natural breathing method and a totally unmedicated birth that many first and second-time parents prefer.

Book Information

Paperback: 336 pages

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Customer Reviews

"Instead of distracting yourself from the birth process you are fully mindful and wholly engaged during Bradley's method of natural childbirth. Natural Life" Robert Bradley put power in patients' hands, reducing the number of Caesarean sections and episiotomies he performed and playing up natural ways of making childbirth less painful. Slate "The Bradley Method's simple objective, through relaxation, breathing, and visualization, is a birth free of the interventions frequently offered to women in the different stages of childbirth: fetal monitors, drug-induced labor, anesthesia, episiotomy, and Caesarean section. [Its] other defining feature, the husband's active participation in the delivery, is critical to this overall goal of an intervention-free birth. Mothering" I highly recommend not only the Bradley method, but specifically Susan McCutcheon's book to all my pregnant patients regardless of whether their goal is a natural childbirth. Susan does a great job putting her years of experience and research into a readable, evidenced based guide to prepare women and their coaches for pregnancy, labor, and birth. I am grateful for the way this book expanded my knowledge and empowered me and my wife for our births." Dr. Stephen Yip, D.O.

Susan McCutcheon is an award-winning science educator and Certified Childbirth Educator, having studied directly under Dr. Robert Bradley in his first teacher training. She has taught thousands of couples the Bradley Method™ over 50 years, and is a conference speaker and instructor at teacher training workshops across the U.S. She has served on the Hawaii State Health Plan Development Committee and the Hawaii State Regionalization of Perinatal Care Committee. She is currently teaching the Bradley Method™ in Portland, Oregon, and is an active Certified Doula. She has had three natural births herself, using what she teaches others: the incredibly effective Bradley Method™ techniques!

My husband and I read this to prepare for the birth of our second child, along with "The Birth Partner" (him) and Ina May's childbirth book (me), and we felt very comfortable and prepared! We didn't do the Bradley class and felt like the book was all we needed. I plan to re-read it if/when we have baby #3.

This is a great book for expectant parents. It's an easy and quick read that will leave both of you confident in your choice of the Bradley Method. The diagrams were very helpful and I finally understood what dilation and episiotomy really are. I highly recommend becoming informed on natural childbirth. You'll be surprised how many trained and empowered woman describe it as hard work but painless. This book literally rewrote the cultural script I had in my mind that birth was dangerous, agonizing, and so complicated that all decision making power needed to be handed off to a doctor to decide the progression of my child's birth. I am ready to do it the Bradley way!

Great way to prepare for Natural Childbirth, I loved this book. I probably bought it too late in my pregnancy but it still had some very helpful tips in there for giving birth naturally.

This is the best book hands down to prepare for natural childbirth. I find myself going back to it for the relaxation notes and physical education of the labor stages frequently for when I'm in labor I can understand what my body is doing. I had my first 2 babies with the help of this book and I'm on my 3rd due in March. This is a must have!

This is a great book if you are trying for a natural birth. I am giving this 4 stars because I think there is only so much you can learn from a book. I also highly recommend taking Bradley classes with

your husband (or birth coach). The classes were a complete education that fully prepared us for labor and delivery. As much as one can be prepared that is. We achieved our goal of a natural childbirth in the hospital with minimal interventions. I also hired a doula to support us. Read through this book with your partner and practice the exercises in it. Pay attention to the stages of labor information. Knowing about where you are in the process takes a lot of the fear away. Overall, I highly recommend this book and encourage you to find a class as well! (You can find classes at [...])

I bought this knowing I didn't have time to take the lengthy Bradley classes, but wanting a natural birth. My husband and I both read this book and when I went into labor, the teachings of this book helped me to be mentally prepared to allow for a successful medication free labor. It is a bit outdated, but I was able to keep this in mind while I read. The basic teachings are still valid. While this is not for everyone, I would highly recommend this for self learners who desire natural births and may be limited in time to take classes.

BEST book for preparing for an unmedicated birth using the Bradley Method. Comically outdated photographs aside, it offers tried and true exercises for a woman and her partner to practice in the months leading up to labor, and many ideas on how to work with her body while laboring without an epidural or narcotic pain relief. Depending on the facility that you deliver, some of the practices it warns against may not be applicable - especially if you deliver in a baby-friendly hospital. But if you are in an area that doesn't support certain essential practices like placing the baby directly on the mother after birth, it also includes helpful tips on decisions you might want to make and add to your birth plan - shots, episiotomy, medications, etc.

I love this book! My husband and I went through this book during my 4th pregnancy and I was able to have my first drug free birth! I did skip the diet chapters and we practiced the relaxing exercises. Throughout the pregnancy if I had any pain I would practice. Like for instance when my chiropractor worked on some knots I practiced! I had a 3 hour labor! The relaxing really does help with labor. My 3rd labor was about 6 hours so relaxation cut it in half! I cannot say enough for how well this method worked for us.

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