



# Choices in Pregnancy and Childbirth: A Guide to Options for Health Professionals, Midwives, Holistic Practitioners, and Parents

*John Wilks*

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## **Choices in Pregnancy and Childbirth: A Guide to Options for Health Professionals, Midwives, Holistic Practitioners, and Parents** John Wilks

This is a comprehensive and empowering guide to facilitating a positive pregnancy and birth experience, and ensuring lasting emotional and physical health for mother and baby.

Countering increasingly medicalized attitudes towards pregnancy and birth among many healthcare providers, this research-based book discusses the benefits of a more natural approach. It reveals the often undisclosed effects on a child's long-term development of accepted medical practices, such as induction, C-section, surgical interventions and pain-relief medications. It offers advice on how these practices can be avoided, for example with techniques to encourage optimal fetal positioning, by optimising the birth environment, and through drug-free pain management methods. Ultimately, it enables practitioners to support parents in informed, confident decision-making by giving a balanced account of the complex array of options available throughout pregnancy and birth.

With invaluable contributions from midwives, doulas, mothers, and doctors, and tried-and-tested advice on sleep, exercise, diet and therapies, this will a very useful reference for anyone working with women and babies. The information will also be relevant to prospective and new parents.

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