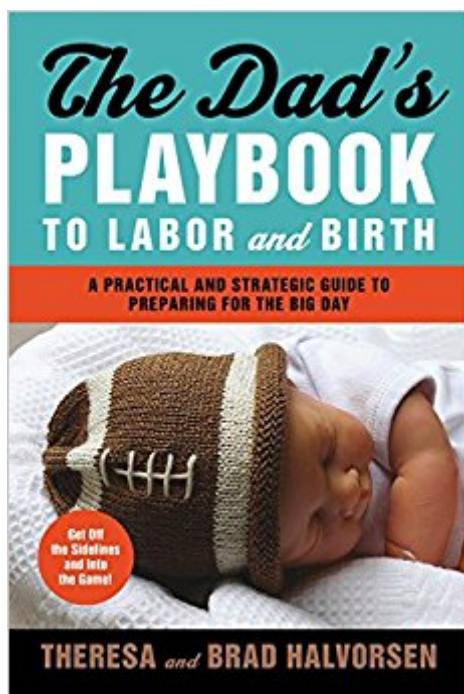


The book was found

Dad's Playbook To Labor & Birth: A Practical And Strategic Guide To Preparing For The Big Day



Synopsis

The Dad's Playbook to Labor and Birth is a basic guide for the man who wants to help his partner in labor but who doesn't want to study obstetrics or question a doctor's advice, and who may even feel uncomfortable about witnessing a normal birth. The book is written in a simple, straightforward manner and assumes that the reader is male and that the birth is taking place in a hospital--and that the mom will probably want an epidural. Its tone is lighthearted and often quite humorous. The chapters are arranged chronologically, from late pregnancy through the early postpartum period. Unusual features include advice on understanding a woman's needs by analyzing her personality and tips for the dad who is prone to fainting or nausea.

Customer Reviews

Theresa and Brad Halvorsen are the parents of twin boys. Theresa is a certified childbirth educator, a pregnancy, birth and breastfeeding expert, and a former doula. She teaches pre-natal and mommy-and-me yoga classes. She runs an informational website for parents and birthing professionals called theonlybabystop.com . The Halvorsens own a center for new and expectant parents in Sacramento, California.

Introduction: Why Are You Holding This Book? You're holding this book because your partner is pregnant and now everyone expects you to be her "coach" during labor. Judging from the stories you've heard from your friends, coaching is more than showing up on the big day, holding her hand and giving her ice chips. You're holding this book because you want to do everything in your power to make the birth of your child as perfect as possible for you and your partner, whether she's planning on getting an epidural or aiming for an unmedicated birth.

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