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# Waterbirth Stories Midwifery Reflections

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*Waterbirth Stories  
Midwifery Reflections*

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## JENNINGS CHRISTINE

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**Stories in Midwifery - epub** Simon and Schuster

'Full of practical, down-to-earth advice and fresh biblical insights ... a great resource for parents embarking on this new adventure.' -Chris and Jo Saxton This book takes a totally unique look at pregnancy. Instead of focusing on 'material' preparations for having a baby, it helps us to prepare our hearts, emotions and spiritual lives for the arrival of a newborn. It equips expectant mums and dads in shaping their attitudes towards parenthood, helping tem to bring God into

every aspect of pregnancy, birth and life with a young baby. Will and Lucinda share the story of their journey through pregnancy, and the stories of their friends, with humour and sensitivity. Theory biblical insights, interwoven with personal story, make for a human and engrossing read.

**The Roar Behind the Silence** Elsevier Health Sciences

Evidence-based care is a well established principle in contemporary healthcare and a worldwide health care movement. However, despite the emphasis on promoting evidence-based or effective care without the unnecessary use of technologies and drugs, intervention rates in childbirth continue to rise rapidly. This

new edition emphasises the importance of translating evidence into skilful practice. It updates the evidence around what works best for normal birth, aspects of which still remain hidden and ignored by some maternity care professionals. Beginning with the decision about where to have a baby, through all the phases of labour to the immediate post-birth period, it systematically details research and other evidence sources that endorse a low intervention approach. The second edition: has been expanded with new chapters on Preparation for Childbirth and Waterbirth highlights where the evidence is compelling discusses its application where women question its relevance to them and where the practitioner's expertise leads

them to challenge it gives background and context before discussing the research to date includes questions for reflection, skills sections and practice recommendations generated from the evidence. Using evidence drawn from a variety of sources, *Evidence and Skills for Normal Labour and Birth* critiques institutionalised, scientifically managed birth and endorses a more humane midwifery-led model. Packed with up-to-date and relevant information, this text will help all students, practising midwives and doulas keep abreast of the evidence surrounding normal birth and ensure their practice takes full advantage of it.

*Becoming a Midwife* Cambridge University Press

Evidence-based care is a well established principle in contemporary healthcare and a worldwide health care movement. However, despite the emphasis on promoting evidence-based or effective care without the unnecessary use of technologies and drugs, intervention rates in childbirth continue to rise rapidly. This new edition emphasises the importance of translating evidence into skilful practice. It updates the evidence around what works

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surrounding normal birth and ensure their practice takes full advantage of it.

*Banned From Baby Showers* John Wiley & Sons

*Stories in Midwifery* 2nd edition presents an insightful collection of personal stories as told by a range of women, midwives, students, health professionals and family members. This unique resource offers midwifery students and practicing midwives an extraordinary perspective on a range of topics related to birthing and midwifery, including continuity of care, perinatal mental health, complex pregnancies, homebirth, and assisted reproductive techniques, among others. Available as a print or eBook this valuable resource builds empathy and understanding, and provides examples of innovative approaches to woman-centred care with a focus on reflection, inquiry and action. The teaching and learning strategies assist in developing skills, attitudes and mindfulness for working in partnership with women in various settings including the home, community, hospitals, clinics and birth centres. Most importantly, *Stories in Midwifery* provides a much-needed consumer voice for

women, their families, and their midwives.

- Including 18 chapters, each presenting a variety of stories from women, midwives, and families around a range of topics related to birthing and midwifery.
- 24 video stories embedded in the eBook present personal accounts from a range of lived experiences.
- Reflection, inquiry and action provide the framework for the teaching and learning strategies for each story, aimed at undergraduate and postgraduate levels.
- Weblinks, references and readings are included for further reading and research.
- Transcripts of all interviews are included in the back of the book
- An eBook included in all print purchases

*Sacred Pregnancy* John Wiley & Sons

In this engaging account of her career as a midwife, Vincent describes the hilarious, sometimes frightening, events surrounding the appearance of a new human being. More than a collection of unforgettable stories, "Baby Catcher" is a clarion call for a less technological, more personalized approach to childbirth in this country.

**Birth in Focus** Routledge

A small gifty package with beautiful black-

and-white illustrations by Iris Gottlieb, this is the ultimate babyshower gift for your best friend, sister, or daughter. Practical, reassuring, and beautifully written, *A is for Advice* provides a brief and compelling reflection on pregnancy, birth, and the early postpartum period for expectant mothers of all kinds--whether you prefer a water birth at home or a scheduled C-section in a hospital, whether you believe in painkillers or an all-natural labor, breast milk or formula, this book speaks to you and your pregnancy. Written in the approachable and friendly tone of a best-friend blogger but informed by the insight of a Registered Midwife, *A is for Advice* seeks to comfort and inspire, providing realistic and soothing advice at a time when most women desperately seek out information. Through 26 lesson/letters of the alphabet (C is for Control; F is for Fear; W is for Water), *A is for Advice* offers practical and emotional insights into the often overwhelming transition to motherhood. Using a combination of humor, story-telling, research distillation, and personal reflection, *A is for Advice* speaks to concerns common to all women as they approach birth and motherhood.

Eschewing the "birth wars" for a women-centered, feminist perspective, *A is for Advice* does not argue for any one type of birth experience, but rather empowers each woman to be her own advocate. If the book could be summed up in one line it would be, simply, "be gentle with yourself." Read it cover-to-cover or in the short bursts available to an expecting mom (each letter stands alone), this book offers a compelling call for well-informed, judgment-free, and forgiving birthing and mothering.

*RCM Midwives* Pinter & Martin Publishers *Birthing Autonomy* brings some balance to the difficult arguments that arise from debates about home births, and focuses on women's views and their experiences of planning home births. It provides an in-depth exploration of how women make decisions about home births and what aspects matter most to them. Comparing how differently the pros and cons of home births are constructed and contemplated by mothers and by the medical profession, the book looks at how current obstetric thinking and practices can disempower and harm women emotionally and spiritually as well as physically. Written in

an accessible style, this book is enlightening for student and practicing midwives and obstetricians, as well as researchers and students of nursing, medical sociology, health studies, gender studies, feminist practitioners and theorists. It will also be invaluable to expectant mothers who want to be more informed about the choices they are facing and the wider context within which their birth options are considered.

#### **Waterbirth Stories** Routledge

A book to help midwives and other health care professionals think through the practicalities of optimising pregnancies and births. After explaining precisely how 'optimal' is defined, nine reasons are presented to justify why this kind of birth is best. Finally, key practical issues are considered and reflective questions provided, so as to give caregivers a clear basis for clinical practice, wherever their place of work. This easy-read, accessible book, which is fully referenced, is equally useful for students of midwifery (or obstetrics, or medicine generally), practising midwives, doulas, and maternity care assistants. This third edition includes changes based on feedback and some

additional material.

#### Revisiting Waterbirth

##### Pregnancy&Childbirth Secrets

Praise for the previous edition: "...An outstanding handbook. It will be a familiar volume on most midwifery bookshelves, providing an excellent guide to midwifery focused care of both woman and child in the birthing setting." - Nursing Times Online Providing a practical and comprehensive guide to midwifery care, The Midwife's Labour and Birth Handbook continues to promote best practice and a safe, satisfying birthing experience with a focus on women-centred care. Covering all aspects of care during labour and birth, from obstetric emergencies to the practicalities of perineal repair (including left-hand suturing), the fourth edition has been fully revised and updated to include: Full colour photographs of kneeling extended breech and footling breech births New water birth and breech water birth photographs Female genital mutilation Sepsis Group B streptococcus Care of the woman with diabetes /Neonatal hypoglycaemia Mental health Seeding/microbirthing It also addresses important issues such as: Why are the

numbers of UK women giving birth in stirrups RISING rather than falling? Why are so few preterm babies given bedside resuscitation with the cord intact? Would the creation of midwife breech practitioners/specialists enable more women to choose vaginal breech birth and is breech water birth safe? What is the legal position for women who choose to free birth - and their birth partners? Why are midwives challenging the OASI care bundle? Incorporating research, evidence and anecdotal observations, The Midwife's Labour and Birth Handbook remains an essential resource for both student midwives and experienced practising midwives.

#### Evidence and Skills for Normal Labour and Birth Routledge

Drawing on years of midwifery experience of waterbirth, this collection of stories, based on real-life events, illuminates a rewarding way of birth and emphasises the theoretical knowledge, skills, understanding, and resilience needed to practice well. Waterbirth Stories includes chapters on the criteria for use of water in labour and birth, on the different stages of labour, and on some more serious or

unusual situations such as shoulder dystocia, postpartum haemorrhage, breech presentation, and other unexpected maternal and neonatal events. Each chapter includes several stories from a midwife's perspective, told in the context of evidence-based guidelines available for this topic. The stories end with learning points to help readers reflect on their own practice. Ideal for student and practising midwives with an interest in waterbirth, this research-informed book is enjoyable, challenging, and informative.

**Mother Rising** Bloomsbury Publishing  
Midwives and other healthcare providers are grappling with the issue of rising intervention rates in childbirth and trying to identify ways to reverse the trend. It is increasingly accepted that intervention in childbirth has long-term consequences for women and their children. Birth Territory provides practical, evidence-based ideas for restructuring the birth territory to facilitate normal birth. Links new research findings to birth environments and outcomes. Describes the elements of an ideal birthing environment. Suggests how to modify existing maternity services to

achieve optimal results. Investigates the links between the experiences of women and babies, and outcomes. Explores the effects of legal and socio-political factors.

**Evidence-based Care for Normal Labour and Birth** Elsevier Health Sciences

Banned From Baby Showers (aka Donna Ryan) began blogging about birth, breastfeeding, and parenting in 2008. Her posts remain relevant for parents of all ages and stages of this crazy journey and now come to life in the form of a book! Donna has big opinions on natural birth and attachment parenting. You noticed her caricature on the cover, right? Big hair, big hat, and a big mouth! She's been asked if she has a Texas-size opinion on all topics or just childbirth. Is she allowed at weddings? Birthday parties? Banned from Baby Shower moments refer to those experiences with your friends, family, or coworkers over childbirth and related topics. These are the moments where you have to make a decision about whether to give information or just walk away from the conversation to avoid a fight. To answer the question, while she didn't attend baby showers for years, she will

occasionally make an appearance these days--but she keeps her mouth shut and smiles while handing over this gift wrapped book! While Donna is happy to share her opinions, they are rooted in evidence. She has taught hundreds of couples in live childbirth classes and thousands through online classes at Birth Boot Camp, a company she founded in 2012. There is value in the anecdotal stories, too, when it comes to childbirth. You'll find plenty within these pages. Have fun with this book. Read it cover to cover or pick through the topics and categories that interest you or you need at a particular phase of your pregnancy or parenting journey. You might just find it changes your life!

**Journey to Birth** Springer Nature

This book is about my life journey as a home-birth midwife. It includes the many home births I attended during my sixteen years as a practitioner, with particular attention to the last ten years. During this journey, I have learned a myriad of life lessons. Most of them strengthened me and my ability to continue on this path. There were incredible challenges, both joyful and painful. The most challenging

lessons happened to be the most life-changing and transformative. Those lessons impacted my life tremendously, first as a woman, second as a mother and grandmother, and most assertively as a basic human being.

**Promoting Normal Birth** Elsevier Health Sciences

This insightful book and accompanying video resource present a collection of perspectives relating to different issues around birthing and midwifery. Through the voices of mothers, midwives, students, health professionals and family members, you will build empathy and understanding, reflect, and learn to apply innovative approaches in your own practice. The book covers a range of topics, such as midwifery continuity of care, place of birth, multiple pregnancy, complex pregnancies, congenital birth abnormalities, supporting culturally and linguistically diverse women, anxiety and depression, and working with women with physical and/or intellectual disabilities. Stories in midwifery provides teaching and learning strategies ideal for students and practising midwives alike. Readers will develop the skills, attitudes and mindfulness necessary

for working in partnership with women, childbearing people and their families across a variety of settings. 22 chapters addressing a range of topics across the childbearing continuum 35 video 'personal stories' across a range of topics related to pregnancy, birth and the postnatal period A framework for reflection, inquiry and action - relates stories to your own practice Teaching and learning strategies for each story Weblinks, references and further reading to support learning Transcripts of all interviews included at the back of the book An eBook (with videos embedded) included in all print purchases Supports midwifery curricula; suitable for both undergraduate and postgraduate levels New topics identified by student midwives as the areas where they need supporting resources to help consolidate learning 4 new chapters 11 new videos

*A Is for Advice (The Reassuring Kind)*  
Random House

Birth In Focus offers the reader a chance to see birth made real. Water birth, breech birth, twin birth, Caesarean birth - all are shown in 'photo stories', with accompanying text written both by the

woman and her midwife, and sometimes also the partner or a child who was present. Clear images of the birth process provide an excellent educational tool for students, as well as offering inspiration to those who may not have had the opportunity to see birth in this way. A chapter on reflection points for practitioners will help professionals and birth supporters explore further the issues highlighted in the individual stories. There is a foreword by Ina May Gaskin, iconic American midwife and author of *Spiritual Midwifery*, and an introductory chapter exploring some of the most important issues in birth today. Foreword by Ina May Gaskin.

*Optimal Birth: What, why & how* John Wiley & Sons

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. [Birthsong Midwifery Workbook](#) Auckland University Press

What is the reality of being a midwife at the beginning of the twenty-first century? What is it like to help and support women throughout pregnancy and childbirth and into motherhood? What roles can midwives play in society? *Becoming a Midwife* explores what it is to be a

midwife, looking at the factors that make midwifery such a special profession, as well as some of the challenges. The chapters cover a variety of settings and several different stages in a woman's pregnancy. Each one is narrated by a midwife who introduces their own theme, recounts a vignette that throws light on their understanding of midwifery and reasons for becoming a midwife and any subsequent career moves. Drawing together these insights, the editors show what it means to be a midwife today. Suitable for those contemplating a career in midwifery and providing an opportunity for reflection for more experienced midwives, this thought-provoking book is an invaluable contribution to midwifery. *Waterbirth Stories* Fresh Heart Publishing

From Reviews of the second edition: 'Christopher Johns is an internationally recognised pioneer of reflective practice in nursing and health care. The first edition of this book was an excellent resource and this updated version is equally impressive. This is a superb resource for nurses and all those eager to enhance their knowledge and skills in reflective practice. It is well presented, user-friendly and stimulating.'

*Nursing Standard Becoming a Reflective Practitioner* is a practical guide to using reflection in every day clinical practice. It explores the value of using models of reflection, with particular reference to Christopher Johns' own model for structured reflection. *Becoming a Reflective Practitioner* includes accounts of everyday practice to guide the reader through the stages of reflective practice within the context of care, 'desirable practice', and the caring relationship. This third edition reflects significant developments in reflective theory and gives greater attention to different approaches to reflection including the use of narrative dialogue. New chapters are included on ensuring quality and managing conflict. Exemplars are included throughout and further references and reflected reading are included at the end of each chapter. Reflective practice is acknowledged as an effective approach to developing nursing care which evolves as the practitioner develops his or her own practice. This book will therefore be of interest to all nurses involved in developing their clinical practice. A practical guide to developing reflective

practice Reflects significant developments in reflective theory Examines Christopher Johns' own model for structured reflection Centred on care and the caring relationship Challenges practitioners to question their practice

**Pregnancy & Childbirth Secrets** North Atlantic Books

& ' In 2012, following his investigation of the deaths of two babies in childbirth at Waikato Hospital, Hamilton coroner Gordon Matenga asked, & ' Does New Zealand have the safe, world-leading system the Government says we do, or are we losing babies because the balance has swung too far towards the idea that because childbirth is natural, then the philosophy of " non-intervention" is best? ' & ' Babies' deaths reignite maternity row ' , the New Zealand Herald announced.' — from the introduction by Linda Bryderls New Zealand & ' the best country to give birth' ? Historian of medicine Linda Bryder explores how New Zealand developed a unique approach to the role of midwives in childbirth in the 1990s, and analyses the consequences of that change for mothers and babies. The Best Country to Give Birth? traces the genesis of the 1990 Nurses

Amendment Act, which allowed midwives to practise alone in the community, back to the homebirth movement of the 1970s, and explores the aftermath of the Act including the withdrawal of GPs from maternity care. In investigating the consequences of the reforms, it uncovers repeated criticism of services &- and what were deemed preventable deaths &- from coroners, commissioners for health and disability, other health professionals including some midwives, academic researchers, and parents and families. How and why does maternity care in Aotearoa differ from other countries? How has it shaped the equitable care of our mothers and babies? Why have critical reports had so little impact? This is a major historical account of an issue at the heart of our maternity care.

*Becoming a Midwife* Author House

As the rate of homebirth increases in the UK, this important new book offers a basic, practical guide for anyone involved in the planning, resourcing and facilitation of safe and respectful birth at home. Blending both contemporary academic and clinical practice, this textbook covers the whole scope of home birth practice,

from antenatal care, delivery and postnatal care, as well as management of emergencies at home and practical advice for managing transfer. Facilitating a safe home birth requires a robust multidisciplinary team approach. Whatever your role in planning or attending a birth at home, and whether you are a student, practising midwife, paramedic or obstetrician, this resource will have something for you. Covers the whole scope of home birth practice, for each member the multidisciplinary team Written by leading experts from diverse backgrounds including midwives, paramedics, obstetricians and neonatal nurses from clinical practice, academia and education Presents balanced and unbiased contemporary evidence supporting birth at home Discusses effective care planning from developing a homebirth services, practical resources and skills, equipment planning and geographical considerations Covers important topics within midwifery including the rise of 'freebirthing', multidisciplinary team working and the care of women with complex biopsychosocial needs or from



underrepresented communities Clearly identifies roles and responsibilities of the

multidisciplinary team Suitable for

midwifery students embarking on a home birth placement