

The Doula Book How A Trained Labor Companion Can Help You Have A Shorter Easier And Healthier Birth

The landscape for doulas is ever changing, growing, evolving. With this new 3rd edition of *The Doula Business Guide*, Patty Brennan provides freshly-updated resources and insights into the business side of being a doula. As a growing number of end-of-life doulas are pioneering new approaches to compassionate support at the other end of the birth-death continuum, there will be many who can benefit from Patty's guidance. She shows both new and seasoned doulas how to go from dream to reality, step-by-step, and make their living doing work they love. Discover why this book is required reading for a growing number of doulas of all kinds. "Lest it sound daunting, this book is a good read! Patty's honesty, conversational tone, humor, instructive stories and obvious expertise carry you through each chapter. She shares pearls of wisdom that she has gleaned from years of experience with many types of doula practice. This book is more than an excellent guide to business, but also a guide to the high road for each of us and to growth for the entire doula movement." - Penny Simkin, PT, co-founder of DONA International and prolific author. "In her newly expanded *Doula Business Guide and Workbook*, Patty Brennan continues to dissolve the largest looming barrier for doulas—turning a work of heart into a professional practice. She gently companions readers through a comprehensive overview of launching and sustaining a successful business. Doulas not only learn about the ins and outs of organization and marketing, they learn about themselves—their strengths, fears and goals. I strongly recommend this invaluable resource to all aspiring and practicing doulas!" - Francesca Arnoldy, Program Director, University of Vermont Larner College of Medicine's End-of-Life Doula Training and author of *Cultivating the Doula Heart: Essentials of Compassionate Care*

'Wonderful, thoughtful, practical' - Ciriad Lloyd, Griefcast 'Encouraging and inspiring' - Dr Kathryn Mannix, author of Amazon bestseller *With The End in Mind* End-of-life doula Anna Lyons and funeral director Louise Winter have joined forces to share a collection of the heartbreaking, surprising and uplifting stories of the ordinary and extraordinary lives they encounter every single day. From working with the living, the dying, the dead and the grieving, Anna and Louise reveal the lessons they've learned about life, death, love and loss. Together they've created a profound but practical guide to rethinking the one thing that's guaranteed to happen to us all. We are all going to die, and that's ok. Let's talk about it. This is a book about life and living, as much as it's a book about death and dying. It's a reflection on the beauties, blessings and tragedies of life, the exquisite agony and ecstasy of being alive, and the fragility of everything we hold dear. It's as simple and as complicated as that.

Many women know, and research confirms, that having an experienced female birth companion, who is neither a health professional nor a part of their social circle, can have a tangible positive effect on their experience of childbirth. Why

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Doulas Matter is a comprehensive discussion of how a doula can offer expectant and new parents information and practical and emotional support to improve their experience of birth and early parenting.

Caring for and truly supporting a mother after the birth should be a societal norm.

Birth Doula Training Manual

Part how-to guide, part hopeful manifesto, *Cultivating the Doula Heart* provides a clear framework for supporting those facing hardship, grief, and loss. Succinct and straightforward, this "work of heart" covers: Components of Doula Care, Aspects of Loss, Ways of Being/Ways of Doing, Grief Support, and Contemplative Exercises. This read is a beacon of light for difficult realms, allowing us all to practice and hone our ability to move from sympathy to empathy to compassion.

When you come from a family of funeral directors, the telephone rings ominously in the middle of the night. For a doula, it resonates with eager anticipation. Either way, it always means lives are about to change. . . . It might seem like birth and death lie at opposite ends of a spectrum, but to Carolyn Connors, they are mirror images. Caro is no stranger to death, having grown up in a funeral home, but after witnessing her mother's miscarriage and her brother's tragic drowning as a child—neither of which she is allowed to discuss—she chooses to become a doula, celebrating the arrival of life rather than its departure. When her glamorous lifelong best friend, Mary Grace, calls with the exciting news that she is pregnant, Caro packs up her life and leaves home to be MG's birthing coach. But tension escalates between Caro and MG's domineering husband, Brad, and the sensitive doula's advice falls on deaf ears. MG cuts off all contact until complications with her pregnancy leave her with no one else to call. Hurrying to the unborn child's rescue and watching the life drain from her best friend's body, Caro thinks the nightmare can't get any worse. . . . Until Brad accuses her of medical malpractice. For the first time in her life, Caro must confront the painful guilt, loss, and shame that have trailed her from the past, leading her to the most profound rebirth of all.

Caring for the Dying describes a whole new way to approach death and dying. It explores how the dying and their families can bring deep meaning and great comfort to the care given at the end of a life. Created by Henry Fersko-Weiss, the end-of-life doula model is adapted from the work of birth doulas and helps the dying to find meaning in their life, express that meaning in powerful and beautiful legacies, and plan for the final days. The approach calls for around-the-clock vigil care, so the dying person and their family have the emotional and spiritual support they need along with guidance on signs and symptoms of dying. It also covers the work of reprocessing a death with the family afterward and the early work of grieving. Emphasis is placed on the space around the dying person and encourages the use of touch, guided imagery, and ritual during the dying process. Throughout the book Fersko-Weiss tells amazing and encouraging stories of the people he has cared for, as well as stories that come from doulas

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he has trained and worked with over the years. What is unique about this book is the well-conceived and thorough approach it describes to working skillfully with the dying. The guidance provided can help a dying person, their family, and caregivers to transform the dying experience from one of fear and despair into one that is uplifting and even life affirming. You will see death in a new light and gain a different perspective on how to help the dying. It may even change the way you live your life right now.

In *Round the Circle*, author Julie Brill gathers the wisdom of twenty-three established doulas who generously share what they've learned along the way, including Laurel Wilson and Tracy Wilson Peters, authors of *The Attachment Pregnancy*, Rivka Cymbalist, author of *The Birth Conspiracy* *Natural Birth, Hospitals, and Doulas: A Guide*, and Amy Wright Glenn, author of *Birth, Breath, and Death: Meditations on Motherhood, Chaplaincy, and Life as a Doula*. Learn more about addressing fears mothers may have; encouraging the motherbaby bond; supporting religious and spiritual practices; working with orthodox Jewish families, LGBTQ families, teen mothers, surrogates, immigrants, and incarcerated moms; the pros and cons of attending the births of friends/family members; issues related to becoming personal friends with your clients; the doula's role in planned and unexpected homebirths and cesarean births; supporting the family after the birth; building and marketing your doula business; and doula self-care. Intended to be a mentoring tool, *Round the Circle* will prove interesting and helpful reading for anyone considering becoming a doula and for those already practicing.

A classic for all new parents, this book inspires, informs and reassures. From conception through to birth, Sheila Kitzinger describes what to expect and prepares parents-to-be for the physical changes ahead. Now includes information on Caesarean births, the birthing sling, sex during pregnancy, and nutrition. Encourages expectant parents to be actively involved in decisions about their antenatal care and birth method.

Definitive guide for preparing to help a woman through childbirth, and the essential manual to have at hand during the event.

Since the original publication of *The Birth Partner*, partners, friends, relatives, and doulas have relied on Penny Simkin's guidance in caring for the new mother, from her last trimester through the early postpartum period. Now fully revised in its fifth edition, *The Birth Partner* remains the definitive guide to helping a woman through labor and birth, and the essential manual to have at hand during the event. *The Birth Partner* includes thorough information on: Preparing for labor and knowing when it has begun Normal labor and how to help the woman every step of the way Epidurals and other medications for labor Pitocin and other means, including natural ones, to induce or speed up labor Non-drug techniques for easing labor pain Cesarean birth and complications that may require it Breastfeeding and newborn care and much more For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

The Cannabis Doula is the transparent enlightenment of my own rebirth. It journeys through my life as a Black woman; exposing societal ills and offering healing and inspiration with cannabis to women and birthing people through poetry, blogs, letters, and self-reflection. The true power of doulas is to serve clients so that they are encouraged to become more empowered and authentic versions of themselves. The wisdom culled from over sixty birth doulas in Dr. Gilliland's landmark research study will transform your relationship with clients and medical careproviders alike. *The Heart of the Doula* delves into the reality of birth doula work in North American hospitals and the personal price many pay to fill this important and beneficial role.

'This is a fab book. Really recommend it!' Mrs Hinch Read this book for an instant pick-me-up. Whether this is your first or fifth baby, *The Little Book of Self-Care for New Mums* is your handy survival guide to managing the emotional and physical rollercoaster of becoming a new mum.

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Bringing together decades of experience from a midwife and a doula, you'll find invaluable tips and tricks to boost confidence and calm frazzled nerves - plus answers to all those questions you may be too embarrassed to ask. From creating cooling breast pads with chamomile tea and quick stretches to relieve aching muscles, through to easy recipes to nourish your postnatal body and 5-minute fixes to restore your sense of humour, this is the book you can turn to when the overwhelm sets in. Beautifully illustrated in full-colour, it covers everything you need to know about the postnatal period to feel supported, empowered and understood.

Whether it's the occasional intolerable headache or the recurring headache that ruins several days in a row, whether severe headaches run in the family or have affected only one family member so far, this is the book that provides the information and tools needed for headache relief—even when that relief has seemed impossible.

An introductory guide to supporting queer individuals and families through conception, pregnancy, birth and postpartum. Covers topics such as queer-affirming language, dysphoria during pregnancy, breast/chestfeeding, and reproductive technologies.

This log book is for midwives and doulas to keep track of the babies that they have delivered. Each page has spaces for you to write in the baby's parents' names, baby's name, address, etc. This book contains 120 pages and is a handy 6 by 9 inch size.

The Doula Business Guide, 2nd Edition, is the "must have" comprehensive resource for anyone seeking to establish an independent doula business or doula program. Over 300 pages of inspiration and useful information for launching your dream career and making it pay well. When you invest in this thorough guide, you get Patty Brennan's 35 years of expertise distilled into one go-to resource.

Full of honest advice and inclusive options, *Why Did No One Tell Me This?* is the funny, personality-filled, illustrated guide to pregnancy, birth, and beyond that modern parents have been waiting for. Pregnancy and childbirth are full of big questions -- what if my baby is enormous? Will my water break naturally? What even goes into a 'birth plan'? How on earth am I going to keep this child alive once it's here? And where do I turn for advice that will really work for me and my life? In *Why Did No One Tell Me This?* doulas and reproductive health experts Natalia Hailes and Ash Spivak answer these questions and more for today's wellness-focused, intersectional parents-to-be. Drawing on years of experience in their birth doula practice *Brilliant Bodies*, Natalia and Ash guide readers through the entire process, from the earliest stages of pregnancy to the jungle of postpartum feelings and responsibilities. Bite-sized pieces of advice are interspersed with vibrant illustrations by artist Louise Reimer to break down the doubts and fears that often surround childbirth, empowering readers to explore their own individual needs, know their rights, and find their voice both during and after pregnancy. By addressing common fears, incorporating regular tips for partners, and providing information on a wide array of birth and parents styles, this unique and inclusive guide is the perfect tool for a new generation of parents.

The surprising success of the stories in the first volume of *Bearing Witness* prompted a second volume with even more remarkable tales of childbirth told by doulas. Not only do these stories reveal the trials and triumphs of giving birth with the assistance of doulas and midwives, they are genuine works of art. What could be more creative, dramatic, and miraculous than birth? Some of these personal stories from doulas about their shared birthing experiences will give you goosebumps. Inspiring and diverse stories are contained in this beautiful anthology. Highly recommended for anyone interested in childbirth and new doulas in particular.

Review: 'The fast-paced style blends the spiritual and the practical, drama and reflection, humour and pain. Prepare to laugh and cry and to learn something about yourself.' -Jill Treseder. 'This is not just a book for Doulas, it is a book for women.' -Claire Arnold. 'All students should read this book and learn from it and know they are not alone in their working experiences.' -Demetria Clark. Book Description: The intertwining of the personal life along

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with the professional life of a Doula shows the frailties and strengths of being a woman as something to be shared and celebrated. Learning to understand and accept our inner landscape is an adventure, one that requires great strength and courage to be able to look into the less desirable shadows of ourselves and embrace it all. By doing so we can become whole beings capable of standing strong and true, able to hear the voice of our own intuition and be brave enough to listen.

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Doulas and midwives are increasingly popular options for childbirth; this book answers questions for those considering the help of a doula or midwife at birth. Take Control of Your Childbirth Experience New moms are spreading the word to pregnant women just like you: Doulas make pregnancy and childbirth the celebratory experience it is meant to be! Doulas are professionally trained women who provide support before, during, and after delivery. Research has shown that doulas help women have positive birth experiences, decrease the need for pain medication, improve breastfeeding success, and reduce the need for cesarean sections and other invasive procedures. Author Rachel Gurevich interviewed more than 235 women and birth professionals to bring you this best-kept pregnancy secret. Inside, you'll find real mothers' stories and discover how doulas make a joyful difference in childbirth. You'll learn:

- The many ways doulas provide labor support, whether you plan a "natural" or medicated birth
- How to find, hire, and choose the right doula
- How specialized doulas can help you before or after the baby's birth
- How doulas help the dad-to-be
- And more! Foreword by Mayer

Eisenstein, M.D., medical director, Homefirst Health Services Praise for The Doula Advantage

: "Doulas really do make a difference in having a safe and satisfying birth, as you will learn in this book." — William Sears, M.D., coauthor, The Baby Book "Comprehensive, thought-provoking, and highly moving. . . . A must read for any woman thinking of using the services of a doula." — Ann Douglas, author, The Mother of All Pregnancy Books and The Mother of All Baby Books

Doulas empower mothers to plan for and secure the birthing experiences they want. Lindsey Bliss provides the resources for creating a sound birth plan and having a positive childbirth experience.

Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect.

The complete and essential guide to birth with a doula by the "undisputed experts in the field."--Los Angeles Times

Describes the benefits of a labor companion who provides emotional support before, during, and after childbirth

Dawn Edelstein knows everything there is to know about dying. She specialises in helping her clients make peace with the end of their lives. But as she's flying home from her latest case, she is forced to confront her own mortality for the first time. Instead of seeing her brilliant quantum physicist husband and their beloved daughter flash before her eyes in what she assumes are her last moments, only one face is shockingly clear: Wyatt Armstrong. Safely on the ground, Dawn now faces a desperate decision. Should she return to Boston, her family and the life she knows, or journey back to an Egyptian archaeological site she left over a decade earlier, reconnect with Wyatt, and finally finish her abandoned magnum opus, The Book of Two Ways? As the story unfolds, Dawn must confront the questions she's never truly answered: What does a life well-lived look like? When we depart this earth, what do we leave behind of ourselves? And who would you be if you hadn't turned out to be the person you are right now? Sooner or later, everyone eventually asks questions about end of life. What happens to me when my physical body dies? Is there an afterlife? If so, where do I go? Do my loved ones meet me? Will they usher me to the next plane of existence? In *Diary of a Death Doula*,

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psychic medium, and near-death experience researcher Debra Diamond presents the story of life as a hospice 'Death Doula', revealing 25 critical life lessons from those at the threshold of the afterlife, and those who have already crossed over, ultimately revealing a new way of understanding death.

FREAKONOMICS meets WHAT TO EXPECT WHEN YOU'RE EXPECTING in this groundbreaking guidebook. Award-winning Emily Oster debunks myths about pregnancy to empower women while they're expecting. Pregnancy is full of rules. Pregnant women are often treated as if they were children, given long lists of items to avoid-alcohol, caffeine, sushi-without any real explanation from their doctors about why. They hear frightening and contradictory myths about everything from weight gain to sleeping on your back to bed rest from friends and pregnancy books. In EXPECTING BETTER, Oster shows that the information given to pregnant women is sometimes wrong and almost always oversimplified. When Oster was expecting her first child, she felt powerless to make the right decisions for her pregnancy so Oster drew on her own experience and went in search of the real facts about pregnancy using an economist's tools. Economics is the science of determining value and making informed decisions. To make a good decision, you need to understand the information available to you and to know what it means to you as an individual. EXPECTING BETTER overturns standard recommendations for alcohol, caffeine, sushi, bed rest, and induction while putting in context the blanket guidelines for fetal testing, weight gain, risks of pregnancy over the age of thirty-five, and nausea, among others. Oster offers the real-world advice one would never get at the doctor's office. Knowing that the health of your baby is paramount, readers can know more and worry less. Having the numbers is a tremendous relief-and so is the occasional glass of wine. This groundbreaking guidebook is as fascinating as it is practical.

The perfect gift for all new parents! The Baby Book is the ideal place to record all the special moments and memories from the first three years of your child's life. As well as details of the birth, parents and siblings, you can record all the firsts (sitting, crawling, walking, teeth), favourites (toys, books, friends, music) and events, with space for notes and photographs and charts to record growth. An expandable pocket at the back allows you to hold on to keepsakes and an elastic enclosure keeps everything in place.

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." –Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect

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postpartum, and more. *Nurture* is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life.

Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in *Women's Health*, *Vogue*, *Goop*, *The Cut* and *Marie Claire*.

Here is your guide to the fastest-growing trend in childbirth—a tradition as old as motherhood itself. Doulas, or professional labor assistants, have led thousands of expectant women through the birthing process in a way that's safe and meaningful, and that creates the birth and postbirth experience all mothers long for. What exactly do doulas do? How to find one that suits you. What are the “trade secrets” only doulas know but every woman should be aware of (even if you don't have a doula)? In *The Doula Guide to Birth*, senior-level doula Ananda Lowe and award-winning health reporter Rachel Zimmerman have written a most comprehensive book that draws on the wisdom of these skilled experts, whose experience with doctors, midwives, nurses, and hospitals makes them invaluable advocates before, during, and after birth. * Labor techniques anyone can use * Pain medication: do you, don't you—and when? * What dads and loved ones need and can do best * When should you really go to the hospital in labor? * How to prepare for unexpected medical procedures, including cesareans and epidural * Postpartum—what it's really like * A clip-out chart of labor techniques, birth plan worksheets, and much more Combining science, wit, warmth, and support, as well as the inspirational stories of dozens of mothers and their partners, you'll find the “doula viewpoint” on every major pregnancy and delivery issue, making this one of the most important childbirth books you'll ever read and recommend. As more feminism migrates online, full-spectrum doulas remain focused on life's physically intimate relationships: between caregivers and patients, parents and pregnancy, individuals and their own bodies. They are committed to supporting a pregnancy no matter the outcome—whether it results in birth, abortion, miscarriage, or adoption—facing the question of choice head-on.

A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it's not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround

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motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives. "Ma Doula is a wonderful book for parents-to-be who love birth stories that provide a look at the great range of what can happen during pregnancy, labor and birth. It's an incomparable resource for doulas, especially those who work with immigrant communities. Stephanie Sorensen is a brilliant storyteller. Her book is full of wisdom and tenderness." -Ina May Gaskin, America's leading midwife; author of *Birth Matters: A Midwife's Manifesta*

More and more parents-to-be all over the world are choosing the comfort and reassuring support of birth with a trained labor companion called a "doula." This warm, authoritative, and irreplaceable guide completely updates the authors' earlier book, *Mothering the Mother*, and adds much new and important research. In addition to basic advice on finding and working with a doula, the authors show how a doula reduces the need for cesarean section, shortens the length of labor, decreases the pain medication required, and enhances bonding and breast feeding. The authors, world-renowned authorities on childbirth with combined experience of over 100 years working with laboring women, have made their book indispensable to every woman who wants the healthiest, safest, and most joyful possible birth experience.

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