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## The Birth Partner - Revised 3rd Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions (Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, &)

By Penny Simkin



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Since the original publication of **The Birth Partner** in 1989, new mothers' mates, friends, and relatives and doulas (professional birth assistants) have relied on Penny Simkin's guidance in caring for the new mother from the last few weeks of pregnancy through the early postpartum period. Fully revised in its third edition, **The Birth Partner** remains the definitive guide for preparing to help a woman through childbirth and the essential manual to have at hand during the event.

This completely updated edition 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;  
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.



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### **Editorial Review**

#### **Review**

The Birth Partner is the ultimate guide for mothers, birth coaches, and doulas. There is nothing else so complete, well balanced, and reassuring. --Kathleen Huggins, author of The Nursing Mother's Companion and The Expectant Parents' Companion

Destined to become the birth partner's bible, [this] book provides the answer to many a labor coach's prayer in a comprehensive yet easily referenced fashion. --Marian Thompson, co-founder of La Leche League International

#### **About the Author**

Penny Simkin is a physical therapist, doula trainer, and a nationally renowned authority on childbirth. She is co-founder of Pacific Association for Labor Support and of DONA International (formerly Doulas of North America).

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