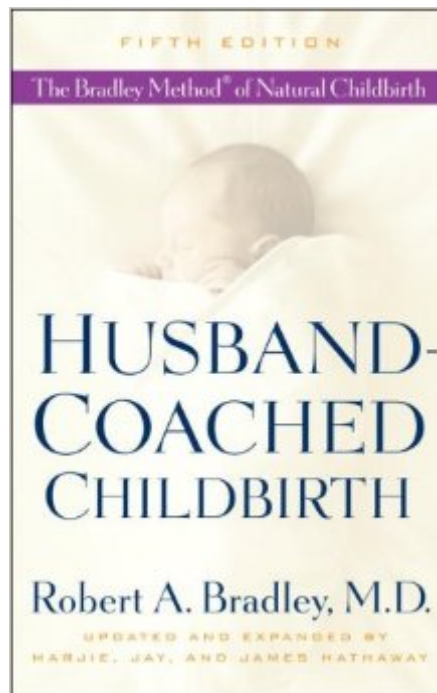


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# Husband-Coached Childbirth (Fifth Edition): The Bradley Method Of Natural Childbirth



## Synopsis

Now completely revised and updated for today's parents-to-be...The book that started a revolution in the birthing experience and helped millions of women and their partners to a safe and natural childbirth. The Bradley Method has changed the way men and women think about childbirth today. Now this new, updated edition of the groundbreaking work by Robert A. Bradley, M.D., has all the information you need to approach a natural childbirth safely, confidently, and wisely. From the reasons to choose the Bradley Method to the steps you will take as your birth day approaches and after the birth of your baby this book is designed to help couples share completely in the birthing experience. Build better, deeper, and more trusting communication skills with your partner in preparation for a drug-free childbirth Learn the physical, emotional, and mental relaxation techniques essential to a natural childbirth Discover how you and your doctor can work together toward your natural delivery Monitor your weight, nutrition, and your overall well-being during pregnancy Use natural prevention methods for the most common pregnancy problems Get the most out of the bonding experience you will share with your baby and your partner With its time-tested wisdom, medical soundness, and reassuring first-person accounts of natural childbirth, this book is the gold standard of childbirth books. The Bradley Method is an essential guide for anyone considering childbirth without unnecessary medications or medical intervention and to share fully in your child's arrival into the world.

## Book Information

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## Customer Reviews

I purchased this book because my wife is about to give birth and we wanted some final pointers on coaching for natural childbirth. There were none to be found in this book. This is pretty much filled

with very vague descriptions of what natural childbirth is like and how it's the job of us coaches to help during delivery. If you're looking for specific techniques you will be reminded ad nauseam that you should have taken the official Bradley class (and you are given much advice on how you can find this class if you haven't taken it already). In fact most of this book just seems to be an advertisement for the class. I would say if you're a Bradley disciple and you're just looking to be encouraged that you are preparing for childbirth the "right way" then this is for you. This book is definitely NOT for someone who hasn't taken the official course and is just looking for a few tips on how to help your partner/wife/etc. through her delivery. In fact, if you're not one to get up on your high horse and judge others for their choice of childbirth method let me leave you with some gems from this book that left me resentful of these "Bradleyites" altogether. 1-I learned that women who choose to use medication during childbirth lose "all human dignity". That's right, these women are meant to be looked down on. 2-I learned that "Only natural born babies can celebrate true birthdays. The others are more appropriately celebrating delivery days". So be prepared to get some custom cards made for your little one if you don't follow the Bradley method. 3-I learned that when a mother's knees are spread apart in preparation for delivery it is "unlady like" (but it's acceptable, of course).

This was a decent book, but I feel like Dr. Bradley needed to exorcise some demons before writing this. He has some issues with the "Johnny-come-lately" doctors that are stealing parts of his methods. Honestly, if you skip the first 70 pages or so, he starts to get into the "hows" of natural childbirth and gets away from the "whys". I also feel that there is quite a bit that needs to be put into perspective. He began practicing medicine in the 40's and this is the the edition of the book. He talks about "drugged" mothers and visiting a hospital where they strapped mothers down who were delivering babies. It's hard to tell if he (or an updating author) is talking about hospital practices in the 50's, 70's or 90's. He also likes to use the phrase "science has proven" or "research has shown" without an links to actual research or studies. He does reference some specific studies here and there, but not consistently. He also likes to reference your "Bradley Method Study Guide". There are not Bradley classes offered near us, so I didn't have one. It's not a bad read for a couple that has already made up their minds about natural childbirth, but this should not be used if you are contemplating it. I was able to wade through the issues that Dr. Bradley may have because of research that I had done on my own. He gives a very bleak outlook on most hospitals. He uses quite a bit of anecdotal evidence and conjecture when putting together some of his arguments. I don't disagree with his conclusions, but question how he got there in some cases. For example, he

talks about animals near his farm hiding when they are about to give birth so they can labor in peace and quiet where no one will find them.

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