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Natural Childbirth The Bradley Way: Revised Edition



Synopsis

Details an alternative to Lamaze childbirth that includes a more natural breathing method and a totally unmedicated birth that many first and second-time parents prefer.

Book Information

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Customer Reviews

After having tried the Lamaze method and ending up with an epidural and feeling very "out of control" during my first delivery, I went in search of more information to help me through my second delivery. I happened upon this book at a garage sale and decided it was worth a gander. While I agree with other reviewers that the book had some dated photos and information, this did not interfere with my personal purposes for buying the book. Having gone through the process once, I was seeking a method which: *informed me in detail about what my body was doing through the birthing process and how I could work "with it" (rather than "escape" from it) *gave me natural alternatives for relaxation and bearing the pain (rather than "panting techniques," how to balance on a birthing ball, focusing on imaginary "special places," getting an epidural when I couldn't take it anymore, etc.) *gave me exercises to prepare my body ahead of time for the physical demands of labor *gave my husband information so he could be part of the process and feel confident in his ability to coach me through Natural Childbirth the Bradley Way proved to be the book that would meet these needs. Putting this information to use during my second labor was amazing. I was able to use the relaxation techniques at home for as long as possible. My husband was able to correctly judge when to get me to the hospital. We were able to get through the transition stage, knowing what the signposts were and that I was "almost there." I was only at the hospital an hour before my

son was born. I felt great afterwards without drugs and was more than ready to go home the next day.

I want to start this review with a disclaimer: this review is not about the Bradley Method of Childbirth. I believe that the Bradley Method can be outstanding and I have seen it work really well for many mothers. I have no criticism for the method at all. This book, however, is another story. In the first place, this book is so extremely outdated that it is unusable in my opinion. It uses scare tactics to upset women about things that aren't even done any more - enemas? shaving? I mean, seriously? I haven't known anyone to do that in 20 years. Her medical information and her portrayal of what happens in hospital birth is completely from the 1970s. The pictures are badly done and cheesy as well. They are all from the 1970s and all of the women in the book are bizarrely naked - whether giving birth, exercising, or just sitting around. Secondly, the book is incredibly defensive. Bradley is a good method - the author didn't have to be so hostile and defensive about the Method. Her vicious ongoing attacks on Lamaze are ridiculous - Lamaze childbirth is nothing like what she describes, not even remotely close. Why she devoted so much of her time in the book bashing Lamaze is beyond me. It was unnecessary, dishonest, and detracts from the book dramatically. Thirdly, the over all tone of the book is very negative. After I first read this book [when I was pregnant with my first child], I felt terrified. I certainly did not feel empowered, which is what good childbirth education should do. A personal complaint I have, which is a matter of opinion, is that I do not like the way she puts the male "coach" in complete control.

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