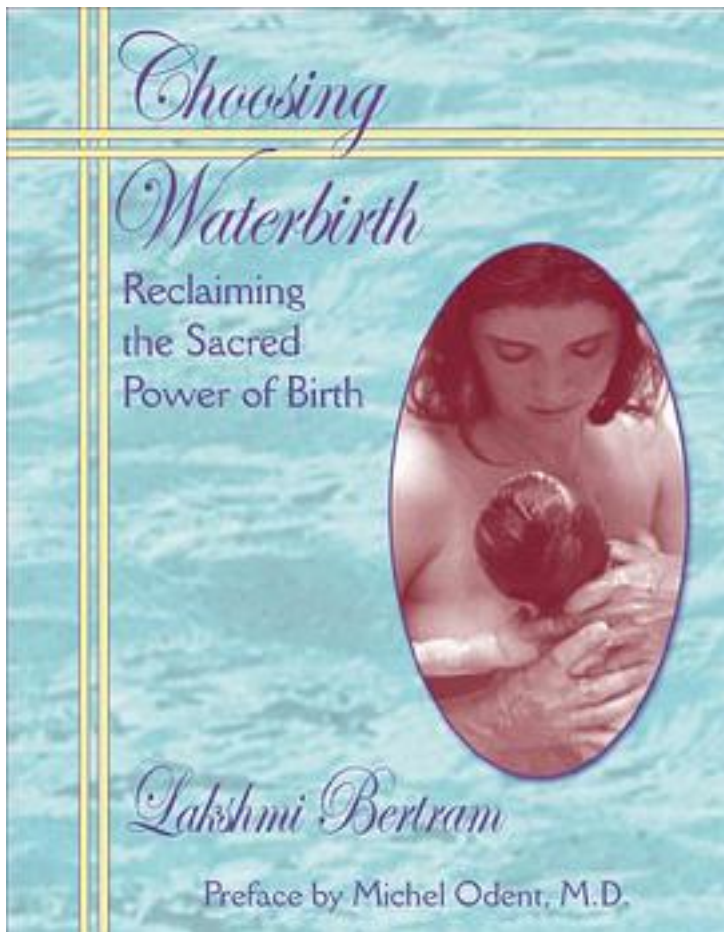


Choosing Waterbirth



[Choosing Waterbirth_下载链接1_](#)

著者:Bertram, Lakshmi

出版者:Hampton Roads Pub Co Inc

出版时间:

装帧:Pap

isbn:9781571741523

Waterbirth is an all-natural, gentle, pain-reducing, fulfilling, and empowering birthing method, in which mother and infant start their new life together in a relaxing and deeply familiar environment: warm water. But is it safe? How does water reduce the

pain? And is it really more beneficial to your baby? In this complete guide to waterbirth, a yoga instructor and mother of five "water babies" relates her own experiences in the tub while providing the important information that every parent needs to understand, prepare for, and undertake waterbirthing: LIThe basics of natural birth/LIHow water immersion promotes the feeling of well-being while reducing pain/LIHow to locate birthing facilities, practitioners, and tubs /LIExercises designed to relax and strengthen the mother/LIHow to create the ideal birthing environment/LIPractical advice for breast-feeding, baby massage, and moreIn addition, "Choosing Waterbirth" contains a complete prenatal yoga program with exercises and breathing and relaxation techniques designed to prepare the mother for an easier labor and delivery. More than 80 photos, including some of the author giving birth in water, bring the experience vividly to life.If you are interested in creating a loving, positive, empowering, and fulfilling birth experience, "Choosing Waterbirth" will provide you with all the information, practical guidance, and insight you'll ever need.

作者介绍:

目录:

[Choosing Waterbirth_下载链接1](#)

标签

评论

[Choosing Waterbirth_下载链接1](#)

书评

[Choosing Waterbirth_下载链接1](#)