



# The Birth Partner - Revised 4th Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions

By Penny Simkin

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Since the original publication of **The Birth Partner**, 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 fourth 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

#### PRAISE for THE BIRTH PARTNER

“Penny Simkin shows how giving support in childbirth is not only a matter of helping a woman through labor and delivery—important though that is—but also of enabling her to cherish a meaningful memory of birth.” – Sheila Kitzinger, author of *Rediscovering Birth* and *The Complete Book of Pregnancy and Childbirth*

“A clearly written book that describes what really happens in our maternity units. I recommend it highly for both parents and a supportive friend.” – Marshall Klaus, M.D., author of *Bonding, Your Amazing Newborn* and *Mothering the Mother*

#### About the Author

Penny Simkin, P.T., is a physical therapist, childbirth educator, doula, and birth counselor. She is nationally recognized as a premier authority on childbirth, having helped 9,000 expecting women and birth partners in childbirth and attended hundreds of couples through the birth process. Simkin is a prolific author and serves on more than ten different consultant and editorial boards, including the journal Birth: Issues in Perinatal Care, The International Childbirth Education Association, and The Seattle Midwifery School, where she also provides training for doulas and lectures for the students. She has written myriad books, journal and magazine articles. She is also co-founder of DONA International (formerly Doulas of North America) and The Pacific Association for Labor Support. In addition to providing childbirth education, birth counseling, and labor support, Simkin travels extensively throughout the country, lecturing and presenting at conferences and workshops. For more information, please visit Simkin's website at [pennysimkin.com](http://pennysimkin.com)

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##### Maria Bruns:

This The Birth Partner - Revised 4th Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions are generally reliable for you who want to be considered a successful person, why. The reason of this The Birth Partner - Revised 4th Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions can be among the great books you must have is giving you more than just simple studying food but feed a person with information that perhaps will shock your before knowledge. This book is actually handy, you can bring it everywhere you go and whenever your conditions in e-book and printed ones. Beside that this The Birth Partner - Revised 4th Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions forcing you to have an enormous of experience for instance rich vocabulary, giving you trial run of critical thinking that we know it useful in your day task. So , let's have it and enjoy reading.

**Marie Brenneman:**

Your reading sixth sense will not betray an individual, why because this The Birth Partner - Revised 4th Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions reserve written by well-known writer who really knows well how to make book that could be understand by anyone who have read the book. Written within good manner for you, dripping every ideas and publishing skill only for eliminate your current hunger then you still uncertainty The Birth Partner - Revised 4th Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions as good book not simply by the cover but also through the content. This is one book that can break don't evaluate book by its cover, so do you still needing an additional sixth sense to pick this kind of!? Oh come on your studying sixth sense already said so why you have to listening to yet another sixth sense.

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