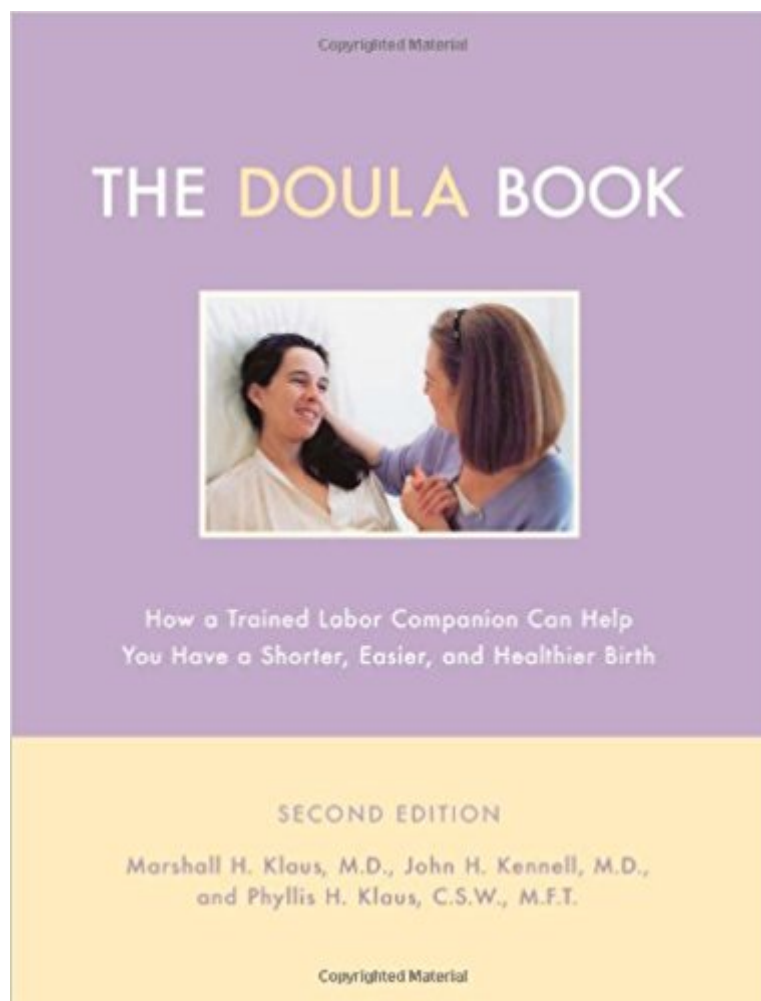




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# **The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth**



## Synopsis

More and more parents-to-be all over the world are choosing the comfort and reassuring support of birth with a trained labor companion called a "doula." This warm, authoritative, and irreplaceable guide completely updates the authors' earlier book, *Mothering the Mother*, and adds much new and important research. In addition to basic advice on finding and working with a doula, the authors show how a doula reduces the need for cesarean section, shortens the length of labor, decreases the pain medication required, and enhances bonding and breast feeding. The authors, world-renowned authorities on childbirth with combined experience of over 100 years working with laboring women, have made their book indispensable to every woman who wants the healthiest, safest, and most joyful possible birth experience. A Merloyd Lawrence Book

## Book Information

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## Customer Reviews

World-wide renowned authorities on birthing and bonding, Klaus and Kennell (*Bonding*) team up once again in this new work, focusing on the role of the doula, a Greek word that means "woman caregiver." Today, the authors explain, doula has come to mean an experienced labor companion who provides parents-to-be with emotional and physical support during labor, delivery and, to some extent, postpartum. The three authors (Phyllis Klaus teaches psychotherapy at the Erikson Institute in California) describe how a doula can help the birthing process, detailing studies that indicate doula-supported births result in a major reduction in the length of labor, a greater than 50% drop in cesarean sections, a decrease in a mother's need for pain medication and fewer feeding problems

for babies after birth. Over the past decade, the authors claim, "evidence for the benefits of doula support has been accumulating dramatically." Expectant parents will find this exciting information, and it may impact their birthing plans. With appendixes and photos (many of which, unfortunately, seem to date from the 1970s) detailing a doula's training, relaxation and visualization techniques, the book will also be vital for women considering entering this field. As usual, the team of Klaus and Kennell presents its work in a clear, compassionate manner, offering new insights and ways to make birthing a safe and positive experience for all involved. Copyright 2002 Reed Business Information, Inc.

A doula, from the Greek word meaning "woman caregiver," acts as a companion to a woman before, during, and, to a lesser extent, after labor. Unlike a midwife, she does not provide obstetrical care (i.e., deliver babies) but rather offers continuous and individualized emotional and physical support in order to foster a sense of reassurance, shorten labor, and decrease the need for pain killers and cesarean section. In this update of *Mothering the Mother* (1993), neonatologist Klaus, pediatrician John H. Kennell, and psychotherapist Phyllis H. Klaus carefully delineate the specific functions and characteristics of a well-trained doula, the criteria for selecting one, and the numerous benefits of using one. Real-life examples of the interaction among the doula, the mother, and her partner illuminate what it's like to work with a doula. Appendixes provide detailed information about the training of doulas, the techniques that they employ, and the results of clinical trials of labor support. The only drawback is that the photographs appear rather dated. A fine acquisition for public library pregnancy and health collections. Linda M.G. Katz, Drexel Univ. Health Sciences Libs., Philadelphia Copyright 2002 Reed Business Information, Inc.

I had to read this for my DONA doula workshop. I was expecting it to be more of a guide for doulas (much like "The Birth Partner"). However, this book is mostly all about how "How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth" just like the tag line says. It covers research and studies. I found it to be an easy read. I recommend expecting parents read it if they are unsure about the role of a doula, and they are the bookish type. However, I think it's a necessary read - you can get the basic idea that doulas help in labor just by reading info off of [...] or even better, go interview some local birth doulas. I did learn that there was a study that showed that women have a better opinion of their husband's role in the labor if they also have a doula... even some months after the birth.

THIS IS A MUST HAVE! Even if you have never attended a training for Doula work, you may find yourself assisting a friend, family member, or total stranger in labor and birthing! Get this one and equip yourself to help make a difference in bringing new life into this world!

I chose this book because I am training to be a doula but I never expected to have the topic so completely developed in a way that was so easy to read! I think it is a must read for all those that are supporting women giving birth but also and specially for partners and women themselves. This book will help partners to communicate on what they are expecting from each other during labor, birth and postpartum. Great!!!

Awesome information you won't want to not have!! I read this before delivering a baby and felt totally prepared and knowledgeable

This book was purchased as a gift for a lady who is a labor companion. She was thrilled to see a book like this covering this topic. She said the information contained in the book would bring her extra knowledge.

This book is very easy to read. It is well-written, well laid out, very well researched. There is an excellent chapter concerning the role of the father in the labor room. A lot of their observations are based on what they observed in a hospital in Ireland. There are statistics but not too many, enough to be convincing: they haven't overstated the case for doulas: their claims of an easier, shorter, healthier birth are not outlandish but well presented and backed up by good solid research. Apart from all that it is an easy read.

Great read. Covers the benefits that a trained labor companion can bring to the table, using studies and examples to explain the role of a doula. Many women still see doulas as an "extra" in our society, but this book does well to promote the improved birth experience available when you incorporate a doula into your labor.

I bought this book as part of my bundle of books I read for my doula certification. It is a great book for anyone planning on helping during labor...even dads, nurses, and grandmas. I would also recommend it for moms to be.

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