



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

By Marshall H. Klaus, John H. Kennell, Phyllis H. Klaus

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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

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Editorial Review

From Publishers Weekly

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.

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From Library Journal

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

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About the Author

Marshall H. Klaus, M.D., internationally known neonatologist and researcher, is the author or coauthor of several standard works in the field, including *Bonding*, *Care of the High Risk Newborn*, and *Mothering the Mother*. He teaches pediatrics at the University of California, San Francisco, School of Medicine. **Phyllis H. Klaus, C.S.W., M.F.C.C.**, teaches and practices psychotherapy at the Erikson Institute in Santa Rosa and practices in Berkeley, California. She is coauthor of *Mothering the Mother*, and *Bonding*.

Users Review

From reader reviews:

Michael Banks:

This The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is usually information inside this e-book incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This particular The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth without we comprehend teach the one who reading it become critical in thinking and analyzing. Don't possibly be worry The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth can bring any time you are and not make your case space or bookshelves' grow to be full because you can have it with your lovely laptop even telephone. This The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth having good arrangement in word and also layout, so you will not experience uninterested in reading.

Modesto Delarosa:

Do you among people who can't read pleasurable if the sentence chained in the straightway, hold on guys this kind of aren't like that. This The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth book is readable through you who hate those straight word style. You will find the data here are arrange for enjoyable reading through experience without leaving actually decrease the knowledge that want to provide to you. The writer of The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth content conveys objective easily to understand by a lot of people. The printed and e-book are not different in the written content but it just different in the form of it. So , do you nevertheless thinking The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth is not loveable to be your top collection reading book?

Thomas Dacosta:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their free time with their family, or their particular friends. Usually they performing activity like watching television, gonna beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Might be reading a book is usually option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the guide untitled The Doula Book: How A Trained Labor Companion Can Help You Have A Shorter, Easier, And Healthier Birth can be fine book to read. May be it might be best activity to you.

Reta Zimmer:

What is your hobby? Have you heard in which question when you got pupils? We believe that that issue was given by teacher on their students. Many kinds of hobby, Every person has different hobby. So you know that little person similar to reading or as reading through become their hobby. You need to understand that reading is very important in addition to book as to be the factor. Book is important thing to include you knowledge, except your current teacher or lecturer. You find good news or update regarding something by

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