



Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices

By Sarah Buckley

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An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children.

Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

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Editorial Review

From the Publisher

An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children. * Speaks to a new generation of parents who are concerned about the medicalization of childbirth and want current and science-based info about alternatives.

About the Author

SARAH BUCKLEY, MD, is an internationally known authority on natural birthing and parenting choices. She has published numerous articles in *Mothering* magazine and *Midwifery Today*. She lives in Brisbane, Australia.

THE AUTHOR SCOOP

How long did it take you to write this book?

Around ten years since I wrote the first material, and around 9 months to rewrite and put it all together.

What was the hardest thing about writing a book?

Combining it with looking after 4 children

When did you know you were a writer?

When I was 10, I told my class teacher I wanted to be an author!

Favorite childhood book?

I was a precocious reader, I read *Jane Eyre* at age 10 and loved *Wuthering Heights*.

If you had to boil your book's message down to one sentence, what would it be?

Trust your body, trust your baby, follow your instincts

What are you working on now?

A commissioned report on the hormonal orchestration of labor

If you had a superpower, what would it be?

Sorting things out on every level, which includes a special talent for removing embedded hair ties from Barbie hair.

Users Review

From reader reviews:

Robert Hay:

Book is to be different per grade. Book for children right up until adult are different content. As we know that book is very important for all of us. The book Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices ended up being making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The guide Gentle

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Paul Smith:

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Joseph Davis:

On this era which is the greater particular person or who has ability in doing something more are more treasured than other. Do you want to become certainly one of it? It is just simple way to have that. What you have to do is just spending your time very little but quite enough to have a look at some books. One of several books in the top checklist in your reading list is definitely Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices. This book which is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking upward and review this publication you can get many advantages.

Catharine Rosol:

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