



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

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