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# The Doulas Guide To Empowering Your Birth

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Birth Settings in America

Orgasmic Birth

Survivor Moms

My Plus Size Pregnancy Guide

Birth Ambassadors

Essential Oils for Pregnancy, Birth and Babies

Labour of Love

Why Did No One Tell Me This?

The Mama Natural Week-by-Week Guide to  
Pregnancy and Childbirth

Doula Programs

The Doula Advantage

The Doula

Gentle Birth, Gentle Mothering

Easy Labor

Chosen

The Doula Deck

Giving Birth with Confidence

Birth

The Doula's Guide to Empowering Your Birth

The Birth Partner 5th Edition

How to Heal a Bad Birth

The Doula Book

The Birth Guy's Go-To Guide for New Dads

Own Your Glow  
 The Death of Faefolk  
 The Doula Book  
 Pregnancy, Childbirth, and the Newborn  
 Your Birth Plan  
 Painless Childbirth  
 The Heart of the Doula  
 Giving Birth With Confidence (Official Lamaze  
 Guide, 3rd Edition)  
 Motherhood Empowered A Comprehensive Guide  
 to a Healthy and Joyful Pregnancy Journey  
 Obstetricks  
 Breastfeeding  
 The Positive Birth Book  
 Round the Circle  
 Mama Glow  
 Labor Like a Goddess  
 Birth Without Fear

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*Your Birth* by guest

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**KAEL HESS**

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*Birth Settings*  
*in America*  
 Running Press  
 Adult  
 Those who  
 decide to  
 breastfeed are  
 faced with a  
 disturbing lack

of good advice  
 and "hands  
 on" help. Their  
 initial  
 determination  
 to breastfeed  
 is too often  
 lost in  
 conflicting  
 solutions  
 being offered  
 and not  
 working.

Something  
 they at first  
 imagined  
 should be  
 simple and  
 "natural" turns  
 out to be a  
 distressing  
 and  
 frustrating  
 experience  
 which  
 frequently

ends in their rejecting breastfeeding entirely. This book is filled with new approaches to preventing problems and treating problems if they have already occurred. These approaches work because they have been tested for over 45 years of combined experience and with over 30,000 mothers and their babies. They are aimed at making breastfeeding work. This

book covers questions which have stumped lactation consultants and doctors alike and which result in mothers frequently saying "We tried everything, but I just couldn't breastfeed." This usually means there was no one who could offer a real solution to a baby who was fussy, crying, rejecting the breast, not thriving and failing to gain weight or to sore nipples or the mother

needing treatment. Frequently, the inability to provide real help is hidden in statements like "It is important that the mother and baby are happy, don't worry about breastfeeding." Even after years of "helping" mothers, some "helpers" still cannot tell by watching a baby breastfeed whether the baby is getting breastmilk. By reading this book, you will know how to know. Here

are some of the questions you will find answered in this book: \* Why are there so many women having problems with breastfeeding? \* How does one start breastfeeding? \* Do mothers have milk in the first few days after birth or does milk come in later? \* What can be done to make breastfeeding work? \* Can premature babies be breastfed (at the breast)? \* Why is my baby rejecting the breast? \* Are "modern"

formulas really similar to breastmilk? \* Is bottle feeding breastmilk really the same as breastfeeding? \* What is the real deal about tongue ties? \* Can mothers take medications and breastfeed? \* Can I restart breastfeeding if I stopped completely? \* When do I start my breastfed baby on food and how? \* Can I get pregnant when breastfeeding? \* When will my breastfed

baby sleep through the night? Dr Jack Newman shares his expertise and experience of working at his Breastfeeding Clinic called The International Breastfeeding Centre in Toronto as well as Africa and Northern Canada, of listening to mothers and their stories and answering over a hundred emails from mothers every day. 335 pages [Organismic Birth](#) Rowman & Littlefield A must-have

baby shower gift for expectant dads! In this one-of-a-kind guide, dad, doula, and certified lactation counselor Brian Salmon and perinatal mental health and relationship expert Kirsten Brunner offer practical, modern-day survival tips for expectant dads and birth partners. Gone are the days when fathers would nervously pace the waiting room while their partners gave birth. Dads

are participating in childbirth now more than ever before. However, if you're like many men, you may feel unprepared, uncomfortable, or even unwelcome in the birth room. For you, this book offers battle-tested tips to help you get in the game and prepare for one of the most incredible adventures of your life. Based on the author's Rocking Dadschildbirth course, this

book will teach you everything you need to know about supporting your partner through birth, breastfeeding, and beyond. In this guide, you'll discover pointers and advice you won't find in any other childbirth or breastfeeding guide, including: A list of items to pack for the hospital that will help mom's labor go more smoothly  
Stealth communication skills that you can utilize during early

labor to support mom and keep her in a positive state of mind How to write a birth plan that the labor and delivery nurses will actually pay attention to What to say and do—and what not to say and do—when mom is in active labor and feeling all the feelings A detailed account of what to expect in the delivery room as a birth partner, and how to navigate the unknown terrains when

things don't go as planned How to help mom achieve proper nipple latch when she attempts breastfeeding for the first time Finally, and perhaps most importantly, you'll find tips for maintaining a strong relationship with your partner before, during, and after the birth so that you feel closer than ever when you launch into the wild yet wonderful world of parenthood. *Survivor*

*Moms Da Capo Lifelong Books* Chosen: Birth + Faith Through A Doula Lens is a gift book/devotional which covers 8 areas relating to birth + faith; each chapter also contains illustrated affirmations, verses, and guided journaling space, called "process + prayer." Included are instructions to redeem free reader bonuses: email courses, and a podcast/audio version.

*My Plus Size Pregnancy Guide Da Capo Press*  
Painless Childbirth: An Empowering Journey Through Pregnancy and Childbirth is a road map for a woman to achieve painless childbirth.

**Birth**

**Ambassadors** Balboa Press  
For a Safe and Healthy Birth... Your Way! Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand

how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, this book

presents: • Information to help you choose your maternity care provider and place of birth • Practical strategies to help you work effectively with your care provider • Information on how pregnancy and birth progress naturally • Steps you can take to alleviate fear and manage pain during labor • The best available medical evidence to help you make informed decisions Previously

titled *The Official Lamaze Guide*, this 3rd edition has updated information on:

- How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby's microbiome.
- How hormones naturally start and regulate labor and release endorphins to help alleviate pain.
- Maternity-care practices that can disrupt the body's normal functioning.

The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine.

- Room sharing and cosleeping: the controversy, recommendations, and safety guidelines.
- Out-of-hospital births are on the rise: New research and advice on planned home birth, including ACOG's revised guidelines, which support women's choices and promote

seamless transfer to hospital, if needed.

- The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor.
- The research in support of the Lamaze International's "Six Healthy Birth Practices," which are:
  - Let labor begin on its own.
  - Walk, move around, and change positions throughout labor.
  - Bring a loved one, friend, or



doula for continuous support. • Avoid interventions that aren't medically necessary. • Avoid giving birth on your back and follow your body's urges to push. • Keep mother and baby together—it's best for mother, baby, and breastfeeding. Essential Oils for Pregnancy, Birth and Babies Hachette UK Having a plus size pregnancy? There's so much misinformatio

n about having a plus size pregnancy that it's hard to know what to truly expect. Can I have a healthy pregnancy? Am I high risk because of my size? When will I start to look pregnant and how can I find cute plus size maternity clothes? Order the My Plus Size Pregnancy Guide today to get all the answers! You'll learn the keys for having a positive and healthy plus size pregnancy! To

pics Includeo Embrace your bump and develop a new appreciation for your bodyo What's a B belly? (hint: it's completely normal)o Tips for finding plus size maternity clothes, belly bands, and nursing braso Realistic information about increased risks, how to reduce your risks and make informed decisionso Look at nutrition in a new lighto Physical activity can be fun

throughout pregnancy (and I can't wait to tell you how!)o Game changer: working with a size friendly care providero Hiring a doula can make a big impact on your pregnancyo And so much more!Worksheets & Templates o Body Love & Body Languageo Maternity Photographer Inquiry E-mail Templateo My Healthy Habits Checklisto BRAIN Toolo 15 Questions to Ask When Hiring a Size	Friendly Care Providero 7 Questions to Ask When Selecting a Hospitalo Doula Inquiry E-mail TemplateStop Googling and start feeling empowered today! "This guide is wonderful and I'm grateful to have found it. I've learned things that I never gave much thought to in my first pregnancy, but that have made this second pregnancy much easier, and empowered me to have the pregnancy	and birth that I want. It's given me the tools I need to make this my own experience and not fall into the "obese pregnancy" trap that some providers set. Thank you, Jen, for compiling such great resources to keep at my fingertips!" - Megan Nelson "This guide is such an AMAZING resource and is unlike anything else that is out there! It is comprehensive but not overwhelming.
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It is enjoyable to read while also presenting a wealth of important information. This guide will help women to have more empowered, positive pregnancy experiences by covering all the topics they need to know about to advocate for themselves and understand what is going on with their bodies. I truly feel that all pregnant mamas who are plus size would benefit greatly from reading this

guide!" - Jasmine Schrader, Doula & Founder, Earth Mama Empowered Birthing"I think it's really important to talk about the realities of being plus size and pregnant. The options for nursing bras, maternity, belly bands & books are so minuscule that it's insulting. I knew it was frustrating but had no idea until I found myself pregnant and searching for things and answers that

didn't exist until I connected with Plus Size Birth. Jen's resources and support helped me throughout my pregnancy." - Tess Holliday, Plus Size Model [Labour of Love Birthtalk.Org](http://LabourofLoveBirthtalk.Org) Birth Ambassadors documents the social history of the emergence of doula care in the United States. What are doulas and where did they come from? Why do women become doulas? What

does it mean to be a doula? Birth Ambassadors is the only book to fully answer these questions by connecting narrative accounts with critical sociological analysis of the dilemmas and issues embodied in doula history and practice. Based on historical research and interviews with currently practicing doulas and leaders in the field, Birth Ambassadors argues that the doula role is

underpinned by ideological commitments to several overlapping and, at times, conflicting ideas around childbirth. These include an understanding of pregnancy and birth from the midwifery model, a belief in women's right to make informed choices regarding their health care, the need for patient/consumer advocacy and unconditional emotional support for women's

choices about their births. Birth Ambassadors explores how this constellation of beliefs within doula practice represents an innovative yet problematic response within the maternity reform movement to empower women during and after childbirth. Doulas are ambassadors to the world of birth, highlighting women's emotional experience of birth in settings where

beliefs and practices of the participants (the woman, her family, the nurses, midwives and obstetricians) are sometimes in conflict. For doulas to fulfill their goal of entering mainstream maternity care, they and their organizations face critical challenges. Why Did No One Tell Me This? Hay House, Inc "Mama Natural's Week to Week Guide to Pregnancy is the modern

(and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice

and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth National Academies Press

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.

### **Doula Programs**

Crown  
In Mama Glow, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic

habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your

"bun." Mama Glow also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. Mama Glow includes:

- Illustrated exercises for a fit, fabulous, and comfortable pregnancy
- Fleshed-out cleansing programs to boost fertility
- A simple formula for deconstructing those crazy cravings
- Yoga sequences

designed for pre-pregnancy, each trimester, and postpartum

- Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag
- Glow foods to help you snap back to your fab prebaby body

As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

*The Doula Advantage*

Cumberland House Publishing Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to

seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, The Positive Birth Book shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your mindset and expectations

can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, The Positive Birth Book is the must-have birth book for women of the 21st century. The Doula



Celestial Arts  
For a Safe and  
Healthy  
Birth... Your  
Way! Giving  
Birth with  
Confidence  
will help take  
the mystery  
out of having  
a baby and  
help you  
better  
understand  
how your body  
works during  
pregnancy  
and childbirth,  
giving you the  
confidence to  
make  
decisions that  
best ensure  
the safety and  
health of you  
and your  
baby. Giving  
Birth with  
Confidence is  
the first and  
only  
pregnancy

and childbirth  
guide written  
by Lamaze  
International,  
the leading  
childbirth  
education  
organization  
in North  
America.  
Written with a  
respectful,  
positive tone,  
the full  
version of this  
book presents:  
• Information  
to help you  
choose your  
maternity care  
provider and  
place of birth  
• Practical  
strategies to  
help you work  
effectively  
with your care  
provider •  
Information on  
how  
pregnancy  
and birth

progress  
naturally •  
Steps you can  
take to  
alleviate fear  
and manage  
pain during  
labor • The  
best available  
medical  
evidence to  
help you make  
informed  
decisions  
Previously  
titled The  
Official  
Lamaze  
Guide, this 3rd  
edition has  
updated  
information  
on: • How  
vaginal birth,  
keeping  
mother and  
baby together,  
and  
breastfeeding  
help to build  
the baby's  
microbiome. •

How hormones naturally start and regulate labor and release endorphins to help alleviate pain. • Maternity-care practices that can disrupt the body's normal functioning. • The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine. • Room sharing and cosleeping: the controversy, recommendations, and safety guidelines. • Out-of-

hospital births are on the rise: New research and advice on planned home birth, including ACOG's revised guidelines, which support women's choices and promote seamless transfer to hospital, if needed. • The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor. • The research in support of the Lamaze

International's "Six Healthy Birth Practices," which are: • Let labor begin on its own. • Walk, move around, and change positions throughout labor. • Bring a loved one, friend, or doula for continuous support. • Avoid interventions that aren't medically necessary. • Avoid giving birth on your back and follow your body's urges to push. • Keep mother and baby together—it's

best for mother, baby, and breastfeeding. Gentle Birth, Gentle Mothering Da Capo Lifelong Books Essential Oils for Pregnancy, Birth & Babies is a reference guide written for pregnant women or anyone assisting them, including midwives and doulas. Easy Labor New Harbinger Publications An authoritative guide to natural childbirth and postpartum

parenting options from an MD who home-birther 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 epidemiologic

al 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. *Chosen* Ballantine

<p>Books Doulas and midwives are increasingly popular options for childbirth; this book answers questions for those considering the help of a doula or midwife at birth. Take Control of Your Childbirth Experience New moms are spreading the word to pregnant women just like you: Doulas make pregnancy and childbirth the celebratory experience it is meant to</p>	<p>be! Doulas are professionally trained women who provide support before, during, and after delivery. Research has shown that doulas help women have positive birth experiences, decrease the need for pain medication, improve breastfeeding success, and reduce the need for cesarean sections and other invasive procedures. Author Rachel Gurevich interviewed more than 235 women and</p>	<p>birth professionals to bring you this best-kept pregnancy secret. Inside, you'll find real mothers' stories and discover how doulas make a joyful difference in childbirth. You'll learn: ·The many ways doulas provide labor support, whether you plan a "natural" or medicated birth · How to find, hire, and choose the right doula ·How specialized doulas can help you before or after</p>
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the baby's birth ·How doulas help the dad-to-be ·And more!  
Foreword by Mayer Eisenstein, M.D., medical director, Homefirst Health Services  
Praise for The Doula Advantage : "Doulas really do make a difference in having a safe and satisfying birth, as you will learn in this book." — William Sears, M.D., coauthor, The Baby Book  
"Comprehensive, thought-provoking, and highly

moving. . . . A must read for any woman thinking of using the services of a doula." — Ann Douglas, author, The Mother of All Pregnancy Books and The Mother of All Baby Books  
The Doula Deck The Doula's Guide to Empowering Your Birth  
Experienced doula, Linsey Bliss, shows you how to prepare physically and mentally for every element of having a child, from pregnancy to

fourth trimester in The Doula's Guide to Empowering Your Birth.  
Lindsey Bliss, who has assisted as a doula at hundreds of births and is herself a mother of seven, reveals here all the wisdom and advice that doulas share with the new mothers who hire them. The Doula's Guide to Empowering Your Birth covers the period from pregnancy through labor and birth to fourth

trimester healing. The focus, however, is on preparing for birth-- including topics like how to pick the right childbirth class and the right birthing method. You'll also see how to assemble the team of professionals, family members, and friends who will support you through labor and birth, and how to approach last-minute decisions about pain medications and cesarean sections. Bliss's tone

throughout is at once authoritative and confident as well as warm and encouraging. Her concern in her practice as well as in these pages is to listen to and help secure each new mom's own personal vision of a birthing experience that is safe, fulfilling, and meaningful. Why Did No One Tell Me This? Available for the first time in full color, the up-to-date and authoritative pregnancy guide that has

sold 1.5 million copies--by recognizing that "one size fits all" doesn't apply to maternity care Parents love this book because it puts them in control; experts love it because it's based on the latest medical research and recommendations from leading health organizations. Pregnancy, Childbirth, and the Newborn provides the information and guidance you need to make informed decisions

about having a safe and satisfying pregnancy, birth, and postpartum period--decisions that reflect your preferences, priorities, and values. Unlike pregnancy guides that can overwhelm and alarm by telling you up front all the things that can possibly go wrong, this book first describes normal, healthy processes, their typical variations, and the usual care practices for monitoring

them. Only then does it cover possible complications and the care practices and procedures for resolving them. Throughout, the presentation is crystal-clear, the tone is reassuring, and the voice is empowering. And the language is inclusive, reflecting today's various family configurations such as single-parent families, blended families formed by second

marriages, families with gay and lesbian parents, and families formed by open adoption or surrogacy. From sensible nutrition advice to realistic birth plans, from birth doulas when desired to cesareans when needed, from reducing stress during pregnancy to caring for yourself as well as your baby after birth, this pregnancy guide speaks to today's parents-to-be like no other.

**Giving Birth**

**with****Confidence**

Bookbaby  
Have you  
been asked to  
attend the  
birth of a  
baby? Are you  
wondering  
what to  
expect? Learn  
the secrets to  
a POSITIVE  
birth  
experience! In  
this ultimate  
guide, doula,  
antenatal  
teacher and  
hypnobirthing  
instructor  
Sallyann  
Beresford  
reveals  
everything  
you need to  
know when  
preparing to  
attend the  
birth of a  
baby. She  
identifies key

elements of  
the birth  
partner role  
that are not  
traditionally  
taught and  
presents the  
most up-to-  
date  
information,  
examining all  
the important  
issues related  
to giving birth  
in these  
modern times.  
Over the past  
20 years,  
Sallyann has  
supported  
thousands of  
couples in  
achieving  
their dream  
birth, and she  
knows exactly  
what is  
required to  
help any  
woman  
through  
labour.

Whether you  
are a spouse,  
relative,  
friend, doula  
or midwife,  
you'll benefit  
from the easy-  
to-follow  
information  
and tried-  
and-tested  
tools she  
shares. An  
excellent  
understanding  
of your role  
during the  
birth process  
leads to a  
positive  
experience for  
the pregnant  
woman and  
everyone  
around her.  
*Birth* Rodale  
Books  
THE FIRST  
COMPLETE,  
COMPREHENSIVE  
GUIDE TO  
PAIN RELIEF



DURING LABOR AND DELIVERY Far too many expectant mothers find themselves unprepared when labor begins and natural techniques don't effectively manage the pain. This indispensable guide provides reassuring, proven approaches to combining medical and natural techniques to ensure the most comfortable pain-free labor possible. In *Easy Labor*, you'll discover

- what to expect during labor, and key factors that affect your comfort
- the facts on epidurals, safety concerns, and how effectively they reduce pain
- the pros and cons of pain-relief medications
- complementary and alternative methods, including water immersion, acupuncture, hypnosis, massage, and birth balls
- how your choice of hospital or birth center

affects your pain-management options • techniques to calm and eliminate the specific fears and stresses associated with childbirth So relax and enjoy your pregnancy, with this important book by your side!

**The Doula's Guide to Empowering Your Birth**

Simon and Schuster Since the original publication of *The Birth Partner*, friends, relatives, and

doulas have relied on Penny Simkin's guidance in caring for the new mother, from her last trimester through the early postpartum period. Now fully revised in its fifth edition, *The Birth Partner* remains the definitive guide to helping a woman through labor and birth, and the essential manual to have at hand during the event. *The Birth Partner* 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 Pitocin and other means, including natural ones, to induce or speed up 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. *The Birth Partner 5th Edition* Harvard Common Press The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet

outcomes are worse than other high-resource countries, and even worse for Black and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal and newborn care through the lens of these factors across multiple disciplines. Birth Settings in America: Outcomes, Quality, Access, and Choice reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

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