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**Ina May Gaskin**

**Die Selbstbestimmte Geburt**



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## Description

### What you need to know to have the best birth experience for you.

Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, **Ina May's Guide to Natural Childbirth** gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention.

Filled with inspiring birth stories and practical advice, this invaluable resource includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play

- What really happens during labor
- Orgasmic birth--making birth pleasurable
- Episiotomy--is it really necessary?
- Common methods of inducing labor--and which to avoid at all costs
- Tips for maximizing your chances of an unmedicated labor and birth
- How to avoid postpartum bleeding--and depression
- The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you
- The best ways to work with doctors and/or birth care providers
- How to create a safe, comfortable environment for birth in any setting, including a hospital
- And much more

**Ina May's Guide to Natural Childbirth** takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

## Insightful reviews

Michelle Bosma: The second half of this book delineates Ina May's theories of childbirth -- what things may happen during childbirth, and why. Relying on her extensive experience, she then articulates how to achieve a 'best possible scenario' pregnancy and delivery (which of course, is all natural).

I bought this book for the second half, which was excellent. The information that Ina May presents is the type that all women need to hear while pregnant. It confirms our bodily and instinctual understanding of pregnancy. Ina May shows us how to enhance our bodies' capabilities, how to enjoy the 9-month experience. It is essential information. At the same time, this very information is almost impossible to come by in other popular, medical literature.

Later in my pregnancy, the first half of the book became most important to me. It is a series of dozens of natural childbirth stories. Reading these stories close to my delivery day allowed me

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to infuse my psyche with a different narrative about what birth can be. The narratives were straightforward, though the mothers' situations were not necessarily so: the whole spectrum of pregnancy and delivery was covered, unabated, and yet all of these women had happy, inspiring birth stories.

This book is the only one that I know of that teaches what women's bodies naturally do, and what they are capable of, during pregnancy and delivery. All woman and men should read this book.

Danielle: So, as far as useful information goes, this book pretty much said the same thing as [The Thinking Woman's Guide to a Better Birth](#), except without the same amount of research backing it up. Still helpful, but not especially new. Plus, she used the terms "Much more likely" or "much less likely" a lot, instead of giving the actual statistics as Goer's book did.

Another downside of this book was that it was a little too "Rah, rah, rah, women's bodies can do anything!!" for my taste. I guess that's not a really bad thing, because it did pump me up for childbirth, but as Gaskin constantly refers to her experience birthing women on "The Farm" (I can't help but think of it in semi-sarcastic quotation marks), I kept thinking how her sample is made up of very naturalistic, in-touch women (read: hippies) and a woman like myself is likely to have a different experience in childbirth, even given the fact that my body really knows what to do.

My last gripe is that SOME of the things she suggested were a little out-there for me. She shuns prudishness in our culture, and encourages women to make birth (or, rather, allow birth) to be a sexual experience, yet totally respects the fact that most women are too prudish to have a stranger (especially a man) in the birthing room with them, without adverse effects to the progress of labor. So, a little bit of a double standard there. I'm personally on the side of prudishness in all its forms.

All right, those griefs being aired, I actually did like this book, and I'm glad I read it. First of all, the birth experiences at the beginning, while somewhat nauseating, were also very encouraging. They were all so different from the birth stories you normally hear, and it made me happy to know that natural childbirth really can be an extremely positive experience. Giving birth is not something women need to be "saved" from by medical intervention.

There was also a lot of practical midwifery information that I'm glad I read before making my second attempt at a natural childbirth. Things about various laboring positions, tricks to help labor progress, etc. were both interesting and potentially useful.

I was also impressed by the clarity of the writing. Even though Gaskin is clearly on one side of the childbirth debate, she didn't come off sounding like a crazy. I was able to respect her even when (in a few cases) I didn't agree with her.

In general, I think this is a helpful book for all women to read before giving birth. Our culture really does make a medicalized birth seem normal, when in reality, the opposite is true. Still, I would recommend reading Henci Goer's book in conjunction with this for a slightly more even-handed, useful approach to the topic.

Kristen: this is a really good book that a patient recommended to me when I told her I was REALLY WORRIED about actually giving birth. I was so scared/freaked-out about the whole labor and delivery thing. she said she felt the same way and had read this book & it made her

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realize that childbirth is what our bodies are MEANT to do & it made her feel so much better. she also warned me "a lot of it needs to be taken with a grain of salt" and some of it was a little out there (like the orgasmic delivery experiences)... I have to agree since I lean more towards an OBGYN rather than a midwife or doula, but I LOVED this book & it made me want to go to the birthing center the author runs.

Update in 2012:

I did it. I purposely labored & delivered my 3rd baby without pain meds or epidural! I am now leaning more towards doula/midwife & will definitely go that route with #4.

Jennifer: The midwife lent me an entire stack of books (and is often pushing me to take more), yet to date the single one i have learn cover-to-cover is that this one. and i am wishing i would learn this prior to I had Jefferson. Roughly the 1st half this ebook is delivery stories. just about all of them are midwife-assisted births on the Farm, a village/commune in Tennessee, usually simply in houses with out a lot of detailed equipment. only a few of the births needed to be transported to the hospital, although these are represented as well. The tales are testimony to what a peaceful and skilled start assistant, a belief within the strength of a woman's body, and the traditional means of start itself can do -- even if the mum will get briefly hung up through fear, in spite of tremendous huge babies, or even with a few particularly tricky complications. The moment 1/2 the e-book is a suite of essays by means of Ina may perhaps at the present nation of birthing within the United States. (Primarily it really is approximately this nation anyway, there's additionally loads of facts from different nations for comparison.) The latter chapters are often hopeful, occasionally chilling, yet usually make me completely happy we are attempting for a midwife-assisted domestic start this time. But this publication is usually recognized in our apartment for 2 photographs of a face-presentation. Jefferson was once taking a look over my shoulder someday as i used to be studying this ebook and beloved the entire photos of babies. So i began flipping via it with him searching for the pictures. so much have been general mother and child post-birth posed shots, yet on web page fifty eight there's a photograph of a toddler the place simply the face has emerged from the delivery canal, after which one other of the newborn correct after delivery, with its terrible face all smooshed and swollen. i used to be a bit apprehensive approximately Jefferson's reaction, as I hadn't meant to offer him particularly this type of image advent to "where infants come from," yet he enjoyed the pictures, and for it slow built a nightly regimen of eager to see the newborn images earlier than bed. At one element he even indicated the face presentation and instructed me he sought after me to have that baby. I informed him regardless of how a lot I enjoyed him and sought after him to be happy, i might by no means want for a face presentation. Anyway! I enjoyed this book. Very authoritative and informational. could suggest to an individual drawn to a extra usual model of childbirth.

Louise: do not be scared away via the hippy-dippiness of this book. i am pleased I wasn't. I learn this publication with a caveat: learn the second one part first, then the 1st section. It made quite a bit sense, i am not yes why the e-book wasn't geared up that manner within the first place. Ina May's consultant to Childbirth is skewed towards normal childbirth and will get a bit culty, specifically all of the tales concerning the Farm, yet i discovered the data within the moment a part of the ebook really useful even if making plans for a health center birth. The ancient and world wide debts of start Gaskin offers is reassuring to examine in addition to the reason of the process. The first half contains a set of beginning tales from ladies at the Farm and

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girls who interacted with midwives from The Farm. the second one half is informational and describes the organic method more. It will not be for the squeamish, but when you are going to be popping a child from your physique one day, it might probably support not to be too squeamish approximately those things. The neatest thing approximately this ebook is that it describes beginning as a totally ordinary factor for a woman's physique to do and that it is not in any respect scary, that's a reduction after our culture's fear-mongering round birth.

Kirsten: Re-read December 2014: Now that i am pregnant, I went again and re-read this (probably now not for the 1st time). I nonetheless locate it notable and engaging. i'll be having my child in a medical institution setting, so it was once worthy to be reminded of items to invite my medical professional and the sanatorium employees approximately ahead of going into labor.\*\*\*\*\*This is a extraordinary little book. It particularly gave me much to contemplate and study by way of what I formerly regarded as common for childbirth within the US. I skilled an enticing emotional swap as i used to be analyzing the delivery tales that make up the 1st 1/2 the book. at the beginning i discovered them slightly terrifying ("Oh god, i'll need to do that?"). Then i began to discover them particularly uninteresting ("Wait, HOW a lot of this ebook is delivery stories?"). Then I effortlessly came upon myself moved and awed. In tale after story, girls defined the best way that they confronted the terror and depth of the start experience, overcame their concerns and fears, and got here out the opposite side. i discovered myself moved to tears time and again by way of the ordinary energy and resiliency of women's bodies. it is tough to assert that with no sounding too woo-woo, yet it is true. The moment 1/2 the booklet discusses childbirth in actual terms, after which strikes into the hazards of a few methods of dealing with the childbirth that experience develop into universal practice. i believe that whether girls should not making plans on a homebirth, it truly is necessary to exploit this as some degree of debate with one's practitioner and as a leaping off element for one's personal research. i do know that i'll be doing extra learn of my very own into practices like cesarean sections and induction of labor. i'm thankful that this e-book exists.

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