

# Contents

|  |            |
|--|------------|
| Introduction . . . . .   | 1          |
| <b>Gentle Birth . . . . .</b>  | <b>7</b>   |
| 1 Reclaiming every Woman's Birth Right . . . . .   | 9          |
| 2 Ecstatic Birth – natural childbirth and its<br>ecstasy-inducing hormonal cocktail . . . . .                              | 14         |
| 3 Instinctive Birth – vision and tools . . . . .   | 22         |
| 4 Healing Birth, Healing the Earth . . . . .   | 32         |
| 5 Lotus Birth – a ritual for our times . . . . .   | 40         |
| 6 Jacob's Waterbirth – a gentle start . . . . .  | 44         |
| 7 Emma's Birth – sweet and oceanic . . . . .   | 49         |
| 8 Maia's Birth – a family celebration . . . . .  | 54         |
| 9 Homebirth in Australia – the personal and the political . . . . .  | 59         |
| <b>Gentle Birth ~ the Evidence . . . . .</b>   | <b>65</b>  |
| 10 In Praise of Normal Birth . . . . .   | 67         |
| 11 Prenatal Diagnosis – technological triumph or Pandora's box? . . . . .  | 71         |
| 12 Ultrasound Scans – cause for concern . . . . .  | 93         |
| 13 Undisturbed Birth – Mother Nature's blueprint<br>for safety, ease, and ecstasy . . . . .                                | 110        |
| 14 Epidurals – risks and concerns for mother and baby . . . . .  | 158        |
| 15 Leaving Well Alone – perspectives on a natural third stage . . . . .  | 184        |
| 16 Breech Choices . . . . .  | 214        |
| 17 Caesareans – the risks . . . . .  | 220        |
| 18 Choosing Homebirth. . . . .   | 228        |
| <b>Gentle Mothering . . . . .</b>  | <b>239</b> |
| 19 Attachment Parenting – an introduction . . . . .  | 241        |
| 20 Extended Breastfeeding – the gift of a lifetime . . . . .   | 244        |
| 21 Bees, Baboo, Boobies – my breastfeeding career . . . . .  | 249        |
| 22 The Cosiness of Co-sleeping . . . . .   | 256        |
| 23 Getting a Good Night's Sleep – gentle approaches to night waking . . . . .  | 264        |
| 24 Mothering, Mindfulness, and a Baby's Bottom – an introduction<br>to raising your baby without nappies/diapers . . . . . | 272        |
| 25 Yoga and Motherhood – a personal perspective . . . . .  | 282        |
| 26 Gentle Discipline. . . . .  | 290        |
| Acknowledgements . . . . .   | 316        |
| Recommended Reading . . . . .  | 318        |
| Index . . . . .  | 324        |