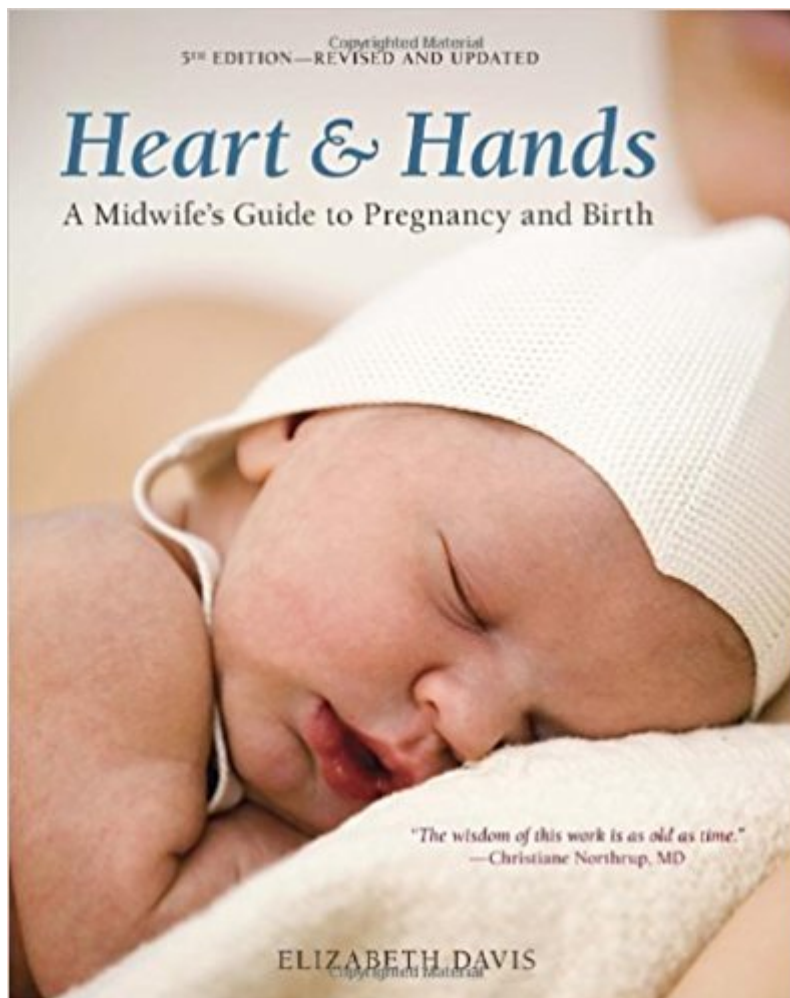




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# Heart And Hands, Fifth Edition: A Midwife's Guide To Pregnancy And Birth



## Synopsis

A fully revised update of the foundational text on birth assisting from internationally renowned authority Elizabeth Davis, offering professional guidance for both aspiring and veteran midwives. Presenting information on what to expect during each stage of pregnancy, birth, and postpartum recovery, Heart and Hands has been the most trusted guide for midwives and expecting parents for more than two decades. This completely revised edition includes new photographs and illustrations, updated resources for parents, and a current list of midwifery schools. Information will be added throughout to reflect the latest research on the physiology of pregnancy, birth, and postpartum. Combining time-honored teachings with the most current obstetric techniques, this essential reference empowers birthing helpers and parents to create a truly woman-centered birth experience.

## Book Information

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## Customer Reviews

My Aunt got me a copy of Heart and Hands when I was a teenager (25 years ago) and wanted to be a midwife. I remember pouring over the pages and just being fascinated by what I learned. I will say it was much different reading it now. I am not a midwife, but have been a doula and childbirth educator for 5 years. So I am immersed in the birthing world, more as an observer/support person than as a care provider. So to read the amazing details and responsibilities a midwife has, it is awe inspiring. Having the responsibility of knowing all the things that could possibly go wrong and how to help in that situation, makes me glad I am not a midwife. It makes me really appreciate and honor

the women who are. The book covers pretty much everything about pregnancy and birth. It is neat to see how it has been updated since my version. For instance they talk about Group B Strep in the newest edition and I learned some really great information about Group B Strep that I will pass along to my doula clients. I love what she shares about VBAC moms and talks about how some VBAC moms may need hypnosis or other therapy to help overcome their fears from their cesarean birth. (Depending on the reasons and if it was traumatic, etc) This is a must have book for any midwife and I think all doulas and childbirth educators will benefit from reading this book as well. I enjoyed re-reading it 25 years after the first time. I will say that I prefer my cover of the book though. Other than that, great book for a birth lover!

This is one of the best books ever for midwifery! I love it! I was so glad when it came to the Kindle so I can read it or refer to it anywhere, any time. I am a midwife and sometimes need to look up something when I'm not at home with my book. I wouldn't be without my Heart and Hands book. I am having my apprentices reading and studying it now.

This is an easy read. If you are a student or apprentice, please read in its entirety. Parents seeking a homebirth will also benefit from this book.

What's not to love about Elizabeth Davis? This book is incredibly informative for birth professionals! It has very detailed information about "normal" birth as well as many different complications that can occur prenatally, during birth or during the postpartum period. It explains which mothers would be good candidates to work with midwives, as well as information about when certain mothers would not be good candidates for home or out-of-hospital births. I recommend this book for midwives, midwifery students, doulas, as well as students who are trying to figure out if midwifery is their calling or not. It is not as feel-good and entertaining as Ina May's books as it lacks the birth stories, but it is not as big of an investment (monetary, time and emotionally) as some of the classic textbooks, such as Varney's Midwifery or Anne Frye's Holistic Midwifery texts. I would not recommend this book for the average expecting mother, as it is aimed towards birth workers and may cause more worries about complications than comfort for expecting moms.

There is so much information in this book! I love it, I don't plan on becoming a midwife I just love to be informed and knowledgeable. She goes into great detail, I've found this to be a wonderful resource and will go back to it over and over throughout my pregnancies. It should be noted that this

is not a book meant for step by step of baby and pregnancy development it is a training resource for midwives, but if you want to know more about the birth and care from a midwives point of view and useful information pertaining to that, go for it.

I ordered this book upon enrolling in Davis' intensive workshop series and can tell you from direct conversations with the author that she is constantly working to keep the information in this book up-to-date and relevant to contemporary midwives' and mothers' concerns. The latest edition retains much of the classic with a lot of extra information on new screening methods, the latest research on complications, and a rich reference guide of literature, organizations and other valuable resources for both practitioners and expectant parents. In addition to highly detailed, well-illustrated, honest information for the aspiring or practicing midwife, the book is littered with tips for parents, special sections on preparing for birth, and unique, personal case histories. While I read through much of this rather quickly for the course I took, I can't wait to go back and review it again - the text is so comprehensive I gain something new each time I come back to it, and yet Davis' writing is approachable and clear. I highly suggest this for anyone doing birth work, preparing in their own pregnancy, or even just trying to understand the evolving role of midwifery care in today's complex health system.

This is an excellent text for the interested mother and/or the aspiring midwife. I fall into the latter category and find the book to be extremely readable and informative. The images in the text as well as the resources found in the appendixes are also relevant and of high-quality. It's no wonder this text warranted a 5th update!

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