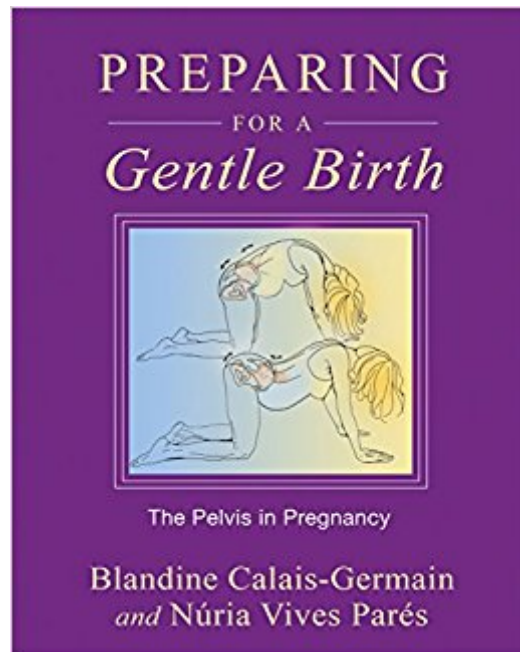




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# Preparing For A Gentle Birth: The Pelvis In Pregnancy



## Synopsis

An illustrated hands-on guide to the dynamics of the female pelvis for expectant mothers, midwives, and birth professionals

- Provides fully illustrated exercises to help the expectant mother prepare her pelvis for birth and gain confidence in her body's innate ability to birth her child
- Details the anatomical intricacies of the female pelvis and its capabilities for expansion and return to its original form
- Presents movements and positions to ease discomfort, enhance the productivity of contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as "failure to progress"
- The dynamic power of the female pelvis is the key to a gentle birth. Throughout pregnancy, hormones soften the ligaments and joints of the pelvis in preparation for labor, a time when the four bones of the pelvis--the two ilia (hip bones), the coccyx (tailbone), and the sacrum--do their intimate dance of release, rotation, and counter-rotation around the soon-to-be newborn. In this hands-on guide based on 15 years of research and workshops in maternity wards, movement teachers and health professionals Blandine Calais-Germain and N ria Vives Par s detail the anatomical intricacies of the female pelvis and its capabilities for expansion and return to its original form. Providing fully illustrated exercises to help the expectant mother prepare for this pelvic transformation and gain confidence in her body's innate ability to birth her child, they also present a variety of movements and positions for use during the different stages of labor to ease discomfort, enhance the productivity of contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as "failure to progress."
- Ideal for the expectant mother and her birthing partner, this book will be a welcome addition to the library of every midwife, obstetrician, doula, and movement professional who teaches pregnant women.

## Book Information

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## Customer Reviews

**PREGNANCY / CHILDBIRTH** “This book will become an essential text for every midwife, doctor, and doula. Calais-Germain illustrates beautifully that if you can’t move the baby, simply move the mother and her pelvis.” --Barbara Harper, R.N., midwife, doula, founder of Waterbirth International, and author of *Gentle Birth Choices* The dynamic power of the female pelvis is the key to a gentle birth. Throughout pregnancy, hormones soften the ligaments and joints of the pelvis in preparation for labor, a time when the four bones of the pelvis--the two ilia (hip bones), the coccyx (tailbone), and the sacrum--do their intimate dance of release, rotation, and counter-rotation around the soon-to-be newborn. In this hands-on guide based on 15 years of research and workshops in maternity wards, movement teachers and health professionals Blandine Calais-Germain and N  ria Vives Par  s detail the anatomical intricacies of the female pelvis and its capabilities for expansion and return to its original form. Providing fully illustrated exercises to help the expectant mother prepare for this pelvic transformation and gain confidence in her body’s innate ability to birth her child, they also present a variety of movements and positions for use during the different stages of labor to ease discomfort, enhance the productivity of contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as “failure to progress.” Ideal for the expectant mother and her birthing partner, this book will be a welcome addition to the library of every midwife, obstetrician, doula, and movement professional who teaches pregnant women. **BLANDINE CALAIS-GERMAIN** is a dancer, dance instructor, and physical therapist. Renowned for her movement-based classes on anatomy, she is the author of several books, including *No-Risk Abs*, *No-Risk Pilates*, and the bestselling *Anatomy of Movement*. She lives in Limoux, France. **N  RIA VIVES PAR  S** is a psychomotor therapist who teaches anatomy and movement to hospital and maternity ward staff throughout Europe. She lives in Palafrugell, Spain.

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maternity ward staff throughout Europe. She lives in Palafrugell, Spain.

I have read Calais-Germain's other books on anatomy and movement, and thought them practical. As a midwife, I must understand how the pelvis works and how to work with the pelvis to facilitate birth. This book provides more information than I have found before. The author's perspective, that the pelvis is a dynamic region and moves, leads to a deep and complex understanding. Most texts seem to be tacitly based on a view that the pelvis is static and immobile; Kegel-types of exercises are often the only activity mentioned. I recommend this to students and senior practitioners.

Midwives, L&D nurses, doctors, and doulas would benefit from this increased understanding of this region so critical to pregnancy and birth.

all four items were packaged together the lotions the body wash and the book. I was very surprised to see that but not surprised to see the results which was body was and lotion spilled all over the other items. A significant amount of product was lost from both bottles as well as the product looked used as the dispenser tops were both unscrewed and look like it had been pumped. The book is ruined. I'm extremely disappointed

Excellent for understanding the anatomy of the pelvis and how to prepare for a natural birth. This is a real anatomy book- so if you are not interested in or get overwhelmed by anatomy, this book is not for you. There are great pictures and diagrams, making the anatomy easy to digest and understand.

This book helped with my first delivery so much, and I have since begun buying it for friends. Very well-written and researched!

The content is completely different from other books on midwifery and obstetrics. This is the first book to address what can be done in pregnancy and labor to avoid cephalopelvic disproportion. It describes the pelvis as a somewhat flexible structure rather than one that is cast in stone.

I would suggest this to people especially women planning to have a baby to know more about their pelvis and giving birth. a must read. Of course to professions working with women's pregnancy can certainly use the book.

beautiful, clear illustrations of concepts...just what i expected

I enjoyed the book thoroughly. Very useful information to how the pelvis works during labor and delivery. Highly recommend the book to anyone who is pregnant or works with pregnant women.

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