



# The Official Lamaze Guide: Giving Birth with Confidence

*Judith Lothian, Charlotte DeVries*

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This second edition of The Official Lamaze Guide has been updated to reflect the latest evidence-based research on pregnancy and childbirth. Lamaze believes that all women have the right and the responsibility to get complete and accurate information about maternity care, so they can make the best decisions for their family. Its goal is to 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. The Official Lamaze Guide now presents Lamaze's six Healthy Birth Practices to promote natural, safe, and healthy birth experiences. The Official Lamaze® Guide is a celebrated winner of an iParenting Media Award.

**Safe and Healthy Birth... Your Way! Finally, a book that tells you what to expect, not what to fear, during pregnancy and birth!** *The Official Lamaze Guide* is the first and only pregnancy and childbirth guide endorsed by Lamaze International, the leading childbirth education organization in North America. Its goal is to 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.

Written in plain English with a respectful, positive tone, this book presents: how pregnancy and birth progress naturally, information on choosing your maternity care provider and place of birth, the best available medical evidence to help you make informed decisions, steps you can take to alleviate fear and manage pain during labor, and practical strategies to help you work effectively with your care provider.

This book is an essential resource for all expectant parents who want to make decisions they can feel confident about for a safe, healthy pregnancy and birth, and the best start for their baby. The Official Lamaze® Guide is a celebrated winner of an iParenting Media Award.

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