



Do Birth: A Gentle Guide to Labour and Childbirth (Paperback)

By Caroline Flint

The Do Book Co, United Kingdom, 2013. Paperback. Book Condition: New. 174 x 120 mm. Language: English . Brand New Book. Whether it s your first, second or fifth baby, most of us approach childbirth with some trepidation. Yet this life-changing event can and should be a positive one. Caroline Flint has been a practising midwife for 37 years and is one of the most inspirational figures in the world of childbirth. During her career she has helped hundreds of women give birth comfortably and confidently. And now she will help you. Find out how to: Make preparations for labour, or even having your baby, at home; Help labour progress quickly and smoothly; Make a hospital birth more homely; Enjoy the first hours, days and weeks with your newborn. Having a baby is one of life s biggest adventures. This small but essential book will help you to embrace it.

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