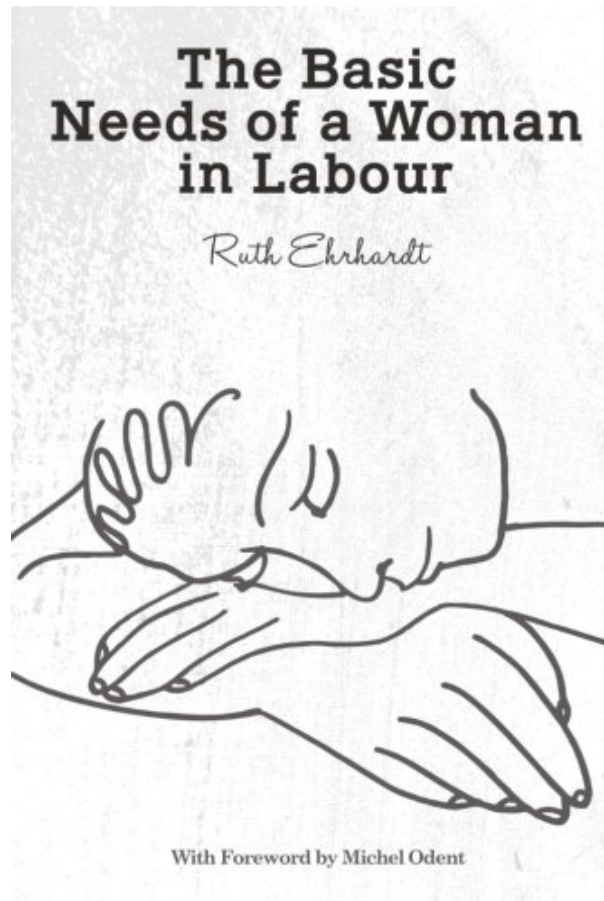


THE BASIC NEEDS OF A WOMAN IN LABOUR BY RUTH EHRHARDT



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The Basic Needs of a Woman in Labour

Ruth Ehrhardt



With Foreword by Michel Odent

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In her book, midwife Ruth Ehrhardt very simply explores, as the title suggests, how the basic needs of labouring women can be met. It takes into consideration the subtle effect environmental factors have on labour and what those attending births need to be aware of. Drawing on the work of Michel Odent, it focuses quite plainly on the physiology of labour, childbirth and postpartum. This book is aimed at pregnant mothers as well as those attending births, whether in the capacity as caregiver (doctor, midwife, doula) or partner. "To bring together what is important in such a small number of pages is a feat. I hope that, on the five continents, all pregnant women, midwives, doulas, doctors, etc. will take the time to assimilate the contents of this chef d'oeuvre: it will be a turning point in the history of childbirth and therefore in the history of mankind." - Michel Odent

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- 32 pages

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4 of 4 people found the following review helpful.

Simplicity in a Natural Birthing Care Book

By pyoumell

I worked for 10+ years as an OB/GYN Maternity Nurse. I was young; just one year out of nursing school. I intuitively knew that things we were doing to Moms & Babes just were not right. What was "right" I had yet to learn.

At 23 I thought of returning to midwifery school... did not happen. At 33 I was pregnant for baby #1. Despite being well versed in "hospital mentality natural child birth, I started researching true natural health care for pregnant, birthing, and lactating moms: Susun Weed, Ina May Gaskin, etc. I knew I did not want to labor and birth in the standard medical care's idea of natural childbirth. This book, 18 years ago, would have been a gift that would have opened my eyes quickly to the world of true natural birthing.

A good read for:

all females thinking they may want to have children,
pregnant women,
Maternity Nurses,
Doulas in training,
practicing doulas,
midwives trained in the hospital idea of natural childbirth...
OB/GYN Docs,

husbands,
partners...

4 of 4 people found the following review helpful.

An essential read

By Glogger

I have been contemplating a natural childbirth, and as usual in this case, one tends to gravitate towards the writings of Ina May Gaskin and Michel Odent, the usual 'gurus'. Then I stumbled over this little book by a Cape Town midwife by the name of Ruth Ehrhardt, and it is a very refreshing and informative read indeed. Based on the works of Michel Odent, this book gives you the lowdown about birth with the pregnant woman's needs at the core, which differs widely from the way things are usually handled in hospitals. The book is written in a wonderful concise and precise language that leaves no doubt about the writer's intent. A very informative and refreshing read. The book helped me verbalize my own choices when it came to explaining my birth choices to my loved ones, and it also strengthened my own determination in choosing my own way of giving birth.

3 of 3 people found the following review helpful.

simply and to the point and easy for everyone involved in the birthing process to understand ...

By abisue

This book is a little gem, simple and to the point and easy for everyone involved in the birthing process to understand and grasp the important concepts of the Basic Needs of a Woman in Labour. I think this will grow to be a valuable book for all who read it and it could change the face of birthing in the future.

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