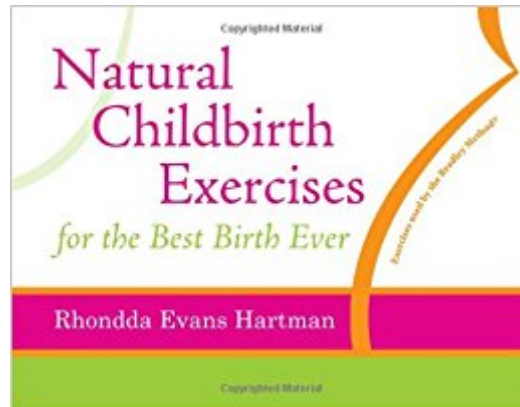




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# Natural Childbirth Exercises



## Synopsis

Do You Want to Have the Best Birth Ever? It's a question that every mother-to-be ... whether she is a first time mother or has had previous births ... desires. You have nine months to make that happen. Within Natural Childbirth Exercises, you will learn how to prepare yourself physically, mentally and emotionally for the big event of birth. ? Step 1: Knowledge is the first step of understanding and taking power over your body during pregnancy! ? Step 2: Implementation of the Natural Childbirth Exercises that have been specifically developed for you, your body and your baby. ? Author Rhondda Hartman is your guide and coach, an expert on natural childbirth exercises who has personally instructed over 14,000 mothers in having a natural and joyful birth. ? Do you feel overwhelmed by the prospect of becoming a mother? Is pregnancy an uncomfortable state for you? Are you confused by what others say you must do in preparing for childbirth? Are you afraid of childbirth? Would you like to have one of the world's premier coaches as your guide in getting your body ready for your birth? ? You will learn: How it feels to be pregnant. How to identify and use specific exercises to prepare your body. How to become an expert in childbirth and pregnancy. How to accept the help of a best ever and pioneering coach. How to work with your own body during birth. How to find the best support team and specialists. How to choose the best health care provider. How to have the best birth ever. With Rhondda Hartman as your guide, you will lose that fear as you learn how it feels, what to do and where to get help. Pregnancy, childbirth and breastfeeding are all normal and natural functions of the female body but you have to learn the skills. She will show you how to plan and prepare for the best birth ever!

## Book Information

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## Customer Reviews

Rhondda Hartman's book is wonderful. I am so impressed with the way she shares her beautiful attitude about birth. I look forward to having Natural Childbirth Exercises become a warm, inspiring compliment to the Bradley Method Classes. --Marjie Hathaway, American Academy of Husband-Coached Childbirth

No one knows more about Dr. Bradley's Husband-Coached Childbirth better than Rhondda Hartman. As I worked side-by-side in his office with my beloved step-father, Dr. Robert Bradley, the amazing effect Rhondda had on our patients was proven daily with the successful outcomes of thousands of births. Get Natural Childbirth Exercises for yourself and any one you know who is pregnant. --Susan Lindemann Nelson

Every pregnant woman needs this book. Rhondda's advice on birth and breastfeeding is pertinent and reliable. She knows childbirth first-hand as the mother of five and developer of childbirth exercises she successfully accomplished what she writes about. Not only did she teach natural childbirth, Rhondda was a La Leche League leader and together, we started the League in Colorado. Get Natural Childbirth Exercises if you are a healthcare provider; if you are a partner or spouse of a pregnant woman; or if you are pregnant. Any and all will benefit from learning about and using these exercises that will ease the birth for both baby and mother. --Mary Ann Kerwin, Co-Founder of La Leche League International

Rhondda Evans Hartman For 25 years, Rhondda taught classes and trained and supervised other teachers in husband-coached childbirth for Dr. Robert A. Bradley in his obstetrical medical Practice in Denver, Colorado. She is an expert on natural childbirth exercises and has personally instructed over 14,000 mothers in having a natural and joyful birth. She is on the Advisory Board of the American Academy of Husband coached childbirth and is charter member and past president of La Leche League of Colorado. The Bradley Method® is known globally and many of the exercises presented in Natural Childbirth Exercises were designed by her. Rhondda is the mother of five and earned her B.S. from the University of Alberta, Canada, her M.A. from the University of Colorado and her R.N. at the University of Alberta Hospital, School of Nursing. Natural Childbirth Exercises is her second book. Exercises for True Natural Childbirth was her first along with being a contributor to the Five Standards for Safe Childbearing by David Stewart, Ph.D. and Compulsory Hospitalization or Freedom of Choice in Childbirth? by Stewart and Stewart, editors.

As a childbirth educator and doula, I use this book as a companion to teaching my classes. I use it to keep me fresh and I use it to offer variations to the basics that I provide. It is an excellent resource, written to be easily understood by moms. If you are looking for what you can do to help

prepare your body and your mind for natural childbirth, this is a great book to see you through. It is not a baby book. It is a book that shows you exactly what you can start doing early to help your body prepare for the trial of labor. Much like a marathoner has to train and prepare, labor is a physical event that must be prepared for both mentally and physically. This book helps you accomplish that.

I can't say enough about this book. It is my new best friend for pregnancy and labor. Get it early though! She starts from day one giving tips and exercises. A great book to get with it is Susan McCutcheon's *Natural Birth the Bradley Way*. She covers a few of the same items but between the two books you get the best grasp of the Bradley Natural Birth techniques.

Rhondda Hartman offers an expert guide to prepare for birth in her book *Natural Childbirth Exercises*. I was impressed that she had 25 years of teaching experience and training for Husband Coached Childbirth with Dr. Robert Bradley. Rhondda has practical advice and great tips on nutrition, leg cramps, and she even has a section on how and when to push during the final stages of labor. This is a must read for any pregnant woman and her partner! Merrie P Wycoff Author - Born in Orgasmic Bliss [merriepwycoff.com](http://merriepwycoff.com)

I haven't got through the whole book yet... BUT so far I have found some really good information on how I can prepare my mind and body for birth it was exactly what I was looking for!

I was really disappointed in this book. Although I'm aiming for an unmedicated childbirth, reading this and Dr. Bradley's statements within as well, it was very shaming of those who choose or eventually cave to medication. There wasn't a lot in here that I found very helpful except for some of the exercises, and much of the language was very new-agey and a turn off to me. Which is fine if that's what you're into, but not my bag. I could see myself reading this as someone who didn't have the luxury of an ideal natural birth and had to have interventions and feeling like a failure. The severity of the damage done to a baby by medication---all lumped in together, not considering that each drug differentiates in its effects--was exaggerated. I found myself annoyed with the author throughout the book. I recommend *The Birth Partner - Revised 4th Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions* instead; a better read and much more helpful. I give 2 stars for the exercises, though I wish the book had been better organized.

Got it for baby #4. I did not go "naturally" without the epidural, but it allowed me to get to 8cm before getting the epidural. Great book! Wish I would've read it with baby #1.

Helped wife very much. Gave as gift to couple who underwent a natural birth as well.

This book is a wonderful mixture of information, techniques and personal stories. The pictures provide visual cues for exercises too. The best guide for pregnant moms!

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