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Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices

Sarah Buckley

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An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children.

Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

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