



Birth Plans For Dummies

Rachel Gurevich, Sharon Perkins

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The easy, trusted way to develop a birth plan

As an expectant mother and parent, navigating all of the information and options for labor and delivery can be cumbersome and confusing. *Birth Plans For Dummies*, is the ultimate resource guide to help you understand, develop, and implement a plan for the birth of your baby.

A birth plan is a communication tool for expectant mothers and those involved in the delivery of a child. The plan explains the mother's preferences for labor and delivery and eliminates any confusion. There are a wide variety of methods, strategies, and techniques available to pregnant women preparing for delivery—and this hands-on, friendly guide covers them all.

- Covers choosing the setting and method that best fits the mothers needs and wishes
- Informs expectant parents about the numerous pain management and labor intervention options
- Provides instruction on developing and writing a birth plan and putting it into action

If you are an expectant mother or parent looking for a guide to help develop a plan for the birth of your child, then *Birth Plans For Dummies* is the perfect book for you.

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