



Special Women: The Role of the Professional Labor Assistant

Paulina Perez, Cheryl Snedeker

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Not only was Special Women the first book on the topic of the intrapartum doula, it is full of comprehensive information about providing continuous physical, emotional and informational support to the mother-to-be and her partner. Doulas and monitrices seek to cultivate a positive birth memory for the mother and can act as a liaison between the laboring woman, her partner and her clinical provider. Professional labor assistants have beneficial effects on birth outcomes. Eleven studies show the following: shorter labors fewer complications & lower cesarean rates less need for oxytocin to speed labor less use of forceps less need for pain medication and epidurals greater maternal satisfaction with childbirth birth and less postpartum depression shorter hospital stays for the mother fewer admissions to special care nurseries for babies easier initiation of breastfeeding. This easy-to-read resource has been updated in it's 3rd edition with the latest information about doulas and monitrices. Many doulas call Special Women the "doula encyclopedia" as it is the most all-compassing book on becoming and practicing as an intrapartum doula.

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