



Inspired Birth: A Fresh Perspective on Childbirth for Christian Maternity Care Providers

Naomi Kilbreth

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Given today's high cesarean section rates, increasing maternal and infant deaths, and the rising incidence of postpartum depression, what is a Christian maternity care provider to do? My recently completed book, *Inspired Birth: A Fresh Perspective on Childbirth for Christian Maternity Care Providers*, is a 72,000 word inspirational guide that confronts these and more challenges of American maternity care from a Christian perspective. With an estimated 55,000 or more Christians offering various maternity care services in the United States, *Inspired Birth* will be a useful resource to all those who read it. Many books are available to childbearing families, but none offer this unique and highly needed perspective for care providers. After becoming a certified birth doula in 2002, I sought to continue my education through personal study. Although I was able to find numerous books written for maternity care providers like myself, I was unable to find any books in my genre written from a Christian perspective. This frustrated me since I was sure from personal experience that God cared about women giving birth, so I gleaned information from all types of media sources. As my beliefs surrounding birth and my faith in God came together, the desire grew in my heart to share with my colleagues what I had learned. Out of my passion for sharing God's love for women and birth, and out of the inspiration I have found for those who share the same, *Inspired Birth* was created. Are you a Christian? Do you serve childbearing women as a doctor, midwife, nurse, doula, or other professional? Then you will find the following subjects from *Inspired Birth* to be helpful to you! * Why attending births is more than a full time job * Practical steps to overcome the challenges that obstetrical services face today * Why fear, pride, and greed are the biggest enemies of maternity care providers, and how to overcome them * How the role of a Christian maternity care provider differs from a non-Christian provider * How to minister God's love to laboring women without overstepping professional boundaries * Practical steps to overcome difficult relationships with colleagues * How Christian maternity care providers can prepare for their clients' births * An in depth look at the moral, emotional, and physical aspects of labor pain and pain management * How to help your clients avoid and recover from postpartum depression without medications * How to inoffensively offer God's gift of salvation to new parents * The "Six R's" of recuperation for Christian maternity care providers

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