



# Natural Childbirth After Cesarean: A Practical Guide

*Karis Crawford, Johanne C. Walters*

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This work addresses the issues which face physicians and families when looking at the statistics and alternatives of a caesarean birth. Both the authors have given birth naturally after having had two caesareans each. In a decade of counselling and coaching hundreds of other women through the process, they have gathered a store of knowledge that they share through many lively family vignettes. They present ways of finding a doctor or nurse-midwife who will support natural child birth rather than mandate a routine repeat caesarean. They help the woman and her partner explore their feelings about their previous birth or births, and work toward a resolution of any difficulties that may have contributed to a caesarean. Most importantly, they offer a step-by-step plan for pregnancy, labour and natural birth - a plan tailored to the very specialized needs of the woman who has experienced a caesarean.

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