



Handbook for Christian Natural Childbirth

Marianne Manley

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In the Handbook for Christian Natural Childbirth, Marianne Manley RN, CNM, shares the knowledge that God has given her as a Christian midwife over her many years in hospitals, birth centers and home birth practice. Handbook for Christian Natural Childbirth includes copy-ready, Christ-centered handouts, useful to moms, other family members, midwives, doulas, and childbirth educators. It includes information about what Marianne does as a midwife, the wisdom shared in early pregnancy, priorities, time management, warning signs, common discomforts, praying for your loved ones, diet tips, recipes, exercise, sex in pregnancy, labor and birth advice, pain management, supplies needed for birth, pros and cons of water birth, cord management, what to do when the water breaks before labor begins, how to avoid shoulder dystocia, and emergency instruction for husbands catching their babies. Post delivery information includes how to avoid hemorrhage after the birth, the Ten Commandments for the postpartum mother, getting rid of belly fat, breast feeding, the circumcision decision, and newborn care. There is also information on feeding on God's Word, loving our husbands and children, homeschooling with a new baby, homeschooling and child training tips, being a Titus 2 woman, speaking gently, avoiding gossip, and much more.

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