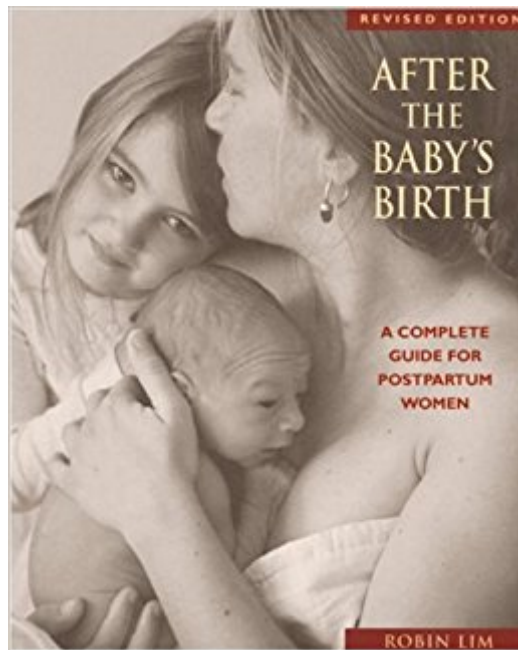


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# After The Baby's Birth: A Complete Guide For Postpartum Women



## Synopsis

The first few weeks and months after a baby's birth can be a wonderful and confusing time. While trying to discover the best ways to care for her child, new (and experienced) mothers often neglect their own health. It is essential, however, that mothers pay as much attention to their own wellness as they pay to their baby's health and happiness during this crucial time. In a completely revised and updated edition of *AFTER THE BABY'S BIRTH*, childcare and women's-wellness expert Robin Lim guides mothers through the best methods of mother and baby postpartum care, including parental nurturing, breastfeeding, the role of the father, nutrition, and early sensory education. Focusing on natural and wholesome practices, *AFTER THE BABY'S BIRTH* is a sensitive, practical guide to post-pregnancy health. • Includes touching personal stories based on real-life experiences of mothers. • Features a collection of delicious recipes formulated especially for postpartum women, plus a special chapter dedicated to the ancient practice of Ayurvedic medicine. • Original edition sold 30,000 copies.

## Book Information

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## Customer Reviews

"Stands out in a field filled with practical how-to books." -Journal of Human Lactation

ROBIN LIM is a mother, midwife, author, and poet. She has written for *Mothering* magazine and is a contributing editor for *Midwifery Today*. Robin lives with her family in Bali, Indonesia.

I received this book as a gift and I think it is an invaluable resource for new moms and has a lot of great information for experienced moms too. I read it cover to cover during the last weeks of my second pregnancy. It is really too bad that it is out of print! So many books focus only on the new baby and overlook all the changes the mother is going through. This book has a more wholistic approach with a strong focus on the mother's health. I didn't follow all of the advice to the letter but appreciated having lots of information that is not western-centric.

This revised edition of "After the Baby's Birth" continues with Robin's notable heartwarming and gentle approach to reinforce mothers' instincts. She gently and scientifically blends eastern and western traditions of maternal - infant health to guide women through this vulnerable transition time. The writing style lovingly validates the importance of care of self and child, when so much of our society validates neglecting oneself and newborn infant. Beginning with support through the initial days of wonder and overwhelming motherhood, Robin covers all aspects of preventative health care - how to keep oneself healthy and avoid needless problems. Exercise, infant feeding, maternal nutrition, sexuality, sleep(lessness), and emotional vulnerability are all addressed while allowing for the variety of familial configurations in our modern society. Illustrations are simple and clear. Writing space is provided for journaling or personal note taking. The book is a "must-read" for all expectant and new mothers. I practically require it for my patients. A great baby shower gift!

This book is very granola and outdated. Wish I would have passed.

This book made me feel so much better in those early postpartum days! Many good, gentle, healthy, compassionate recommendations, and so nice to read at such a vulnerable time. It was such a relief to know all those overwhelming early feelings and experiences are common, and to have ideas of how to ease the transition to motherhood in a way that honored my whole self. Buying another copy for a friend since I keep loaning mine out :)

It's about time that women have access to information that empowers them to nourish and heal themselves in ways that western medical science has denied them for so long. With the power of being a mother and midwife, Lim writes this book as a gift to all new mothers, introducing them to their post-partum lives in a beautiful, natural, and nourishing way. I read this book after my second daughter was born and it changed my reality. When I had my first child my post-partum experience

was terrible, I was a new mother and had no access to anyone who really cared or understood what I was going through. All the doctor's saw me as was a body. No room for my feelings or questions about my new role, or knowledge of natural healing herbs or message was available to me. It was a shame, and I feel that many women unknowingly accept this fate. After reading this book for my second post-partum experience, I was empowered by Lim's nourishing words and wisdom, to take care of the part of myself that was a mother, not just a body. My emotions, my diet, my relationship with my husband and other child, knowledge of helpful herbs, and ayurvedic massage all come together in a way that wholistic and nourishing. This book is an important book for this time, when women are now beginning to comprehend their roles as mothers in a completely new way than ever before, Women are now allowed to be the beautiful and natural healers that we have always wanted to be. Everyday we nourish our families, and nourish our co-workers, and bosses at work, but in this very special time of post-partum, it is finally our time to nourish and heal ourselves, and take time out to experience the bliss of our new family. Lim's book will help us walk along this path guided by her wisdom and experience of attending the births of thousands of babies to women and mothers all around the world. I highly recommend this book to for any new mother, it will make a perfect gift.

I wish I'd had this book when my first two were born. When I was pregnant with the third I came across it and cried for having not known what kind of support I would need when the baby was born or how to ask for it. In America, we think a woman about to have a baby needs things - diapers, baby clothes, crib covers, and stuff. But what we really need is support and company and help with all the chores we shouldn't be doing during that first week of bonding, and recovering. After reading this book, when my best friend asked what I wanted for my baby shower, I replied "help" and we created a wish list of assistance during the first few weeks and people signed up to bring food, drive my oldest son to school, help with laundry, etc. It also has lots of good advice on post-partum birth control, recipes, exercises (with the baby), and around-the-world perspectives on the post-partum period. I am now ordering 3 copies to I can give one to each of my pregnant friends, along with "Ina May's Guide to Childbirth".

This book has a lot of common sense advice as well as some good recipes. I still refer to it years later.

So much attention is focused on pregnancy, it is hard to find to a good book written for the postpartum mother. Robin Lim's book is beautifully written, offers holistic solutions and practices to

nurture the mother in this important, overlooked period.

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