



# gentle birth, gentle mothering

*A Doctor's Guide to Natural Childbirth  
and Gentle Early Parenting Choices*

**Sarah J. Buckley, MD**

In many areas of the world, including the United States, women have learned to trust medicine more than their bodies and have been led away from what's naturally best for mother and child.

Internationally acclaimed birth expert Sarah J. Buckley, MD, lends a compelling voice to the argument for a more natural approach to childbirth and the many benefits of gentle parenting choices. A general practitioner and family physician, Buckley home-birthing her own four children and has written *the* authoritative guide to natural childbirth from the unique perspective of both a doctor and a mother.

With a foreword by Ina May Gaskin, *Gentle Birth, Gentle Mothering* guides a new generation of parents through the most current, science-based information about a much healthier, safer, and more fulfilling birth experience that extends to a gentle parenting relationship, explaining:

- Why (and why not) to accept prenatal tests
- The risks of common maternity-care choices (such as ultrasounds, epidurals, inductions, and cesareans)
- Ways to safely relieve the pain of labor
- Things to consider when deciding whether or not to have a home birth
- Birthing options such as water birth, breech birth, and lotus birth
- How to prepare baby for life outside the womb
- The neuroscience of infant development and how gentle early parenting promotes lifelong well-being

The first part of *Gentle Birth, Gentle Mothering* shares gentle approaches to pregnancy and birth alongside a wealth of scientific evidence about current maternity-care choices. These chapters are relevant to women giving birth in any setting, with information that will also help partners and family to understand and trust the natural processes of labor and birth. The second part of the book covers gentle parenting practices—the science of attachment, the benefits of breastfeeding, the safety of bed sharing—alongside medical information that validates these often-instinctive choices. Parents learn the secrets of gentle discipline, raising children to be responsible, loving, and co-operative (while preserving their own sanity), and even how yoga can support gentle parenting techniques.

*Gentle Birth, Gentle Mothering* nourishes with real stories and experiences (including the author's own), and informs with the best and most understandable information available. An empowering resource, *Gentle Birth, Gentle Mothering* inspires the most natural and nurturing beginning for parent and child.

**SARAH BUCKLEY, MD**, is an internationally known and widely published authority on natural birthing and parenting choices. She has published numerous articles in *Mothering* magazine and *Midwifery Today*. She lives in Brisbane, Australia, and is available for interviews. Visit [www.sarahjbuckley.com](http://www.sarahjbuckley.com)

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