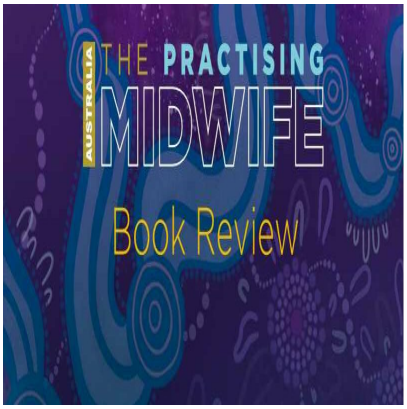



## Description

## Book Review: Birth New Compiled By Laura Elizabeth

**Review by: Hazel Keedle – Senior Lecturer in Midwifery, Western Sydney University**

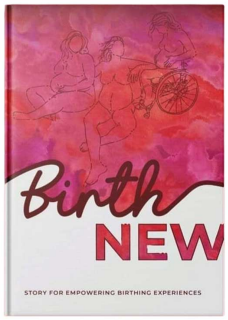
**Published by Maven Press**

**Publication date: 2022**

**Format: Paperback 294pp**

**RRP: AUD$ 45.83**

**ISBN: 978-0645323047**




This book comprises of stories, thoughts and insights from an eclectic group of women across Australia.

Compiled by Laura Elizabeth, the stories delve into the threads that exist between the physical, emotional and spiritual realm of pregnancy, labour and birth and the postnatal period. The text is free flowing and interspersed with poems and musings. The writing isn't encumbered by citations and references. However, as a midwife, I would have liked more of a link to evidence-based care, but that is likely a bias of mine.

Each story has an individual style that results in a truly personal reflection on birth and the maternity space. Examples include Vicki Hobbs, well respected doula, trainer and childbirth educator, reflecting on her years supporting women and the role of feminism in her practice. Vicki highlights the importance of consent and that 'Feminism is about us all demanding that NO means NO – the end'. There is also Melissa Arnott, a doula and yoga teacher from Broome, who shares her powerful journey of her first pregnancy and birth through storytelling and poetry.

The title is the theme reflected through the collection of stories. This theme calls for a recognition of the damage of over medicalisation and the need for a holistic approach to birth. As midwives it is important to hear this call because collectively, we have the power to change the way women experience birth. **TPM**

**Category**

1. Australia - TPMA
2. Book reviews

**Tags**

1. 2024
2. birth
3. post natal
4. pregnancy

**Date Created**
15th April 2024