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## **The Nurturing Touch At Birth**

From the "caring heart" symbol appearing on the cover and throughout the pages, to the resources list at the end, The Nurturing Touch At Birth: A Labor Support Handbook is an invaluable tool for doulas. At the beginning of every

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chapter are  
inspirational and  
empowering quotations  
that remind us of the  
far-reaching dynamics  
of labor support.

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The Nurturing Touch at  
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Edition. A great book  
for Doulas and Labor  
and Delivery Nurses.  
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Customer on Apr 03,  
2014. Polly has done it  
again! This is a book  
that every doula, labor  
and delivery nurse,  
childbirth educator and  
midwife should have.

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...

Nurturing Touch for  
Birth features two  
home and two hospital  
births and shows  
deliveries taking place



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in several positions: hands and knees, standing, and semi-reclining. You'll appreciate the powerful imagery, evocative music and inspiring narration that lead you through this 26-minute visual illustrating the importance and power of touch.

**MotherTouch:  
Nurturing Touch for  
Birth • Midwifery**

# Where To Download The Nurturing Touch **Today**

**MotherTouch: Nurturing Touch For Birth DVD \$19.99** Four women use nurturing touch to decrease labor pain, relieve anxiety, and increase emotional bonding in this 28-minute inspiring DVD. Powerful imagery, evocative music and clear narration, lead the viewer through 2 home and 2 hospital labors and births.

# Where To Download The Nurturing Touch

## **MotherTouch: Labor Nurturing Touch For Birth DVD - Touch For Birth**

If you are looking for a birth or postpartum doula in Calgary, you've come to the right place! Nurturing Families, One Birth at a Time Nurturing Touch Doula Services has proudly been nurturing families through pregnancy, labour and the postpartum period

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## **Nurturing Touch Doula Services**

Welcome to the  
Nurturing Touch We at  
Nurturing Touch  
Wellness Centre  
believe that in most  
cases pregnancy and  
childbirth are normal  
natural states in  
women's lives. We also

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**Home - Nurturing  
Touch**

Nurturing touch helps meet a baby's need for physical contact, affection, security, stimulation and movement. Parents who choose a nurturing approach to physical interactions with their

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children promote development of healthy attachments. Even as children get older their need to stay connected through touch remains strong.

## **Use Nurturing Touch | Attachment Parenting International**

Nurturing Touch at Birth not only teaches how to provide support for a woman giving birth, but provides

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encouragement and strength to birthing professionals. You don't only get the "how-to's" with this book, you get the "what's" and the "how-comes" as well!

## **The Nurturing Touch at Birth: A Labor... book by Paulina Pérez**

Nurturing Massage for Pregnancy focuses on specific techniques to support pregnancy,

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birth, and the postpartum period. Integrating Swedish, myofascial release, trigger point techniques, and complementary bodywork methodologies, the book details massage and acupressure instruction along with in-depth information about benefits, precautions, and high risk pregnancies.



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**Book - Touch For  
Birth** A Labor

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Birth partners -  
nurturing touch. It a  
world where touch is  
forbidden, they are  
more precious than  
ever. ... When now  
more than ever you  
need that nurturing,  
comfort, security and  
warmth. The vital  
ingredient in the Birth  
room is the love  
hormone oxytocin. It  
powers birth and  
provides all the good

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feels of love. Who is  
best placed to  
encourage ...

**Birth Partner  
Superpower -  
nurturing touch —  
The ...**

Photography.  
Birth/Postpartum  
Pictures: Pictures, to  
your comfort level, of  
the birth and  
immediately after the  
birth (mom's reaction  
to the birth, partner  
cutting the cord, baby

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being weighed and measured, newborn checkup, first nursing, the new family etc.) includes approximately 80 – 100 digital images.

## **Nurturing Touch Doula Services**

From its humble beginnings in 2010, Nurturing Touch Services has grown to Nurturing Touch Wellness Center and now offers the most

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comprehensive range  
of prenatal and  
postnatal services and  
courses in Kenya. We  
are dedicated to  
supporting a woman's  
healthy pregnancy,  
birth experience and  
overall personal health.

### **About The Wellness Center - Nurturing Touch**

Nurturing Touch has a  
focus on Gentle &  
Responsive Parenting  
using a holistic and

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integrated approach in  
the care of mothers  
and babies in the  
postnatal period.  
Specialising in  
Breastfeeding Support,  
Normal Baby Behaviour  
& Baby Massage.

**Nurturing Touch,  
Sleep Consultant,  
New Zealand**

With Nurturing Touch  
your doula will be there  
during your pregnancy  
to assist you with your  
birth preparations, she

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will help you to gather information about options and choices and she is there as a gentle guide during labour - providing uninterrupted emotional, physical and informational support.

**Nurturing Touch  
Doula Services -  
Calgary, Calgary, AB  
(2020)**

Specialties: Nurturing  
Touch Doula Services

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has proudly been  
nurturing families  
through pregnancy,  
labour and the  
postpartum period  
since 1998. We are  
pleased to be offering  
our services in Calgary  
and the surrounding  
area.

## **Nurturing Touch Doula Services - Parenting Classes ...**

The Nurturing Touch at  
Birth (Paulina Perez)

When Hello Means

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Nurturing Touch  
Goodbye (Kirk &  
Schwiebert) A Good  
Birth, A Safe Birth  
(Diana Korte & Roberta  
Scaer) The VBAC  
Companion (Diana  
Korte)

## **Required Reading | CAPPA**

The Nurturing Touch at  
Birth by Paulina Perez  
Additional Books These  
books are given more  
for additional educatio  
nal/entertainment  
value related to the



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topic of childbirth.

At Birth A Labor  
**Books Archive - New  
Beginnings Doula  
Training**

The nurturing a doula  
gives can provide a  
decrease in stress for  
birthing mothers and a  
hope that something  
can be done to change  
themselves and their  
birth. Learning to  
redefine who we are,  
what we can do, and  
our relationship to  
institutionalized power.

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