



Mothering the New Mother: Women's Feelings & Needs After Childbirth: A Support and Resource Guide

Sally Placksin

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You don't have to be alone. Share the experiences, successes, and struggles of many other women before and after childbirth in this all-in-one mothercare guide about family, work, the baby (or second or third baby), and you. Includes checklists, plan-ahead suggestions, questionnaires, and much more.

Drawn from three years of research, the author's own experience, and the candid recollections of many mothers—married and single, birth and adoptive, older and younger— the nine chapters in this comprehensive guide cover all aspects of the postpartum experience, including:

- what the new mom should expect when she goes home
- what postpartum is and how long it lasts
- where to find breastfeeding help
- how to ask for help
- the new mom's home-care options
- realistic going-back-to-work options
- how to relieve the isolation of at-home mothering
- what to say (and not to say) to family members
- and much more

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