

fact, the nurse-midwifery class of 1988 at SUNY Health Science Center at Brooklyn urged that it be a required text for the Antepartum module. Likewise, faculty will find it helpful for teaching. The book can also be recommended for CNMs in new services or practices who need to create protocols or those in established services who need to revise or update protocols.

In summary, this practical and comprehensive manual of protocols is commendable for its straightforward approach to management. It provides basic guidelines for ambulatory obstetrical practice and is a welcome resource for nurse-midwifery clinicians, students, and educators.

**The Psychology of Childbirth: An Introduction for Mothers and Midwives, 2nd edition.** By Joyce Prince and Margaret E. Adams. New York: Churchill Livingstone, 1987. 219 pages. \$14.50, softcover.

**Reviewed by:** Ronald K. McCraw, PhD, Clinical Psychologist, Fort Worth, Texas; Medical Student, Texas College of Osteopathic Medicine, Fort Worth, Texas.

Joyce Prince was formerly Principal Lecturer in Psychology at the West London Institute of Higher Education and Honorary Lecturer in Psychology at the Institute of Obstetrics and Gynaecology of the University of London. Margaret Adams is Senior Midwife Teacher at Queen Charlotte's Hospital for Women. This second edition includes rearrangement of the chapters into chronological order from preconception to the arrival home after delivery, the updating of existing chapters, and the addition of sections on preconceptual care and on new techniques of human fertilization.

Chapter 1, "Recent Changes Affecting Midwifery," tends to be a rambling discussion of infant behavioral research, much of it 20 years old and of marginal relevance to midwifery. A brief second chapter on "Preconceptual Care" contains little of significance. The third chapter is on "New Techniques in Human Fertilization." Its usefulness is limited somewhat by the fact that the information on legal status and the 1984 Warnock Committee's recommendations are both several years old and relate to Britain rather than the United States. This chapter briefly covers artificial in-

semination (by husband and by donor), in vitro fertilization, and ovum donation. It does not adequately cover ethical issues, technical details of the procedures, or psychological aspects. Chapter 4, "Antenatal Events," discusses childbirth classes, the father's role, effects of prenatal stress on the fetus, single mothers, and teenage mothers. While this chapter contains some useful information, the section on teen pregnancy, a major problem today, is less than a page long. Chapter 5, "Labour," discusses such topics as fathers in the labor room, the mother's self-concept, birth position, home confinement, and pain relief.

The sixth chapter covers sexual identity, prenatal sexual development, parental preferences regarding the sex of the child, and the midwife's role when a sexually ambiguous infant is born. The authors make the interesting suggestion that knowing the sex of the fetus may cause problems by increasing the boredom of the gestational period. The next chapter, "Postnatal Events," deals with endocrine changes and mood, maternal sleep problems, initial maternal-infant contact, postpartum mental disturbances, and sexual activity after childbirth. An important point made here is that individuals with a medical background may need help in relating to and handling their neonate, as their education with its emphasis on analytical thinking may interfere with spontaneous emotionally responsive behavior. Sibling visitation as soon as possible after delivery is recommended but no mention is made of the sibling's presence during labor and delivery. The following chapter, "Feeding," covers historical perspectives, attitudes toward breastfeeding, composition of breastmilk, and breastfeeding and the working mother. An observation is made that husbands of breastfeeding mothers may feel jealous, but no suggestions are given for dealing with these feelings. The actual and potential problems encountered by the breastfeeding working mother are discussed only in brief and general terms. The possibility of the mother expressing her milk for use while she is at work is not mentioned.

Chapter 9, "Neonatal Abilities," is only briefly and marginally related to the birthing process and its relevance to midwives is unclear. In chapter 10, "Development," the authors note, "Although it

is the pregnancy, labour, and puerperium which are within the midwife's immediate purview, it is the long term effects of events during that period that are of wider concern." The authors then go on to discuss the nature-nurture conflict, early institutionalization (emotional deprivation) studies, language, thinking, temperament, and the effects of arousal on learning. Unfortunately, the authors relate little of this discussion to pregnancy, childbirth, or the role of the midwife except for a brief section on the neonatal intensive care unit.

The chapter on "Handicaps" presents little more than common sense generalities (e.g., some handicaps are visible and some not; some are easily correctable and some not; parents of handicapped infants may undergo various emotions and have many questions and these emotions may be displayed on a verbal or nonverbal level). A couple of very important points, however, are made in this chapter. First, that the mothers of seriously ill and/or postoperative infants can provide much of the infant's care. Second, that in medically hopeless situations health professionals often tend to feel inadequate and, as a result, avoid the patient or parents, who are in need of tremendous support. A following chapter on "Stillbirth" is brief but contains some of the most useful insights and suggestions in the book. The final chapter, "Going Home," covers changes in familial relationships with the arrival of the new baby, single parents, and parents of handicapped children. An appendix lists addresses and phone numbers of various British agencies and self-help groups related to pregnancy, birth, and parenting.

This book suffers from a lack of clear direction. It is extremely difficult to write a single manuscript addressed to both a lay and a professional audience. The usual result, as can be seen here, is that neither group is well-served. Furthermore, much of the information deals with child psychology and development rather than the psychology of childbirth. It is possible to relate these areas by arguing, as some have done, that events during pregnancy and childbirth affect later psychological development. The authors of this book seldom try to do this, however. There are a number of black-and-white photographs, which tend to be somewhat small. Curiously, there are no photos of childbirth, but there are several

nice photos of mother-infant interactions. The information is accurate, but there is a dearth of practical suggestions for mothers and the suggestions for midwives tend to be little more than common-sense generalities (e.g., listen to your patient, provide emotional support). Probably, this book would be of most value to those wanting a basic introduction to early child psychology.

**The Very Important Pregnancy Program.** By Gail Sforza Brewer. Emaus, PA: Rodale Press, 1988. 197 pages. \$14.95, softcover.

**Reviewed by:** Betty Hosford, CNM, BSN, MA, Clinical Associate Professor of Nurse-Midwifery, Nurse-Midwifery Education Program, University of Medicine and Dentistry of New Jersey, Newark, New Jersey.

This book presents a challenging, personalized, scientific approach to the art of having a baby. Outstandingly informative, its basic premise is that the pregnant woman can assume an active and influential role in the promotion of her own and her baby's health within her individual set of circumstances. It is a model of self-care philosophy.

The author's deep respect for the pregnant woman's ability to be an intelligent and responsible participant in her own health care is evident throughout. The salient information provided includes key principles, concepts, and skills which should serve to empower the expectant mother with confidence, understanding, and the courage of her convictions. At every step, she is encouraged to establish meaningful communication with those individuals whom she has chosen to provide her maternity care, so that her best interests can be served and her preferred options attained.

Gail Brewer brings a wealth of experience to the production of this book. A distinguished parent educator for over 15 years; a lecturer for health professionals, childbirth educators, and perinatal counselors; a tireless staff member of a national pregnancy hotline; an ardent graduate student, author, and mother of six children; she writes from a well-spring of knowledge and time-tested convictions. Few people have had an opportunity to know and interact with pregnant women to the degree that Brewer has. It

is not surprising that her book includes so much of true significance.

In essence, the book covers the complete Cooperative Childbirth Course which was originated by Brewer and is now taught by certified instructors nationwide. There are three sections: Early Pregnancy, Mid-Pregnancy, and Late Pregnancy. Each section contains three "sessions" comparable to chapters. At the beginning of each session there is a presentation on labor and/or relaxation techniques to advance the prospective parent's knowledge of and preparedness for childbirth. These presentations range from graphic descriptions of the body's preparation for birth, the mechanics and sensations of labor, body-building exercises, and principles of relaxation to detailed discussions of how to apply relaxation techniques to each phase of labor and birth. Bonding and the early postpartal period are also included.

The second part of each session entitled, "Getting the Answers," is presented in a lively question and answer format that focuses on typical concerns and characteristics of the particular phase of pregnancy in which the session occurs. Within this context *The Very Important Pregnancy Program* takes up issue by issue and step-by-step the most commonly experienced situations in today's maternity cycle. Questions range from those about environmental hazards and resources available to the single mother to concerns about diet, exercise, health maintenance, and how to write a birth plan.

Photographs depicting exercises and relaxation techniques, labor, birth, and parent-infant bonding are artfully placed. Illustrations such as those of pregnancy changes, fetal development, placental circulation, and the events of labor provide excellent visual reinforcement. Charts enhance the reader's understanding of concepts such as adjustments in the maternal plasma level and the varying strength of contractions.

Brewer's giftedness in presenting basic yet profound physiological concepts simply and logically is an outstanding strength. For example, she points out on page 18, "The goal of the *Brewer Pregnancy Diet* is to promote the optimal expansion of your blood supply to meet the needs of your own pregnancy. Any pregnancy situation that compromises your blood volume also compromises your

pregnancy." The carefully spelled out implications of this important principle provide an enlightening challenge to many questionable but popular strategies and beliefs.

This book is especially outstanding in its comprehensive coverage of nutrition content. It underscores the basic role of nutrition in pregnancy and optimal pregnancy outcome. The vital importance of nutrition during each phase of the child-bearing cycle is simply and yet eloquently explained. From the first session on, the nutritional aspects of conditions such as morning sickness, anemia, diabetes, hypertension, and weight gain are discussed in detail.

The book contains a carefully spelled out daily basic diet plan, "The Brewer Pregnancy Diet," designed to insure adequate protein, calories, and nutrients. A daily guide with generous lists of "exchanges" for each food group and a daily form for recording the consumption of food in the various groups appear to be excellent tools. Abundant vegetarian exchanges are included. The role of key nutrients is explained.

Still another highlight is the "Personal Health History and Nutrition Inventory" which encourages detailed self-assessment and meaningful early dialogue between the pregnant woman and her care provider(s). Women in general should find this a valuable tool.

Labor is graphically described as a positive physiological experience of the highest personal order—"... the ultimate exploration of inner space". Emphasis is placed on learning the art of relaxation, so that the laboring woman can gracefully "go with her body," breathing in ways that are natural and comfortable at any given time. Some women and some professionals may miss a more structured approach to labor breathing. Regardless of its approach, however, the book builds confidence and promotes health.

A final treat is the author's exemplary personal account of her most recent experience with the health care system. This is the inspiring story of the natural birth of her full-term twin daughters, complete with photographs.

The bibliography is replete with both current and classic references in the field of maternal-fetal nutrition, pregnancy, labor, and birth. The index is an asset and appears to be very complete.