

PAMELA PEERY



50 AMAZING SECRETS

to a SUCCESSFUL LABOR & DELIVERY
or C-SECTION

POP: 50 Amazing Secrets to a Successful Labor & Delivery or C-Section

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POP: 50 Amazing Secrets to a Successful Labor & Delivery or C-section is a collection of advice from new moms who just gave birth. Over 10 years in the making, it is the best advice that more than 80 women had to offer, in their own words. It represents real moms reaching across time and space to hold the hand of pregnant women everywhere.

Small and portable, this new, must-have childbirth handbook gives fantastic advice, surprising tips & secret tricks that actually work. And the best thing is – it can be read in 3 hours.

It's time to come out of the dark about having babies. This is the untold story of labor and delivery or C-sections, from women who describe what they wish they had known earlier.

Laugh with other women, and know a little more about what's going to happen when that big day finally comes!

POP: 50 Amazing Secrets to a Successful Labor & Delivery or C-Section Details

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From Reader Review POP: 50 Amazing Secrets to a Successful Labor & Delivery or C-Section for online ebook

Shelly Donaghey says

Wish I had found this book months ago to give to my daughter-in-law!

Actually, it would have been a godsend for me too, but the author would have to go in her time machine to do that!

POP- 50 Amazing Secrets to a Successful Labor and Delivery is a great book that would make a wonderful shower present along with other items or a gift card or just a “congrats” gift a few months after the pregnancy announcement for those times she and hubby will be waiting at the doctor for checkups before the big day.

With so many books based on the medical side of it all, this book is a breath of fresh air, giving firsthand advice from actual moms who have “been there-done that” on all sorts of subjects mommies to be are thinking about or should thinking about. Tips include what they should buy if they encounter an unexpected c-section, what to do during those contractions, what contractions really feel like (Personally, I have found that answer depends on the mommy- really!) what to do during them, breastfeeding, epidurals, water breaking, a funny stories section and more.

An easy-to-read book which is unlike many pregnancy publications, POP, 50 Amazing Secrets is separated into short, sometimes only part of a page, sections giving the reader firsthand knowledge what labor and delivery are really like from 80 women who were more than happy, I am sure, to provide their expertise and support in a way no medically based book can.

PS- As a mom myself, twice including one c-section, I have to say “thank you” to the author for writing this one! Definitely a book that all mommies to be should read!

Louise says

Disclaimer: I got an ARC of this from NetGalley for free.

No. Just, no. I was originally going to give this book 2 stars, but knocked 1 star off for using the world "girlfriend" as in: Hey, girlfriend, let me tell you how it's gonna go.

I've been really interested in reading birth stories lately, so I thought this book would be right up my alley. POP is a collection of anecdotes from women about childbirth. Despite the subtitle: 50 Amazing Secrets to a Successful Labor & Delivery or C-section, not much was amazing about it. I get more value reading Babycenter for an hour than I did from reading this book.

It may be because of philosophical differences, but I was how the book perpetuates the idea that childbirth is the most horrible pain ever, and tries to stoke that fear in the reader. Now I'm not one to say the pain is all in your head, but if you're one to believe all the hype about the pain and be scared about it, well of course it's going to hurt. You know what is also painful? Running a 10k race -- but you don't see people moaning and groaning about that.

I was also annoyed that the book claims that the feeling you get when watching your child play or run around the house is "amazing" and one of those things that only "mommies" will feel. Good job invalidating the

feelings of anyone who is not a biological mother, book.

This book may be useful for someone who doesn't have access to the internet, but for everyone else, just a quick browse through Babycenter.com or any type of baby website will be more informative and take less time.

Sandra "Jeanz" says

Read in one go! Enjoyable, good advice and humorous too. Literally ALL the things you wished you knew already before giving birth.

INITIAL THOUGHTS

With this book I was curious to see what tips would be included and if any of them would have been relative to my labour with my daughter eighteen years ago. I fancied a change of pac ad genre and I do like to review some factual books as well as all the great fiction that's out there. Hey! maybe a soon to be mum, or even dad as the book contains things dad's should know too may see my review of this book and go ahead and buy the book and find it helpful.

MY REVIEW

I saw this book on Netgalley and was looking for a factual book to read, nothing too heavy but still informative, so I requested and was accepted for this one in exchange for my honest review.

So this book is a kind of handbook for child birth only this one is written by and contributed to by real ordinary women and their experiences and tips rather than some Dr having wrote a stuffy kind of book, you know what I mean, like a male Dr has wrote who has never gone through labour himself!

So the book explains the different ways that labour can go from totally natural no pain relief, just breathing through the contraction, to epidurals, to emergency C-Sections when things aren't going so well for baby and he/she needs to be out now!

The book contains tips on what to take with you, for example, a camera. That's a good one because then dad or birthing partner can take pics in the first few minutes/hours of birth. I admit I totally remembered to take the camera but when I got to the hospital it was late and the nurses took my bag away to the ward I would go on after giving birth and yep the camera went away with the bag!

There's also tips such as to take your nursing cushion with you to get used to using one with your child when breastfeeding from the beginning, rather than learning with a hospital one then going home and changing to your own which may not be the same size/shape.

I think the book is written with American types of births in mind this showed up more in the chapter of who you have in the room when giving birth chapter. In the UK you are usually allowed one person, which is usually the dad. In the book one lady had her mum, her step-mum, her husband and her husband's mum!

Then there was an incident of one lady asking who all the people in the delivery suite were and she was told they were students and she was in fact in a teaching hospital!

Though personally I do empathize with that lady, whilst I was in the last stages of labour there was a knock on the door and a nurse's head popped round and asked if he and his students could come in and watch! My midwife answered a snappy "No, can't you see we are busy close the door it's drafty for my patient!" To be honest at the time the nurse had popped his head round had I had the breath to do so I think I would have shouted "If this baby will come out quicker you can sell tickets, bring everyone in".

As you will no doubt have gathered by now some of the tales in this book that lead into the great tips are quite funny. Also it states in the book that certain things should only be done under medical supervision. So did I enjoy the book? Yes I snickered and giggled at a few of the tips as well as thinking "wow what a

great idea at some of them too. Would I recommend the book? Yes I think the way the book is presented could definitely ease the minds of soon to be mums or dads and help them be more organised for the event. Would I read another book in the same/similar subject to this? Yes, I think it would be great if Pamela wrote one with tips for when you are bringing baby home and getting into a routine. Would I read other books by this Author? Yes, I enjoyed her light-hearted yet serious way of presenting this book.

Tom Donaghey says

I found *POP: 50 AMAZING SECRETS FOR A SUCCESSFUL LABOR & DELIVERY OR C-SECTION* not so amazing by the time I finished reading it a mere 25 minutes after picking it up.

This read like a slightly inflated article you might find in any number of baby or women's magazines. At the back of this 120 page book is the complete list of 50 secrets, not one of which is truly amazing. Bring warm socks, a nightgown you like, tour the hospital's delivery rooms, etc.

Pamela Peery has taken observations from other women and combined that collected knowledge in this book. As this information comes from many sources, you will find contradicting statements on every page, i.e., epidurals are great or totally not needed; labor is fast and easy or may take a week; water breaking happens in a gush or a trickle or you may never notice at all.

Any woman who has talked to at least two friends who have already experienced child birth will probably be able to give most if not all of these tips and, chances are, if you ask around at your baby shower, all these and more will be freely offered.

On the plus side, this information is gathered in one easily carried and read format that you can look at between labor pains and say, "It says here epidurals are wonderful but it messes you up for a while so you can't be up and with your baby as quickly as you might wish.

Also this book gives a lot of encouragement to both parents in the birthing process, something they will both need.

This was a Goodreads win and as you can tell, I am of a mixed mind about it. I would say it is well worth the effort to get and read this if for nothing more than the calming effect it has over those who need it the most, the first time parents.

Andréa says

I like the idea of collecting women's real tips and anecdotes about labor and delivery, since the experience can vary so drastically from woman to woman, and from pregnancy to pregnancy. And while *POP* does just that, it doesn't exactly live up to its own cover-hype. The tips contained within are neither "secrets" nor "amazing"; they're simply anecdotal advice. Most are things I've heard before, and those that aren't are just common sense.

Throughout the book, I found myself wanting more: more tips, more anecdotes, and more information. Fifty tips seems like a lot, but since many of the tips are listed on introductory pages to each section, and then repeated on individual pages, you wind up feeling as though you're being told the same tips several times when you could instead be receiving other tips. The anecdotes range from brief to detailed; some tips have only one anecdote listed below, while others have three or more. I would have preferred to see a more

consistent number of anecdotes for each tip, and I definitely would have expected each tip to have at least two anecdotes to back it up. If only one person can support the tip, is the tip really worth providing? Finally, I'm sure there is information out there to support many of the anecdotes and tips -- why walking can stimulate labor or why curling into a ball can be helpful when receiving an epidural -- but Peery doesn't provide any such information. I would have found *POP* to be a much more valuable resource if Peery had provided more information -- explanations of the science, or doctor's advice on what situations certain tips are best for, or even survey statistics on the number of women who get epidurals, who have C-sections, who breast-feed, etc.

On the plus-side, *POP* is an easy, brief read that covers a wide spectrum of labor and delivery issues. If you don't have time to read many pregnancy/motherhood books or are simply overwhelmed by the possibilities, *POP* would be a good choice.

Note: I received a digital copy of this book through NetGalley.
