

midwife truths

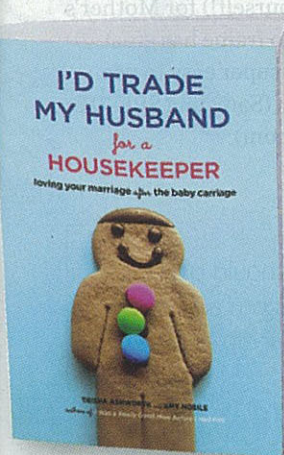
Expecting? If you'd like to have a less medical birth, whether in a hospital or at home, a midwife may be for you, says Ricki Lake, the actress, coauthor of the new book *Your Best Birth*, and producer of the hit documentary *The Business of Being Born*. Three reasons to consider a midwife:

- 1 They don't just deliver at home.** In fact, 97 percent of certified nurse-midwives work in hospitals. "I gave birth to my first baby in a hospital because my midwife worked there," says Lake. "It was a great experience." And many ob-gyn practices have midwives on staff.
- 2 They're not all anti-epidural.** If you want to attempt a natural birth, you may be more likely to succeed with a midwife, who will be there to support you throughout your labor. But most midwives are also open to administering pain relief, if you decide you do want that epidural after all.
- 3 They're family-friendly.** "In our film, a mom has a water birth at home with her two-year-old sitting next to her," says Lake. Midwives can often help make your birth a family experience. To find a midwife who practices near you, go to Yourbestbirthbook.com.

Win it!
Enter at Babytalk.com for a chance to win one of 50 copies of *Your Best Birth* (\$23). See page 67 for details.

“He acts like he doesn't live here sometimes. 'Where are the scissors?' 'Where can I find the packing tape?' It's *your* house, too! And you know what? I know where the scissors are, I just don't tell him.”

—from *I'd Trade My Husband for a Housekeeper*, by TRISHA ASHWORTH and AMY NOBILE (\$19, Chronicle Books)



Serious Relief for Problem Diaper Rash. GUARANTEED

TRIPLE PASTE®
medicated ointment
for diaper rash



Recommended by pediatricians and trusted by moms to prevent and heal problem rashes

- Acts as a barrier, preventing moisture from reaching your baby's skin
- Provides long lasting relief from raw, painful and stubborn diaper rash
- Fragrance free, safe to use at every diaper change
- Backed by an unconditional money back guarantee

MANUFACTURER'S COUPON
EXPIRES 12/31/2009

Save \$1
on any size



TRIPLE PASTE®
medicated ointment
for diaper rash

Retailer: We will reimburse you the face value of this coupon plus 8¢ handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction of this coupon is expressly prohibited [ANY OTHER USE CONSTITUTES FRAUD.] Mail to: Summers Labs, CMS Dept. 94731, 1 Fawcett Dr., Del Rio, TX 78840. Cash Value .001¢. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.

0794731-100025

