



# **I Can and I Will: Cultivate Your Courage for the Natural Birth of Your Dreams**

*Wendy Hanenburg*

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## **I Can and I Will: Cultivate Your Courage for the Natural Birth of Your Dreams Wendy Hanenburg It's Not About the Pain**

Often misunderstood, women who have experienced a natural birth know there's more to it. The pain is part of the process but the rewards are greater.

And now you are here, wanting a natural birth and wondering exactly how you can do it.

In *I Can and I Will*, the author shares her path from having a "low pain tolerance" to two natural births: one at a birth center, one at home, both with a midwife attending.

Filled with inspiring natural childbirth experiences, birth stories, and practical advice from over 65 natural birthing women, *I Can and I Will* empowers you to do what you can during pregnancy to set the stage for a natural birth.

### **Challenges to Natural Birth**

Fear about the pain or of losing control of your emotions and behavior is normal; if not addressed it can be a challenge. If your birth knowledge comes from dramatic TV shows, it can be a challenge. Some caregivers have practices and policies that may make natural birth harder to achieve. Friends and family may share negative stories, which may impact your belief in yourself. Being semi-committed and not planning for a natural birth can be a challenge.

Just because it's natural doesn't mean you don't need to prepare for it.

But how do you prepare for what you don't know and can't predict?

### **Five Keys to Overcome the Challenges**

*I Can and I Will* is a natural childbirth guide that details five keys to natural birth, which will help you:

- Turn your desire into determination to carry you through the hard work of labor and birth.
- Learn about normal birth, which will reduce fears and allow you to have informed discussions with your caregiver.
- Create a supportive birth team, including a caregiver, partner, and other labor support (doula).
- Address your fears, nurture a belief in yourself, and create a positive atmosphere so that you can birth with confidence.
- Learn about 10 natural childbirth classes.
- Write a birth plan different from what you know, so that everyone is willing to support you.
- Prepare your body to enable a smooth labor and birth.
- Learn strategies for coping with pain during labor, including positions that might help you to not tear.

Through information and inspiration, *I Can and I Will* helps you prepare for a natural birth in any location: home, birth center, or hospital.

If you are ready to take control of what you can to enable your natural birth, this is the book for you!

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#### **Jose Chapman:**

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