

Book Review — Supported: Your Guide to Birth & Baby

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[Supported: Your Guide to Birth and Baby](#) was written by experienced doulas Kristin Revere and Alyssa Veneklas. Each chapter includes easy-to-read, real-world information and advice, personal stories, and more. The authors combine research and their professional knowledge with personal experiences and insight from experts.

The book includes chapters called: You're Pregnant! Now What? and Assembling Your Dream Team of Personal and Professional Support. The authors explain different types of providers (such as nurse midwives) with tips on how to choose your providers.

Since it's written by doulas, the book walks the reader through birth support from a doula, with questions to ask during an interview and the cost of hiring a doula. The authors offer research that shows healthier outcomes from mom and baby from births that included doula support. Something new I learned from the book is that doulas can have certain specialties, such as a fertility doula, bereavement doula and others.

Regarding delivery, the book explains:

- Various birth options and different pain medications
- Birth plans and preferences, with suggested questions to ask your doctor
- How to plan for a cesarean delivery, even if you have no intention of having a c-section
- What to pack in your birth bag for you and your support person
- Items to pack for your baby or babies. (Yep, the book recognizes multiple births!)

I love the great advice offered in Part 2: Baby Prep and Setting Yourself Up for Postpartum Success. The book offers practical tips, explaining the importance of communicating and setting clear expectations with your partner, defining household rules, being easy on yourself, and much more.

Recommendations are given on postpartum supplies to have on hand, prepping meals in advance, considerations related to childcare and maternity leave, and been-there-done-that nursing strategies. And to keep things real, it includes sections titled: The Gross and Unexpected, Your Ta-Tas, First Poop, Gettin' Busy and Hair Loss.

There's a lengthy section on Feeding Options — important since feeding our babies is one of our biggest chores. It also addresses how to prepare older siblings and stressors that every new parent must face. A great quote from the book under the heading *Multiples*: "You think feeding one baby is tough, try feeding two or three at once!" By the way, the authors teach a class on multiple births, so if you live in Michigan [check out their website](#) and class schedule.

Another section — which also includes information specific to multiples — is all about sleep. It covers both your babies' need for sleep as well as your own. The book dispels several myths about sleep, and offers tips for toddler sleep.

A chapter on Your Mental Health offers red flags to look out for, as well as how and when to get help. The book recommends other helpful books to read, pregnancy apps, and an appendix of Trusted Resources with links to podcasts, websites and professional organizations, including a link to our own multiplesofamerica.org!

Overall, this is an easy-to-read, great guide for expecting parents. If you're past this stage in parenting, consider buying it for your next baby shower gift. The book is available in paperback, hardcover, e-book and audio formats.

The authors of this book also co-host a podcast called Ask the Doulas. Check it out at www.askthedoulas.net.