



Mothering Through the Darkness

*Women Open Up About
the Postpartum Experience*

Edited by
Jessica Smock and Stephanie Sprenger

Mothering Through The Darkness Women Open Up About The Postpartum Experience

Sabine Zange



Mothering Through The Darkness Women Open Up About The Postpartum Experience:

Mothering Through the Darkness Stephanie Sprenger, Jessica Smock, 2015-11-03 Approximately 1 in 7 women suffer from postpartum depression after having a baby Many more may experience depression during pregnancy postpartum anxiety OCD and other mood disorders Postpartum depression is in fact the most common pregnancy related complication yet confusion and misinformation about this disorder are still widespread And these aren't harmless myths the lack of clarity surrounding mothers mental health challenges can have devastating effects on their well being and their identities as mothers which too often leads to shame and inadequate treatment In this one of a kind anthology thirty mothers break the silence to dispel myths about postpartum mental health issues and explore the diversity of women's experiences Powerful and inspiring Mothering Through the Darkness will comfort every mother who's ever felt alone ashamed and hopeless and hopefully inspire her to speak out

Second Chance Thais Nye Derich, 2025-07-30 On the joyful day of her son's birth Thais Derich never questioned going to the hospital A week later she walked out physically spiritually and emotionally injured and fully disabused of the idea that the medical field would ever put her best interests before protocol money and legal concerns The next three years of her life were spent recovering from that day and preparing herself to do things her way when she became pregnant again And then she did get pregnant again and that resolve was put to the test A universal story about betrayal and trust and the roller coaster ride in between *Second Chance* illuminates the many ways in which our healthcare system is broken when it comes to helping women give birth and gives a voice to all the mothers who have walked away from their delivery experiences wondering what the hell just happened

Merenstein & Gardner's Handbook of Neonatal Intensive Care - E-Book Sandra Lee Gardner, Brian S. Carter, Mary I Enzman-Hines, Susan Niermeyer, 2020-02-05 Co authored by an interprofessional collaborative team of physicians and nurses Merenstein new evidence based care bundles palliative care in the NICU interprofessional collaborative care of parents with depression grief and complicated grief and new pain assessment tools Updated high quality references have also been reintegrated into the book making it easier for clinicians to locate research evidence and standards of care with minimal effort These additions along with updates throughout ensure that clinicians are equipped with the very latest clinical care guidelines and practice recommendations all in a practical quick reference format for easy retrieval and review UNIQUE Core author team of two physicians and two nurses gives this internationally recognized reference a true interprofessional collaborative approach that is unmatched by any other resource Consistent organization within clinical chapters include Physiology Pathophysiology Etiology Prevention Data Collection History Signs and Symptoms and Laboratory Data Treatment Intervention Complications and Parent Teaching sections UNIQUE Color highlighted point of care clinical content makes high priority clinical content quick and easy to find UNIQUE Parent Teaching boxes outline the relevant information to be shared with a patient's caregivers Critical Findings boxes outline symptoms and diagnostic findings that require immediate attention to help the provider prioritize

assessment data and steps in initial care Case studies demonstrate how to apply essential content to realistic clinical scenarios for application based learning NEW Updated content throughout reflects the latest evidence based practice national and international guidelines and current protocols for interprofessional collaborative practice in the NICU NEW Up to date high quality references are now reintegrated into the text for quick retrieval making it easier for clinicians to locate research evidence and standards of care with minimal effort NEW Expanded content on delivery room care includes the impact of staffing on quality of care delayed cord clamping resuscitation and more NEW Coverage of the new evidence based care bundles keeps clinicians up to date on new guidelines that have demonstrated improved outcomes of very preterm infants NEW Coverage of new pain assessment tools equips NICU providers with essential resources for maintaining patient comfort NEW Expanded coverage of palliative care in the NICU provides the tools needed to ensure patient comfort NEW Expanded coverage of interprofessional collaborative care of parents with depression grief and complicated grief prepares clinicians for this essential area of practice

Merenstein & Gardner's Handbook of Neonatal Intensive Care - E-Book Mary I. Enzman-Hines, Brian S. Carter, Susan Niermeyer, 2025-10-15 Co edited by a team of physicians and nurses Merenstein a new Interprofessional Collaborative Practice chapter that provides a foundation for the team approach applied throughout the book an expanded focus on parent teaching that reflects today's diversity of family structures an enhanced focus on gender and racial ethnic inclusivity and much more *The Doctor and the Stork* K.K. Goldberg, 2015-10-20 More than 150 000 twin births occur in the United States every year and over five million IVF babies have been born worldwide since the technology's inception In *The Doctor and the Stork* K K Goldberg offers a firsthand week by week reflection upon the unique fears and joys surrounding a high tech conception and high risk multiple pregnancy With the author's eccentric family and wry humor in the mix this is a highly relatable story that's hard to put down Not just a smart and funny book about twins a smart and funny book wrote best selling author Pamela Druckerman on reading *The Doctor and The Stork*

Maternal Ambivalence Margo Lowy PhD, 2025-03-25 Picture yourself as a young mother with a three year old daughter and a newborn at the playground In the moment you've turned to the diaper bag your toddler disappears at first all you can feel is terror and then instinctively you look up and there she is at the top of the slide looking so proud of herself At this moment you might find yourself deluged with conflicting feelings including anger and relief and resentment and gratitude and fear and even flashes of hate you told her to wait for you before running off You're overwhelmed by these colliding feelings including the waves of guilt and self blame you feel for all the fuss when everything has turned out just fine This is the experience of maternal ambivalence In *Maternal Ambivalence* Dr Margo Lowy explores the complex emotional landscape of mothering and the taboo issue of maternal ambivalence arguing that it's actually these darker feelings that most powerfully fuel our love for our children in fact they are the key to being a mother Confronting the many moods of motherhood using them to understand ourselves and our children better and learning the language of ambivalence

strengthens our love and leads to its own reward maternal wisdom Throughout her narrative Dr Lowy offers case studies from her professional practice cultural examples from classic and contemporary literature and film and anecdotes from her own experience of mothering children born over three separate decades Maternal Ambivalence both overturns the long held secretive misunderstandings of mothering and reshapes the maternal language of love and self acceptance with a transformative invaluable new point of view

Big Dreams Donna Brazzi Barnes,2025-07-30 Growing up in the 50s in what was then the small town of Napa California Donna Brazzi had loving parents a backyard the size of a football field with a swing and a big wooden picnic table perfect for summer barbecues a cocker spaniel named Patty and a cat named Stinky everything a kid could want She was a happy child But as she grew older and started to reach for more than a young woman from a working class Swiss Italian family was expected to want a university education and a career in the larger world beyond her hometown she began to see that if she was going to realize her big dreams she was going to have to fight for them Big Dreams is Donna s story of pursuing her education goals while confronting society s assumptions about women s roles in work marriage and motherhood from the 1950s through the mid 2000s helped along by the evolving social movements for equality Her journey from obedient daughter to minister s wife to PhD in sociology was never a smooth one but ultimately with passion and persistence she broke free of the family and cultural assumptions constraining her forged her own identity and shaped the life she wanted

The Self-Care Solution Julie Burton,2025-07-30 Combining the thoughtful and expert narrative of a veteran mom of four children with the voices of hundreds of moms she surveyed The Self Care Solution offers insightful answers to poignant questions about how mothers take care of themselves their relationships and their jobs while raising their children and how they don t Here mothers reveal their struggles with self care and the consequences of neglecting themselves and their relationships and share successful strategies to combat these issues Each chapter also includes reflective self assessment questions for mothers to gauge where they are from a self care standpoint as well as lists of tried and true tools they can employ to achieve more balance and ultimately more satisfaction within themselves and in their relationships Inspirational yet practical The Self Care Solution will dramatically impact women who are navigating the critical responsibility of motherhood while attempting to stay true to themselves

All In Her Head Sunny Mera,2025-07-30 As a young girl growing up in the Midwest Sunny experiences the shame and stigma of scandal when her father is banned from their church for having an affair with the pastor s best friend s wife As Sunny grows older she begins to build the life she s always wanted she marries buys a house enrolls in graduate school and soon has a baby on the way But when she experiences the psychological phenomena of orgasmic labor it triggers a chain of bizarre events and she gradually descends into a world of delusion and paranoia As Sunny struggles to separate the real from the unreal she relies upon friends and family to ground her in truth and love and keep her from going over the edge into madness

Camp Grandma Marianne Waggoner Day,2025-07-30 Warm cookies and milk are still okay but what if they came with a workshop

on goal setting or writing a business plan for the school year Camp Grandma is full of innovative ideas that Marianne Waggoner Day a highly successful businesswoman who became a committed and dedicated grandmother modified from her working life in an effort to connect with her grandchildren Along the way she realized that in teaching her grandchildren she in turn was learning some unexpected and invaluable lessons from them Here Day offers a new and refreshing perspective on grandparenting Readers will be introduced to a compelling sometimes humorous and totally unexpected twist on a role people often take for granted as well as enter into the larger societal conversation we should be having about the possibilities and value of grandparenting and how the women s movement has reinvigorated and reshaped women s approach to being grandmothers Full of ideas and creative ways for grandparents to help their grandchildren grow strong think critically and have fun all at the same time Camp Grandma reveals the importance of grandparenting and the value of passing on traditions knowledge and wisdom to the new generation Babysitter Not even close How Does That Make You Feel? Sherry Amatenstein,2016-09-13 How Does That Make You Feel obliterates the boundaries between the shrink and the one being shrunk with unabashedly candid writers breaking confidentiality and telling all about their experiences in therapy This revelatory no punches pulled book brings to light both sides of the relationship between therapist and client a bond that can feel pure and profound even if it is at times illusory Contributors include an array of essayists authors TV film writers and therapists including Patti Davis Beverly Donofrio Royal Young Molly Peacock Susan Shapiro Charlie Rubin Estelle Erasmus and Dennis Palumbo Full list of contributors Sherry Amatenstein Laura Bogart Martha Crawford Patti Davis Megan Devine Beverly Donofrio Janice Eidus Estelle Erasmus Juli Fraga Nina Gaby Mindy Greenstein Jenine Holmes Diane Josefowicz Jean Kim Amy Klein Binnie Klein Anna March Allison McCarthy Kurt Nemes Dennis Palumbo Molly Peacock Pamela Rafalow Grossman Charlie Rubin Jonathan Schiff Barbara Schoichet Adam Sexton Susan Shapiro Beth Sloan Eve Tate Kate Walter Priscilla Warner Linda Yellin Royal Young Jessica Zucker **You Could Make This Place Beautiful** Maggie Smith,2024-06-04 INSTANT NEW YORK TIMES BESTSELLER NPR Best Book of the Year Time Best Book of the Year Oprah Daily Best Memoir of the Year A bittersweet study in both grief and joy Time A sparkingly beautiful memoir in vignettes Isaac Fitzgerald New York Times bestselling author that explores coming of age in your middle age from the bestselling poet and author of Keep Moving Life like a poem is a series of choices In her memoir You Could Make This Place Beautiful poet Maggie Smith explores the disintegration of her marriage and her renewed commitment to herself The book begins with one woman s personal heartbreak but its circles widen into a reckoning with contemporary womanhood traditional gender roles and the power dynamics that persist even in many progressive homes With the spirit of self inquiry and empathy she s known for Smith interweaves snapshots of a life with meditations on secrets anger forgiveness and narrative itself The power of these pieces is cumulative page after page they build into a larger interrogation of family work and patriarchy You Could Make This Place Beautiful like the work of Deborah Levy Rachel Cusk and Gina Frangello is an unflinching look at what it

means to live and write our own lives It is a story about a mother s fierce and constant love for her children and a woman s love and regard for herself Above all this memoir is extraordinary Ann Patchett in the way that it reveals how in the aftermath of loss we can discover our power and make something new and beautiful Be with Me Always Randon Billings Noble,2019-03-01 Be with me always take any form drive me mad only do not leave me in this abyss where I cannot find you Thus does Heathcliff beg his dead Cathy in Wuthering Heights He wants to be haunted he insists on it Randon Billings Noble does too Instead of exorcising the ghosts of her past she hopes for their cold hands to knock at the window and to linger Be with Me Always is a collection of essays that explore hauntedness by considering how the ghosts of our pasts cling to us In a way all good essays are about the things that haunt us until we have somehow embraced or understood them Here Noble considers the ways she has been haunted by a near death experience the gaze of a nude model thoughts of widowhood Anne Boleyn s violent death a book she can t stop reading a past lover who shadows her thoughts in essays both pleasant and bitter traditional and lyrical and persistently evocative and unforgettable Keep Moving Maggie Smith,2020-10-06 The NATIONAL BESTSELLER from the author of YOU COULD MAKE THIS PLACE BEAUTIFUL A meditation on kindness and hope and how to move forward through grief NPR A shining reminder to learn all we can from this moment rebuilding ourselves in the darkness so that we may come out wiser kinder and stronger on the other side The Boston Globe Powerful essays on loss endurance and renewal People For fans of Glennon Doyle Cheryl Strayed and Anne Lamott a collection of quotes and essays on facing life s challenges with creativity courage and resilience When Maggie Smith the award winning author of the viral poem Good Bones started writing inspirational daily Twitter posts in the wake of her divorce they unexpectedly caught fire In this deeply moving book of quotes and essays Maggie writes about new beginnings as opportunities for transformation Like kintsugi the Japanese art of mending broken ceramics with gold Keep Moving celebrates the beauty and strength on the other side of loss This is a book for anyone who has gone through a difficult time and is wondering What comes next Birth Control Allison Yarrow,2023-07-18 Supported by ample data and suffused with anger an award winning journalist convincingly recasts this country s maternal health care system as needlessly dehumanizing New York Times Book Review Modern medicine should make pregnancy and childbirth safer for all But in Birth Control award winning journalist Allison Yarrow reveals how women are controlled traumatized injured and even killed because of the traditionalist practices of medical professionals and hospitals Ever since doctors stole control of birth from midwives in the 19th century women have been steamrolled by a male dominated medical establishment that has everyone convinced that birthing bodies are inherently flawed and that every pregnancy is a crisis that it alone can solve Common medical practices and procedures violate human rights and the law yet take place daily Misogyny and racism not scientific evidence and support shape the overwhelming majority of America s four million annual births Drawing on extensive reporting expert interviews an original survey of 1 300 mothers and her own personal experiences Yarrow documents how

modern maternal health care is insidiously purposefully designed to take power from women to the detriment of their physical and mental health not just during labor but for years after She then shows a better way exploring solutions both cutting edge and ancient to finally return power and control to birthing people Full of urgent insights and heartfelt emotion Birth Control is an explosive call to action [Talking Book Topics](#) ,2017 [Podrías hacer de esto algo bonito](#) Maggie Smith,2024-11-04 Una mirada sincera y luminosa sobre el final de un matrimonio y el comienzo de una vida nueva En 2018 la escritora y poeta estadounidense Maggie Smith casada y madre de dos hijos descubre que su marido tiene una relación con otra mujer En cuestión de días la realidad que había construido durante más de veinte años se derrumba y da paso a un dolor que convertir a través de la escritura en un renovado compromiso consigo misma A base de pequeñas vietas pieza a pieza Smith traza una reflexión llena de empatía y humor sobre la desintegración de un matrimonio que es también un ajuste de cuentas con la feminidad contemporánea los roles tradicionales de género y las dinámicas de poder que persisten incluso en las parejas más modernas Plegina a plegina estos fragmentos terminan erigiéndose en un interrogatorio a la familia el trabajo y el amor El resultado son estas memorias fragmentarias una obra de descarnada sinceridad que nos cuenta cómo tras la pérdida y la rabia podemos redescubrirnos y hacer de todo ello algo nuevo y bonito Este libro es un regalo Leslie Jamison Una metadisección del acto de escribir sobre un suceso desgarrador y en carne viva Es también una excavación la investigación de un asesinato un intento de responder a preguntas que en sí mismas son difíciles de articular Qué ocurrió Por qué Hubo una sola causa Es posible hacer las paces con lo desconocido Sarah Lyall The New York Times Un libro extraordinario Ann Patchett Como crónica de un divorcio y meditación sobre la maternidad es inquebrantable revelador y está exquisitamente escrito Hannah Beckerman The Guardian *Je zou het hier schitterend kunnen maken* Maggie Smith,2025-05-01 Een prachtige memoir voor iedereen die een scheiding heeft meegemaakt **Sempre em frente** Maggie Smith,2021-08-12 Logo após seu divórcio a poeta norte americana Maggie Smith começou a postar frases inspiracionais no Twitter como uma forma de lembrar a si mesma que poderia superar o término de sua relação A humanidade contida em seus textos fez seus posts viralizarem alcançando milhares de pessoas Neste livro profundamente tocante composto por frases e ensaios breves Maggie escreve sobre recomende os serem oportunidades de transformação Como o kintsugi a arte japonesa de remendar com ouro a cerâmica quebrada Sempre em frente celebra a beleza e a força que existem no outro lado da perda Este um livro reconfortante para quem passou por momentos difíceis e agora tenta lidar com a própria dor [Mothers of the Village](#) C.J. Schneider,2016-03-08 So many mothers feel like something is out of joint something is missing and maybe the truth is that we're all just missing each other C J Schneider found herself in the middle of a perfect storm after giving birth to her third child and moving to a new neighborhood Conditions for misery and postpartum depression were ideal she was isolated lonely and exhausted with three young children at home As she started talking with other mothers she realized that she was not alone in her experience of feeling alone In her unique voice Schneider intelligently and compassionately offers practical

advice on how to create the essential community that mothers need Given the many examples of communal mothering from the past and around the world as well as modern examples of communities in which mothers are thriving the research is clear since the beginning of womankind mothering has been a communal effort Mothers of the Village affirms that as mothers connect with each other and learn to work with each other despite the challenges they may find a piece of themselves that they have felt missing all along

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