

Date:

## Parenting

13.1 

Title: **Coping with Birth Trauma & Postnatal Depression**

Author(s): **Jolin, Lucy**

Publisher: **Sheldon Press**

Year: **2008** ISBN: **9781847090393**

Written by a journalist who herself experienced birth trauma, this will be a useful resource for women experiencing psychological difficulties following childbirth, as well as their families.

Good use of case examples throughout.

Topics include:

- Learning to love your baby
- Difficulties with bonding
- How the birth of a baby affects family relationships

110 pages

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