

Push Back: Guilt in the Age of Natural Parenting

By Amy Tuteur M.D.

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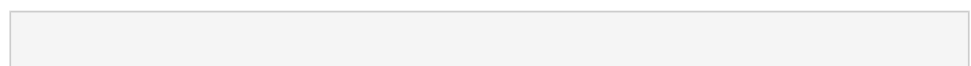
Push Back: Guilt in the Age of Natural Parenting By Amy Tuteur M.D.

A Harvard-trained obstetrician-gynecologist, prominent blogger, and author of the classic *How Your Baby Is Born* delivers a timely, important, and sure to be headline-making expose that shines a light on the natural parenting movement and the multimillion-dollar industry behind it.

The natural parenting movement praises the virtues of birth without medical interference, staunchly advocates breastfeeding for all mothers, and hails attachment parenting. Once the exclusive province of the alternative lifestyle, natural parenting has gone mainstream, becoming a lucrative big business today.

But those who do not subscribe to this method are often made to feel as if they are doing their children harm. Dr. Amy Tuteur understands their apprehensions. “Parenting quickly feels synonymous with guilt. And of late, there is no bigger arena for this pervasive guilt than childbirth.” As a medical professional with a long career in obstetrics and gynecology and as the mother of four children, Tuteur is no stranger to the insurmountable pressures and subsequent feelings of blame and self-condemnation that mothers experience during their children’s early years. The natural parenting movement, she contends, is not helping them raise their children better. Instead, it capitalizes on their uncertainty, manipulating parents when they are most vulnerable.

In *Push Back*, she chronicles the movement’s history from its roots to its modern practices, incorporating her own experiences as a mother and successful OB-GYN with original research on the latest in childbirth science. She also reveals the dangerous and overtly misogynistic motives of some of its proponents—conservative men who sought to limit women’s control and autonomy. As she debunks, one by one, the guilt-inducing myths of natural birth and parenting, Dr. Tuteur empowers women to embrace the method of childbirth that is right for them, while reassuring all parents that the most important thing they can do is love and care for their children.



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Editorial Review

Review

Don't buy someone else's story of who you are or what you should do to be a "Good Mother." Amy Tuteur speaks truth with love to help you and your baby stay strong and healthy through childbirth and those precious early months in your new family's life. (**Susan Lemagie, MD, FACOG, Assistant Clinical Professor at University of Washington**)

Relying on solid science with a generous dash of common sense, *Push Back* should be a welcome breath of reassurance for women. Looking for the best way to ensure a healthy baby and a healthy mom? This book is for you. (**Roy Benaroch, MD, FAAP, Assistant Adjunct Professor of Pediatrics at Emory University and blogger at The Pediatric Insider**)

Push Back, a serious, important, and ultimately reassuring response to today's pervading parenting cultural norms. This book offers an alternative to parents desperately seeking a different sort of birth or parenting script; one that relies more on intellect than emotion; on love rather than biology. (**Suzanne Barston CLC, creator of The Fearless Formula Feeder blog and author of *Bottled Up: How the Way We Feed Babies Has Come to Define Motherhood, and Why It Shouldn't***)

"I highly recommend that every mother and mother-to-be read *Push Back*. The amount of pain, suffering, and guilt that I could have avoided and alleviated had only I understood the flaws of the natural parenting paradigm as explained so thoroughly by Dr. Tuteur is immeasurable." (**Leigh Fransen, Certified Professional Midwife, HonestMidwife.com**)

From the Back Cover

In her provocative call to arms, Harvard-trained Ob-Gyn and mother of four Dr. Amy Tuteur answers these questions as she fearlessly takes on the natural parenting industry: the midwives, doulas, lactation consultants, and attachment parenting "experts" who have created a big business out of enforcing a set of unrealistic standards that often make women feel inadequate and can be dangerous. *Push Back* exposes the truth about natural childbirth, breastfeeding, and attachment parenting, and encourages women to let go of guilt, defy the madness, and reclaim that most basic of rights—control over their own bodies—and ultimately raise healthy children.

About the Author

Dr. Amy Tuteur is an obstetrician gynecologist. She received her undergraduate degree from Harvard College in 1979 and her medical degree from Boston University School of Medicine in 1984. Dr. Tuteur is a former clinical instructor at Harvard Medical School. She left the practice of medicine to raise her four children. Her book, *How Your Baby Is Born*, an illustrated guide to pregnancy, labor, and delivery was published by Ziff-Davis Press in 1994.

Amy Tuteur, MD is an obstetrician-gynecologist. She is the author of *How Your Baby Is Born*, the first illustrated guide to labor and delivery. With degrees from Harvard College and Boston University School of

Medicine, Tuteur practiced obstetrics at Beth Israel Hospital and was a Clinical Instructor at Harvard Medical School. Tuteur has contributed to *TIME*, the *New York Times*, the *London Times*, the *Boston Globe*, *Salon*, and *Science-Based Medicine*. Her blog, The Skeptical OB, speaks to all aspects of the natural parenting debate.

Susan Ericksen is an actor and voice-over artist. She has been awarded nineteen AudioFile Earphones Awards as well as the prestigious Audie Award. As an actor and director, she has worked in theaters throughout the country.

Users Review

From reader reviews:

Paul Eastman:

Your reading sixth sense will not betray a person, why because this Push Back: Guilt in the Age of Natural Parenting guide written by well-known writer who really knows well how to make book that may be understand by anyone who have read the book. Written in good manner for you, leaking every ideas and creating skill only for eliminate your own personal hunger then you still doubt Push Back: Guilt in the Age of Natural Parenting as good book not only by the cover but also with the content. This is one e-book that can break don't assess book by its protect, so do you still needing another sixth sense to pick this specific!/? Oh come on your examining sixth sense already alerted you so why you have to listening to a different sixth sense.

Jennifer Day:

This Push Back: Guilt in the Age of Natural Parenting is brand-new way for you who has intense curiosity to look for some information as it relief your hunger of knowledge. Getting deeper you in it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this Push Back: Guilt in the Age of Natural Parenting can be the light food to suit your needs because the information inside this specific book is easy to get by means of anyone. These books create itself in the form that is reachable by anyone, yes I mean in the e-book form. People who think that in reserve form make them feel sleepy even dizzy this book is the answer. So there is no in reading a book especially this one. You can find actually looking for. It should be here for an individual. So , don't miss it! Just read this e-book variety for your better life along with knowledge.

David Peacock:

In this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple way to have that. What you have to do is just spending your time very little but quite enough to experience a look at some books. One of several books in the top list in your reading list is Push Back: Guilt in the Age of Natural Parenting. This book that is certainly qualified as The Hungry Slopes can get you closer in getting precious person. By looking upwards

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James Longo:

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