



Health Promotion in Midwifery: Principles and Practice, Third Edition

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Health Promotion in Midwifery explores the principles of health promotion within the practical context of midwifery. It clearly outlines and discusses the midwife's role in health promotion, linking theory and practice.

The third edition of this evidence-based text covers essential topics such as breastfeeding, smoking, mental health, behaviour change and sexual health promotion and includes new chapters on healthy eating in pregnancy, pelvic floor health during the childbearing years and violence against women. All the chapters are updated and some are completely rewritten to reflect recent changes and developments in midwifery practice. Text boxes make the text accessible and user-friendly, and case studies and summaries put the material in practical context. Additional readings encourage readers to further research and reflection on their own practice.

This textbook is essential reading for midwives and health visitors in education and practice.

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