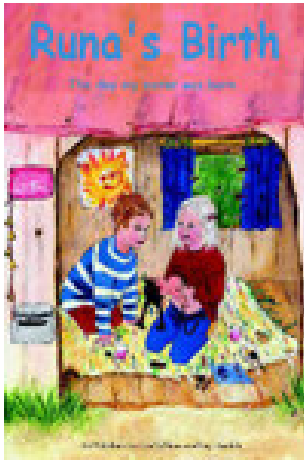




## PRESS RELEASE

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### Runa's Birth – helping your child learn about birth



If you're pregnant, you will want to share what's about to happen with your toddler or child. **Runa's Birth** will help you explain about giving birth, using a beautiful story and large colourful images.

Children learn when we tell them stories, and **Runa's Birth** tells the story of the birth of Runa, from the perspective of her sister, Lisa, age 4. Lisa's mother gives birth at home, and this is the only children's book to explain about birth in a home setting. However, it is also ideal for any parent who wants to help a child understand why mum is panting or groaning, or seemingly uninterested in their games when in labour.

The story covers Lisa's mother's labour, and the arrival of the midwife. The book shows images such as mum having a massage in the bath and using a birth ball. It shows the baby's head emerging while Lisa, her father and her godmother watch. Four-year-old Lisa even helps to cut the baby's umbilical cord. After the baby is born, the family celebrate together.

One reviewer said, "**Runa's Birth** is great for girls and boys whose parents want to involve them in the family's growth and deal honestly with their questions."

**Runa's Birth** ends with Lisa planning to play 'having a baby' with her friend the next day (see cover illustration). The book was written by two German parents and has since been translated into several languages. Order online at [www.madeinwater.co.uk](http://www.madeinwater.co.uk). **Runa's Birth** is also available via Amazon, or quote ISBN 0955281407 to order from your local bookshop.

**Runa's Birth** A Children's Book about Birth by Uwe Spillmann and Inga Kamieth, 21.5 cm x 28.5 cm, hardcover, 24pp colour

## ENDS ##

## **Editor's notes**

1. *For press enquiries, high res images, samples and competition prizes contact Antonia Chitty at ACPR [Antonia@acpr.co.uk](mailto:Antonia@acpr.co.uk) or 020 7820 7768 or 07900 580 668*
2. *Runa's Birth is published in the UK by Made in Water, 129 Verdant Lane, London, SE6 1JE, Fax 0208.695.6567. Made in Water was founded in 2004 by Carine Pouypoudat. The website is packed with information to help women who want a natural birth. Made in Water launched La Bassine inflatable birthing pool in 2005. Since the launch, Made in Water has sold more than 3500 pools worldwide.*