

# My Pregnancy Guide

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## The Only Annual Pregnancy Guide Spruce

A fresh, new pregnancy guide—the first complete functional medicine book—offering women and their partners a comprehensive approach to maintain and enhance health and wellness before, during, and after pregnancy. The Wise Woman's Guide to Your Healthiest Pregnancy and Birth combines the expertise of top-tier physical therapist Patricia Ladis—who works with superstar athletes, professional dancers, and celebrities—with Dr. Anita Sadaty, a highly regarded holistic ob-gyn with a celebrity clientele. Together, they have devised a six-step protocol beginning the six months before conception continuing forty days post-birth and beyond, incorporating holistic principles that encourage optimal wellness for mother, partner, and baby. Whether they are in their 20's, 30's or 40's, this book empowers readers to be in tune with their bodies during all stages of pregnancy, and is the first book by a functional medicine dream-team aligning medical and structural body issues to avoid such potential pregnancy outcomes as osteoporosis, sciatica, pelvic prolapse, structural weakness, and postpartum depression. Each of the six stages organizes Ladis and Sadaty's holistic principles into five easy-to-follow aspects: Body, Movement, Breathing, Nourishment, and Wisdom. They include practical applications such as foods to help reduce internal inflammation, specific exercises—with instructive photos—in each stage, breathing techniques to lower stress, and “pearls of wisdom” backed by science exploring a multicultural history of this special time in a woman's life. For the first time, a pregnancy guide considers the importance of choices you make six months prior to conception, and the effect on genes. When both members of a couple are calm, fit, and well-nourished, the latest science suggests that together they are less likely to pass on negative genes to a child.

## The Pregnancy Guide for Men Rockridge Press

Having a plus size pregnancy? There's so much misinformation about having a plus size pregnancy that it's hard to know what to truly expect. Can I have a healthy pregnancy? Am I high risk because of my size? When will I start to look pregnant and how can I find cute plus size maternity clothes? Order the My Plus Size Pregnancy Guide today to get all the answers! You'll learn the keys for having a positive and healthy plus size pregnancy! Topics Include: Embrace your bump and develop a new appreciation for your body! What's a B belly? (hint: it's completely normal!) Tips for finding plus size maternity clothes, belly bands, and nursing bras! Realistic information about increased risks, how to reduce your risks and make informed decisions! Look at nutrition in a new light! Physical activity can be fun throughout pregnancy (and I can't wait to tell you how!) Game changer: working with a size friendly care provider! Hiring a doula can make a big impact on your pregnancy! And so much more! Worksheets & Templates! Body Love & Body Language! Maternity Photographer Inquiry E-mail Template! My Healthy Habits Checklist! BRAIN Tool! 15 Questions to Ask When Hiring a Size Friendly Care Provider! 7 Questions to Ask When Selecting a Hospital! Doula Inquiry E-mail Template! Stop Googling and start feeling empowered today! "This guide is wonderful and I'm grateful to have found it. I've learned things that I never gave much thought to in my first pregnancy, but that have made this second pregnancy much easier, and empowered me to have the pregnancy and birth that I want. It's given me the tools I need to make this my own experience and not fall into the "obese pregnancy" trap that some providers set. Thank you, Jen, for compiling such great resources to keep at my fingertips!" - Megan Nelson "This guide is such an AMAZING resource and is unlike anything else that is out there! It is comprehensive but not overwhelming. It is enjoyable to read while also presenting a wealth of important information. This guide will help women to have more empowered, positive pregnancy experiences by covering all the topics they need to know about to advocate for themselves and understand what is going on with their bodies. I truly feel that all pregnant mamas who are plus size would benefit greatly from reading this guide!" - Jasmine Schrader, Doula & Founder, Earth Mama Empowered Birthing! "I think it's really important to talk about the realities of being plus size and pregnant. The options for nursing bras, maternity, belly bands & books are so minuscule that it's insulting. I knew it was frustrating but had no idea until I found myself pregnant and searching for things and answers that didn't exist until I connected with Plus Size Birth. Jen's resources and support helped me throughout my pregnancy." - Tess Holliday, Plus Size Model

## The Wise Woman's Guide to Your Healthiest Pregnancy and Birth Createspace Independent Publishing Platform

While your body is doing the important work of growing your baby, 50 Things to Do Before You Deliver nails down exactly what to do to prepare for your little one's big debut. First-time moms have plenty to be grateful for --and plenty to worry about. Centered on what's most important to expecting moms, 50 Things to Do Before You Deliver narrows the vast field of pregnancy advice to 50 specific, proactive steps for confidence and peace of mind before baby arrives. Unlike other pregnancy books for first time moms, this book includes only what is necessary and helpful, and leaves out the rest. Written by Jill Krause--creator of the award-winning pregnancy blog, Baby Rabies, and mom of four--50 Things to Do Before You Deliver arms moms-to-be with actionable advice and tools that are actually useful. Voiced with honesty, humor, and encouragement from a mom who's been there, 50 Things to Do Before You Deliver offers: 50 trimester-by-trimester tasks covering only the most important things expectant moms need to focus on Relevant, creative tips for using tech to track, document, and learn about pregnancy Judgment-free advice from other moms, OB-GYNs, and midwives--including guest contributions from Amy Morrison of the blog Pregnant Chicken, and Bryn Huntpalmer of The Birth Hour podcast There are countless pregnancy books for first time moms out there--but 50 Things to Do Before You Deliver is a practical guide that will empower and prepare you during pregnancy and beyond.

## The Pregnancy Guide: Straight Talk for Expectant Parents from Pregnancy Test to Birth Da Capo Lifelong Books

Finally—A Pregnancy Book That Won't Put Men to Sleep My Boys Can Swim! tells real men everything they really want to know about pregnancy, such as: How much is it going to cost? Why does your wife primp before seeing her doctor when she hasn't put a stitch of make-up on for you in months? And, most important, what's it going to do to your sex life? This rollicking, laugh-out-loud book is for expectant dads in search of bottom-line pregnancy information, without all that boring touchy-feely stuff you find in those books written for women. Inside you'll discover helpful—and hilarious—information and insights on such topics as: The Maternity Wardrobe: "A key part of the maternity wardrobe is maternity

underwear—parachute-like undies big enough to fit an NFL defensive lineman." Baby Names: "Don't give your kids mockable names like Thaddeus, which is Greek for 'I'm a dork and should be beaten up.'"

The Birth: "No one told me it's normal that babies' heads can be misshapen at birth. I was convinced that my wife gave birth to Veldar, the conehead."

A Month-by-Month Guide to Health and Nutrition Simon and Schuster

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you."

– Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

## Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices Dr Linda Burke Galloway

Every father-to-be's handbook for knowing what to expect when expecting! In today's world, men are more involved in their wives' pregnancies than ever before. This 2nd Edition of Dad's Guide to Pregnancy For Dummies gives new fathers a hands-on guide that covers all of the logistical, physical, and emotional aspects of pregnancy. It is a wealth of information on topics, such as setting up the nursery, childbirth 101, and how to take care of your newborn. The book includes ideas for knowing the right time to break the news and the pregnancy timeline. Once the baby arrives, this handbook gives you the low-down on what you can expect during the first six months, such as how to change diapers and feed the little one. You'll also explore much more in-depth topics such as the new technology behind ultrasounds, and the information that is gleaned from them, the lowdown on vaccination updates, information to take the fear out of cesarean sections, tips on prenatal depression, new developments on infertility treatments, and so much more! Helps to take the fear out of fatherhood with down-to-earth advice and information Reveals how smoking leads to development problems and the possible dangers of e-cigarettes Shows new dads a playbook for how they can help throughout the pregnancy and during the delivery Offers practical tips for chronicling baby's life from ultrasound to year one If you're going to be a new dad, this is a survival guide of what to expect as your bundle of joy is on the way is the complete, easy-to-read resource for preparing with your partner.

Take Charge Parenting Guides My Pregnancy Guide Ensuring a healthy pregnancy & labour Book description to come.

## Nurture Attilio D'Albeto

Why buy an outdated pregnancy book? My Pregnancy 2018 is the only annually updated pregnancy guide you can buy, and the only one that will bring you bang up-to-date information on tests, food and drink guidelines as well as the latest research. Now in its 8th edition, My Pregnancy 2018 gives you all the latest advice and guidance at your fingertips, including: Your baby's development week-by-week What to eat and what to avoid The latest guidelines on smoking, drinking and the importance of Omega 3 Advice on labour and your baby's birth Information on Down's tests and the latest Whooping cough vaccine advice Pregnancy fashion trends and top baby name choices Written by a team of experts, including an obstetrician, midwife and nutritionist, My Pregnancy 2018 brings you the specialist advice you can trust, safe in the knowledge it's 100% up to date and relevant to your pregnancy and your baby. "A pregnancy book that's updated every year is a great idea - it means that the health advice is relevant and the prices of everything, from private scans to childcare, are accurate. This is an invaluable guide, covering everything I wanted to know about my pregnancy and the first few weeks of life with a new baby." Mother & Baby review - Emily, from Leicester, 21 weeks pregnant "This is a complete handbook for your pregnancy, covering everything. A great read!" Pregnancy & Birth review - Lindsay, from Chester, 31 weeks pregnant

## The Mommy Docs' Ultimate Guide to Pregnancy and Birth Simon and Schuster

What to Expect When You're Black, Pregnant, and Expecting " This book stands as the modern-day guide to birthing while Black. " Angelina Ruffin-Alexander, certified nurse midwife, owner of Touch of Osun Midwifery Services #1 New Release in Pregnancy & Childbirth and Minority Demographic Studies, Medical Ethics, and Women's Health Nursing Written with lighthearted humor and cultural context, Oh Sis, You're Pregnant! discusses the stages of pregnancy, labor, and motherhood as they pertain to pregnant Black women today. Tailored to today's pregnant Black woman. In the age of social media, how do pregnant women communicate their big announcement? What are the best protective hairstyles for labor? Most importantly, how many pregnancy guides focus on issues like Black maternal birth rates and what it really looks like to be Black, pregnant, and single today? Written for the modern pregnant Black woman, Oh Sis, You're Pregnant! is the essential what to expect when you're expecting guide to understanding pregnancy from a millennial Black mom's point of view. Interviews, stories, and advice for pregnant women. Written by Black Moms Blog founder, Shanicia Boswell, Oh Sis, You're Pregnant! tackles hard topics in a way that truly resonate with modern Black moms. With stories from her experiences through pregnancy, labor, and motherhood, and lessons learned as a mother at twenty-two, Oh Sis, You're Pregnant! focuses on the common knowledge Black pregnant mothers should consider when having their first baby. It also shares topics beneficial to pregnant Black women on their second, third, or fourth born. Inside you'll find answers to questions like, how: • Do I financially plan for my birth? • Can I maintain my relationship and friendships during motherhood? • Will I self-advocate for my rights in a world that already views me as less than? If you enjoyed books like Medical Apartheid, 50 Things To Do Before You Deliver, The Girlfriends' Guide to Pregnancy, or Birthing Justice, then you'll love Oh Sis, You're Pregnant!

## The Healthy Pregnancy Book Pregnancy

The second book in the Dr. Spock Take Charge Parenting Guides, crafted by the Dr. Spock Co., Take Charge of Your Pregnancy contains all the essential information on pregnancy and fetal development in one clear, concise volume. Pregnant? Congratulations! Now let an expert guide you through this exciting time. Pregnancy is a time of powerful emotions, dramatic changes, and plenty of questions. Noted obstetrician Marjorie Greenfield, MD, one of the new team of medical experts at The Dr. Spock Company, has written this authoritative book to answer all your

questions and help ensure a happy, healthy pregnancy. Dr. Spock's Pregnancy Guide will take you month by month through the thrilling journey to parenthood, with special focus on how to:

- Follow the development of your growing baby
- Find the right obstetrician or midwife
- Deal with common symptoms and problems
- Plan the kind of childbirth experience you want
- Get good care every step of the way, and more

For more than 50 years, Dr. Benjamin Spock was the world's best-known pediatrician. Drawing upon his trusted philosophy of baby and child care, a new generation of experts at The Dr. Spock Company brings today's moms and dads the latest in parenting, child-health, and pregnancy information. Be sure to pick up Dr. Spock's Baby Basics, the first book in the Take Charge Parenting Guides series.

My Pregnancy Guide Simon & Schuster

When you're eating for two, you need to eat well. When you're eating for two, you need to eat well.

There's no question that a vegetarian or vegan diet is just as nutritionally sound during pregnancy as one that includes animal protein. In fact, vegetarian nutrition offers pregnant women valuable health benefits that you simply won't find in a nonvegetarian diet, such as higher levels of folic acid, lower cholesterol, and an abundant variety of essential minerals, vitamins, and nutrients. Whether you are already vegetarian or you simply want to reduce the amount of meat in your diet, making the right dietary choices to support you and your baby is the key to a safe, healthy pregnancy. Fulfilling every nutritional guideline recommended by the American College of Obstetrics and Gynecology, Your Vegetarian Pregnancy is the first authoritative guide to maintaining a healthy plant-based diet before, during, and after the birth of your child. Combining complete obstetrical information with sound nutritional guidance, this guide will educate you about:

- Basic pregnancy issues, such as fetal development, changes within your body, and preparation for labor and delivery.
- What to expect each month, and how to cope with the unexpected.
- Key nutrients for your baby and you, with suggestions on how to obtain these through diet, vitamins, and supplements.
- The myriad benefits to eating vegetarian during pregnancy, in an entire chapter comparing vegetarian and nonvegetarian nutrition. With this unique and accessible handbook, you can be confident that your vegetarian pregnancy will be wonderfully beneficial for both you and your baby.

The Complete Illustrated Pregnancy Companion American College of Obstetricians and Gynecologists Women's Health Care Physicians

Celebrate the ups and downs of your pregnancy with this interactive journal, which invites you to record in detail this most extraordinary period of your life. With annotated prompts for you to fill in for each week of your pregnancy, storage wallets and sealable envelopes for keeping precious momentos, and photo spaces for you to capture the changing shape of your body, this journal will be a life-long keepsake of all your special memories. Each chapter offers guidance on what to expect, notes on your baby's development during each trimester, and reminders on what you need to be planning, thinking about and preparing for. Whether you are a first-time mother or want to commemorate a new addition to the family, Alison Mackonochie (author of the award-winning Emma's Diary) ensures that you will be comfortable every step of the way.

[A Week-By-Week Guide to Your Baby's Development During Pregnancy](#) Ten Speed Press

Dear Mothers... Would You Like To Learn How To Have A Happy, Healthy, And Enjoyable Experience As A Pregnant Woman? This Week By Week Guide Will Provide You With The Necessary Information To Do Everything Right! All The Way From Conceiving To Childbirth. If You Know The Right Information, You'll Barely Notice Any Difference! Most of the problems and stresses about pregnancy come from not knowing what to do in certain situations. What does it mean when you feel "That" kind of pain? Will this specific action affect my child in any way? Are all of the things I know about pregnancy myths, or are they actually true? If you knew the answer to every question you'll encounter during pregnancy, then you'd have nothing to worry about, you would always know exactly what to do, and you'd never have to worry about anything! And That's Exactly What This Book Will Help You Achieve! You'll learn EVERYTHING, and we really do mean EVERYTHING there is to know about living as a pregnant woman. Don't worry! It will NOT overwhelm you. You'll be able to slowly and steadily go through our Week By Week guide, which will tell you detailed information about each week. As for the rest of the book, you can either completely prepare yourself by reading it in one go, or simply search for your specific problems or questions when you encounter them. Here Are Just SOME Of The Topics We'll Cover: The Extremely Helpful And Comprehensive Week By Week Guide Foods, Medications, Substances, And Things To Avoid While Pregnant How To Properly Exercise While Pregnant When To STOP Exercising The Best Diet To Have While Being Pregnant Useful, Quality Of Life Tips That You Will Need Emotional Health Information And Much, Much More! Are You Ready To Have A Healthy, Happy, And Enjoyable Experience All The Way From Conceiving To Childbirth? Click The Following Link To Buy "The Healthy Pregnancy Guide" To ALWAYS Know What To Do And NEVER Have To Worry!

The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth Simon and Schuster New York Times bestselling author Nancy Redd 's visual guide to pregnancy and all the bizarre, hilarious, and often unanticipated changes a woman 's body can go through. WHY DID NOBODY TELL ME THIS COULD HAPPEN?!— This is not the thought you want to be having when you 're frantically Googling whether your pregnancy symptom is normal or an emergency. Just when you thought there could never be another pregnancy book, Pregnancy, OMG! comes along, and you realize how much the current market is missing. Did you know that: your nose can change size and shape? Your fingernails, far from growing long and strong, can crack or fall off? You can completely (temporarily) lose your sense of smell? That 5% of women grow a third boob? More seriously, that 25-50% percent of the partners of women with postpartum depression develop it themselves, or that 20% of pregnancies end in miscarriage? This is a one-stop guide to every change a woman 's body can go through while pregnant, and is unlike anything for expecting parents on the market: it is illustrated by full-color photographs of a diverse set of real pregnant women of all shapes, sizes and ages. Featuring Nancy Redd 's trademark warmth, humor, and candor, and partnered with the advice and vetting of medical experts, this book tackles embarrassing, confusing, and less-widely discussed issues that many pregnant women face while offering practical tips and techniques to ease even the strangest problems, helping to dispel panic and shame, and providing women the resources they need for a healthy pregnancy.

A Week By Week Guide From Conceiving To Childbirth Rockridge Press

"Designed as an informational resource for patients, Your Pregnancy and Childbirth: Month to Month Seventh Edition sets forth current information and clinical opinions on subjects related to women's health and reproduction. Your pregnancy and Childbirth: Month to Month is a resource for informational purposes. Topics include getting ready for pregnancy choosing an obstetric care provider what to expect during each month of pregnancy exercise during pregnancy work and travel during pregnancy pain relief during childbirth labor and delivery cesarean delivery postpartum care and taking care of the baby after birth, birth control after pregnancy"--

What to Expect from Conception to Birth Crown Archetype

My Pregnancy Guide is based on my 20 years clinical experience in helping women during pregnancy and the latest scientific evidence sourced from over 750 research studies. This self-help guide blends modern fact-based research together with the ancient theories of Chinese medicine to deliver a powerful and concise understanding of pregnancy and labour. My Pregnancy Guide explains what to expect in pregnancy, problems you may experience and what to do about them,

the impact of COVID-19, an optimal pregnancy diet, supplements to take, pregnancy for dads and how to reduce your baby 's chances to developing autism. It explains what tests you can have and the various dangers to your baby and how to avoid them, from chemicals in the environment, in foods, cosmetics and household products to pollution, plastics, heavy metals and pharmaceutical drugs. Advice is given on how to minimise your baby miscarrying or developing any abnormalities and how you can enhance your health for optimal breast-milk production and post labour health. In-depth explanations are given on how to optimise your lifestyle from exercising, work, sleep to clothing, footwear and even baths versus showers all based on the latest cutting-edge research together with the tried and tested theories of Chinese medicine. Week by week explanations on how your baby is growing is given along with advice on how to enhance your baby 's development. A large range of supplements are listed to improve mother and baby's health. Based on the latest scientific research, My Pregnancy Guide also explains how to deal with various pregnancy problems that may develop from gestational diabetes, preeclampsia to constipation and slow baby growth. Explanations are given on the stages of labour and how to prepare for each step. Fact-based research is given advising on going over 40 weeks and how to prepare for labour, treat a breech baby, pain relief options and acupressure points to encourage labour and a reduction in labour pain. A large range of natural herbs are given to help reduce miscarriage and aid labour. Dr (TCM) Attilio D ' Alberto has been supporting women in pregnancy and labour since 2004, from those who fell pregnant naturally to those that conceived with IVF. This book is a treasure-trove of information that is invaluable to all women who are pregnant. " I safely delivered a baby boy. I defiantly feel he helped to reduce the pain too, as I felt ready to give birth all over again the next day " -Dr (TCM) Attilio D'Alberto - Bachelor of Medicine (Beijing), BSc (Hons) TCM

[The Smart Mother's Guide to a Better Pregnancy](#) Harmony

From "the man who remade motherhood" (Time) comes the definitive guide to having a healthy pregnancy--and a healthy baby. THE HEALTHY PREGNANCY BOOK guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby. In this uniquely authoritative and comprehensive month-by-month guide, the Seares address emotional and physical changes that take place during pregnancy, baby's brain development, healthy pregnancy habits, pregnancy superfoods, optimal weight gain, fitness, managing stress, sleep, choosing the right healthcare provider, birthing choices, the transition into parenthood, engaging personal stories, and more. Overflowing with the most up-to-date information, digestible and doable tips, and advice for every worry--and written in the Seares' trademark reassuring tone that makes their books long-term bestsellers--THE HEALTHY PREGNANCY BOOK is the must-have resource to fit the greater demands of today's savvy parents.

The Healthy Pregnancy Guide Chronicle Books

How to minimize risks, avoid complications, and have a healthy baby.

A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body Dorling Kindersley

Are you a prospective father or mother, expecting a new baby? Are you scared because of all the myths you've heard about pregnancy? Are you overwhelmed by the prospect of carrying a baby for nine months? Well, while these apprehensive feelings are normal, especially if you are a first time mom, they are no reason to worry. This book is specially designed to help pregnant women understand how they can prepare themselves for this period that is often marked by mixed feelings. It also explains the reasons why they experience so many changes and what to do, -- vital steps to be taken when these changes occur. You will also discover real-life techniques that will help walk you through the process of pregnancy and prepare you for a safe and less stressful delivery, either at home or in the hospital. This book will be a virtual assistant offering real help throughout your 9 months of pregnancy. With it, you can live out these wonderful moments as comfortably and calmly as possible. May you find reassurance and delight as you read this perfect pregnancy guide. Just Scroll Up and Click on "Buy now with 1-Click (R)" NOW.

Dr. Spock's Pregnancy Guide John Wiley & Sons

DK brings you an all-encompassing and illustrated guide to your pregnancy journey week by week! Becoming pregnant is a beautiful moment in any person's life, but we understand that it can be daunting too. Don't worry, DK has got you covered! World-renowned obstetrician, Professor Lesley Regan, introduces a one-stop pregnancy guide to explain exactly what is happening to you and your developing baby week by week and ensure you are fully-equipped from beginning to end of your joyful journey. Inside the pages of this in-depth baby parenting book, you'll discover: -Updated pregnancy advice and newborn baby care information to help you make the right decisions for you and your baby -Every aspect of pregnancy, birth and the first six weeks of life with a newborn is described and illustrated, week by week -Stunning illustrations show the baby forming from the moment of conception, and key developments for every trimester -In-depth special features on subjects from antenatal and postnatal care options and pregnancy-related ailments to buying maternity wear and returning to work This baby development book will be your pregnancy bible - every day! Packed with up-to-date research, advice from medical experts and detailed scans and images, this week-by-week pregnancy book is a must-have volume for first-time mums. It guides you through the physical and emotional changes you will experience to make you feel supported during this extraordinary and wonderful time. This fully updated maternity book is arranged chronologically, which means all the information for mother and baby is presented at the most appropriate time. Find out how to keep healthy during your pregnancy and support your growing baby. Discover what to expect when you're expecting - from different types of childbirth to early signs of labour to meeting your baby for the first time. The expert advice and reassurance continue after birth as you adjust to the first six weeks of life with a newborn. All the latest medical advice for mums-to-be is covered, including guidance on nutrition and exercise, so you'll understand how to keep you and your baby happy and healthy throughout your pregnancy. The ideal gift for expectant mothers who are seeking a healthy and happy pregnancy every step of the way, and a must-have parenting book for those who seek a detailed account of labour, birth, and exploring all the options available during pregnancy care. At DK, we believe in the power of discovery. So with Your Pregnancy Week by Week by your side, we assure you will feel safe and supported during this special time in your life, as you count down the days to your new arrival!