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medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant? Your girlfriends, of course—at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine

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Pregnancy for Lesbians covers everything you need to make the thrilling and challenging journey to motherhood: from choosing a donor to tracking fertility to signing the right papers on the dotted lines. Rachel

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the acclaimed first edition appeared, the author's daughter was only a few months old. This new edition takes into account the parenting know-how Pepper has developed over the intervening six years, as

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well as the evolving legal status of lesbian parents, and the increasing importance of the Internet for information on fertility, sperm banks, and donors. The resource section is greatly expanded, as are

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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

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offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In Birth Without Fear, January Harshe--founder of

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the global online community Birth Without Fear--delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide

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that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child--covering care provider choices, medical freedom,

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birth options, breastfeeding, intimacy, postpartum depression, and much more. Birth Without Fear shows moms, dads, partners, and families how to choose the best provider for them, how

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to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights--and how to use their voice to exercise

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them--as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, Birth Without Fear will also help partners understand what

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mothers are going through, as well as discuss the challenges that they, too, will face--and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy,

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underwear—parachute-like undies big enough to fit an NFL defensive lineman."

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getting all the proper nutrition you and your baby need, Your Complete Vegan Pregnancy will keep you and your baby strong for all three trimesters.

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guide packed with practical advice for parents who want a science-backed, individualized approach to pregnancy.” —Linda Avey, Co-founder of 23andMe 2020 National Parenting Award

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preferences and preparing for unpredictable changes

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baby registry, and hospital checklists Every pregnancy is unique and often unpredictable. For Leslie, this meant handling curveballs like miscarriage and later a birth that didn't

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go according to plan. She turned her personal journey into this book, written while she was pregnant, with the help of a wide network of experts she consulted along the way, including doulas, ob-

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gyns, midwives, therapists, prenatal trainers, and nutritionists. Warm, funny, and non-judgemental, Bumpin' will leave you feeling prepared and ready to tackle anything that

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about pregnancy to empower women while they're expecting. From the author of Cribsheet and The Family Firm, a data-driven decision making guide to the early years of parenting

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of the most profound, meaningful experiences of adulthood can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why

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these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster

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was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything

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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,

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volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education

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practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

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adult, you have important decisions to make. Your growing independence and your developing sexuality are part of the thrill and joy of being a teen—but

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these factors also mean you have to take responsibility for your own life. Your parents can't do it all for you Some teenagers choose to have sex—and others

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wait. Some teens who opt for sex will also opt for contraception—but others will not. Others will get pregnant even while using contraception. Once

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pregnant, teens have still more difficult decisions to make about abortion, adoption, and parenthood. These are all life-changing decisions. This book

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