

Your Pregnancy And Childbirth Month To Month Fifth Edition

The emphasis of the manual is on rapid assessment and decision making. The clinical action steps are based on clinical assessment with limited reliance on laboratory or other tests and most are possible in a variety of clinical settings.

A trimester-by-trimester guide to what to eat--as opposed to what to avoid--while pregnant and nursing, to support the mother's health and the baby's development during each stage of pregnancy, with 50 recipes. Pregnancy has traditionally been viewed as a time when women can give in to their food cravings and not worry about their weight. But new research suggests that the foods women eat during pregnancy can have a lasting effect on the baby's brain development and behavior, as well as the mother's waistline. While many books tell women what not to eat, there are few guides that tell women what to eat while also considering that hormonal influences during pregnancy can make it difficult to stick to a healthy diet. More and more women enter pregnancy overweight, gain an unhealthy amount of weight while pregnant, then struggle to lose the "baby weight" after the baby is born. Drawing on the latest research from the fields of medicine, nutrition, and psychology, this guide gives moms-to-be a clear understanding of what their bodies really need and how those foods contribute to the development of healthy and happy babies.

Gives expectant parents an overview of the options available, offering up-to-the-minute advice on such matters as physical and emotional preparation, the father's role, avoiding a cesarean birth, and other information

You just got that positive pregnancy test and suddenly you feel lost in a sea of questions, concerns, what-ifs, and what-nows? To navigate this new world of body changes, blood tests, mood swings, and baby gear, you need a helpful guide that 's with you from the first positive test to the last push. Luckily, this is the ideal guide for soon-to-be moms who are unsure of what to do after they get the big news. Completely revised and packed with even more information, this month-by-month resource walks you through the different phases of pregnancy and offers practical advice on: Understanding physical and emotional changes Selecting the right diet for you and baby Understanding prenatal tests and screenings Choosing the best labor and delivery options Budgeting for the new addition to the family This new edition also includes the latest information on nutrition, finding alternative care and treatments (yoga, anyone?), and checklists and worksheets to help parents-to-be plan for any occasion. This indispensable guide gives you the inspiration, support, and advice you need to get through your pregnancy--and beyond!

The Ultimate Guide to Black Pregnancy & Motherhood

Taking Charge of Your Pregnancy, Childbirth, and Parenting Decisions for a Happier, Healthier Family

A Feminist Journey Through the Science and Culture of Pregnancy

Bumpin'

Month to Month

A New Approach to Pregnancy, Birth and the Early Weeks

Everything You Need to Know to Have a Safe and Satisfying Birth

Book description to come.

Fifteen Steps to the Best Childbirth Experience of Your Life describes a program that pregnant women may use to have a wonderful, stress free labor and delivery. It gives pragmatic information on being prepared for the little things that can mean so much to an expectant mother during childbirth. PAPERBACK also available. Click to order!

"A smart, approachable 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 Winner Feeling overwhelmed? Confused by conflicting advice?

Bumpin' will radically transform your pregnancy journey to one of confidence and optimism. With over a decade of experience advising women's healthcare and technology companies, Leslie Schrock distills cutting-edge research into your most comprehensive pregnancy guide—from conception through the newborn months. Based on the latest clinical evidence and practical advice from top experts, Bumpin' enables you to make the best decisions for your unique family. With a look at the science, it tackles every pregnancy FAQ and topics like the truth about cleaning up your cosmetics, nutrition, epidurals, and activity; and the practical, like putting together a baby budget and navigating work. Bumpin' also takes you all the way through the postpartum period because taking your baby home and recovering brings unexpected physical, mental, and life changes that are too often overlooked for you and your partner. Inside Bumpin' you'll find: -A trimester-by-trimester overview from trimester zero (conception) through the postpartum period and return to work -The truth about age and fertility and how to manage any issues that arise -Research on topics like vaccinations, breastfeeding, and exercise -The science behind your physical changes, leaks, sweats, and every other unexpected pregnancy symptom – and how to manage them to enhance your long term health -Birth preferences and preparing for unpredictable changes -The challenges of navigating parental leave and returning to work -Unique advice for partners -Budgeting, finance tips, 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 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-gyns, midwives, therapists, prenatal trainers, and nutritionists. Warm, funny, and non-judgemental, Bumpin' will leave you feeling prepared and ready to tackle anything that comes your way. A portion of proceeds will be donated to Every Mother Counts and National Birth Equity Collaborative to support maternal and child health.

*Second Edition!!! 80 pages added of new content and photos... Are you looking for a holistic, natural pregnancy and birth guide book? If you are planning a home birth or need an unassisted birthing plan, (freebirth) this is the book for you. The 1st of its kind!! A full manual containing all the information you need to give birth at home. Get your body and mind prepared for a natural geared pregnancy and birth, where you make all the rules and decisions... This book covers * how to do your own prenatal care* common discomforts in pregnancy* herbal and homeopathy uses* supplies you need for your birth* labor stages and how to manage them* birth affirmations* avoiding issues and complications * what to do for emergencies* postpartum care for mom and baby* how to register you baby with the state* unassisted birth storiesThis book is packed with photographs!! A MUST HAVE, especially in places that have little to no access to quality medical care/hospitals near the birthing mother. Reviews "I find this book to be an invaluable resource manual for everything you need to know to have a healthy, safe, unassisted home birth! I love the sections on herbs and homeopathics, and that every needful topic was included and*

written in a clear and easy to understand manner. I'll definitely reference this book during my next freebirth. It's like having a midwife on your bookshelf! "A valuable resource to prepare for your freebirth" "This book shows you how to freebirth. Giving you the information you need to control your birth and have peace with that decision." "This is the book every pregnant woman, whether she decides to birth unassisted or not, should have in her library. It is extremely informative, yet inspiring and empowering." Julia, Labor Assistant "Home Birth On Your Own Terms is a great first stop on your journey to having an unassisted birth. If only every birthing person could know this option, and assess for themselves if this is a safe, viable option for them. Home Birth On Your Own Terms provides confidence through first-hand accounts of births AND the appropriate precautions for people to make the best choices for their birth. For anyone considering their birth options, this is an eye opener to see beyond the systemically prescribed birthing process. This book gives another perspective on what is absolutely possible, empowering, safe and healthy births." Vera, Doula "A wealth of information in one place." "With the ever climbing epidemic of birth violence inflicted by medical professionals and the constraints birth attendants now have upon them, it's no surprise that parents are taking a stand and birthing the way they so desire."

Your Pregnancy For The Father-to-be

The Positive Birth Book

Your Pregnancy for the Father-to-Be

Taking Charge of Your Pregnancy

Nurture

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

Your Pregnancy, Your Way

Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, *The Positive Birth Book* shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, *The Positive Birth Book* is the must-have birth book for women of the 21st century.

An inclusive, holistic, evidence-based guide for pregnancy, birth, and the postpartum journey—created for modern moms by the experts at the Motherly online community. Pregnancy isn't just about creating a baby. It's also about the powerful transformation we go through on the journey to becoming "mama." We created *The Motherly Guide to Becoming Mama* to coach and inspire you each step of the way. This is the pregnancy book we wish we'd had when we first became mothers—a mama-centered guide that doesn't just focus on your baby's needs, but honors and coaches you through this profound life change. Here's the most important thing to remember: you are a phenom, and you are going to rock this. And you don't have to do this alone. At your highest highs and your lowest lows, there is a village of professionals and peers to traverse this path with you. This book won't bog you down with demands, give you more to be worried about, or tell you what to do. It's impossible to know exactly what to expect during your pregnancy—after all, you are your own amazing woman with unique dreams, experiences, and needs. Instead, we've filled this illustrated guide with the best knowledge, wisdom, and support we have to offer, including:

- Getting pregnant—planning, conception, fertility challenges, and finding the right care provider and birth strategy for you
- Pregnancy month by month—how to understand, nourish, and support your own body and your baby's health throughout your pregnancy
- Giving birth—everything you need to feel empowered and prepared through the four stages of labor
- The "fourth trimester"—helping you heal, process your experience, and thrive in the super-important and often ignored postpartum period
- Tests and complications—no scare tactics, no intimidation; just good, well-researched information about the ways you can best prevent and prepare for challenges
- Partners, friends, and family—our best tips for your whole support team
- The many faces of mama—adoption, surrogacy, fostering, and the beautiful variety of motherhood experiences
- Answers to the most common questions mamas have about finances, maternity leave, baby gear, relationships with family, nutrition, fitness, and much more

Whether this is your first baby or your fourth, whether you're still deciding about pregnancy or have an unplanned baby on the way, becoming mama involves your body, mind, emotions, lifestyle, relationships, schedule, spirituality, worldview—and most of all, your heart. This is an unprecedented time to embark on the journey of motherhood. You are part of a new generation of women elevating empowerment in all its forms. *The Motherly Guide to Becoming Mama* was made for you—a loving and supportive embrace of your unique motherhood journey in all its power, complexity, and beauty. This book is an indispensable guide to the revolutionary advances in the understanding of pregnancy and birth. For decades, Susan Fisher, PhD., and her team at the University of California, San Francisco, have been at the forefront of research into how babies develop in the womb. Fisher traces prenatal development, which proceeds at breakneck speed during the first eight weeks. She unlocks the secrets of the placenta, which steers the course of pregnancy and can affect childhood health. *Taking Charge of Your Pregnancy* contains the trailblazing science needed to help expectant parents:

- Which prenatal vitamins are essential and when to take each
- Which prenatal genetic tests are risk-free and which are a waste of money
- Why moms-to-be

should decline store receipts and avoid flame retardants - When to be concerned about nausea - Why expectant mothers should listen to their own mother's birth stories

A guide to pregnancy and childbirth provides all the information women need to make decisions about prenatal tests, pain control, and how and where to give birth, with advice on the development of the fetus, body changes, and labor preparation techniques.

Magical Beginnings, Enchanted Lives

Like a Mother

Outcomes, Quality, Access, and Choice

The Mommy MD Guide to Pregnancy and Birth

An All-Canadian Guide to Conception, Birth and Everything In Between

The Everything Pregnancy Book

A Guide for Midwives and Doctors

"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"--

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.

Offers more than nine hundred practical tips from sixty doctors who are also mothers and includes when-to-call-the doctor sidebars and product recommendations.

As an OB/GYN, Dr. Allison Hill has delivered thousands of babies; as a mom, she's given birth to her own two children. Hill has a unique perspective on the many questions moms have surrounding pregnancy and childbirth--especially when it comes to "going natural." Drawing on her twenty years of expertise as well as current medical data, she weighs the pros and cons of the range of options available--hospital or birthing center; MD or midwife. Covering everything from understanding a doctor's bias to medical interventions (what's necessary--and what's not) to home births, Hill debunks common myths and provides insight into hot-button issues and a keen look into why doctors do what they do. Your Pregnancy, Your Way helps parents-to-be achieve a safe and healthy delivery.

The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth

The Healthy Pregnancy Book

A Resource for the Soul, Body & Mind During Pregnancy, Birth & the First Three Months

Everything You Need to Know about Natural Pregnancy and Childbirth

Fifteen Steps to the Best Childbirth Experience of Your Life

Birth Settings in America

Count down your pregnancy day by day with advice from a team of experts and amazing images for every stage of your baby's development. Fully updated to reflect changes in medical practice, including advice on non-invasive prenatal testing and ways to adapt special diets during pregnancy, The Day-by-day Pregnancy Book provides a comprehensive look at every week of pregnancy. From early foetal development to how your hormones prepare you for birth, Q&As with experts and mums will help put your mind at ease. The Day-by-day Pregnancy Book also breaks down the 12 hours post delivery with an hour-by-hour account and the day-by-day format continues for the first two weeks of life with a newborn baby. The Day-by-day Pregnancy Book will be your pregnancy bible - every day.

A practical, step-by-step photographic guide to yoga poses specifically chosen to support you safely through pregnancy and the first months following the birth. Yoga is more important during pregnancy than at any other time of your life. As your body becomes unfamiliar to you from trimester to trimester and as labor approaches, you need safe, strengthening, and supportive sequences to guide you on your journey. This book gives you step-by-step yoga postures specially adapted for each trimester, and relaxation techniques and simple breathing exercises will show you how to adjust to the physical demands of labor and give birth with confidence. From conception to birth, help develop shared well-being and continue to reap the benefits of yoga after the birth as you bond with your new baby and regain your shape.

An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, 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 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 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, 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 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 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 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, birth, and the postpartum experience, Birth Without Fear is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, The Natural Pregnancy Book has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

All you need to get you through the most important nine months of your life!

Oh Sis, You ' re Pregnant!

Stay Strong, Supported, and Stress-free

The New Science for a Safe Birth and a Healthy Baby

More Than 900 Tips that 60 Doctors who are Also Mothers Use During Their Own Pregnancies and Births

Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know

Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices

This fully revised and updated guide to pregnancy and childbirth in New Zealand provides detailed information to help New Zealand women make informed choices on everything from home or hospital birth to breastfeeding or bottle-feeding. The topics covered include conception, pregnancy, and birth; the developing baby; the mother's changing body; midwives, doctors, and obstetricians; maternity clothes, baby clothes, and equipment; feeding and looking after the baby; coping with work commitments; and the joy, pain, and other feelings involved.

If you're looking for the inside scoop on what it's really like to have a baby, you've come to the right place. This comprehensive guide features a friendly, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 Canadian parents and panel of experts, this information is served up with a uniquely Canadian spin. The Mother of All Pregnancy Books is funny, entertaining, and packed with tons of nuts-and-bolts information and presents expectant parents with all the facts on such perennial hot topics as pain relief during labor, episiotomy, and circumcision, empowering them to make informed personal choices. Unique and innovative, this book is packed with helpful tools readers won't find anywhere else, including charts highlighting the risks of using various over-the-counter drug products during pregnancy, tables summarizing the functions of the 10 most important nutrients during pregnancy, lists of the 10 best-and worst-baby products, and much, much more. Featuring a glossary of pregnancy-related terms, a sample birth plan and a set of emergency childbirth procedures, The Mother of All Pregnancy Books isn't afraid to tackle difficult subjects, like infertility, high-risk pregnancy, and pregnancy and infant loss -- topics that most other pregnancy books shy away from. New features include: The Pregnancy Roadmap: a week-by-week; month-by-month; and trimester-by-trimester overview of the key pregnancy milestones and highlights Pregnancy Q & As Baby Gear 101 Your Post-Partum Body And a brand new section called "The Truth About Pregnancy Brain"

Written with an expectant father's needs, questions, and concerns in mind, Your Pregnancy for the Father-to-Be includes important information and valuable tips to help a man help his partner during pregnancy and the birth of their new baby. Topics include providing comfort as the mother-to-be experiences physical and emotional changes, interpreting the pregnancy tests and medical procedures, learning to be a great labor coach, and planning the family's financial future.

The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet outcomes are worse than other high-resource countries, and even worse for Black and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal and newborn care through the lens of these factors across multiple disciplines. Birth Settings in America: Outcomes, Quality, Access, and Choice reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

The Natural Pregnancy Book, Third Edition

Birth Without Fear

The Complete Book of Pregnancy & Childbirth

Home Birth On Your Own Terms

What to Eat When You're Pregnant

The Mother of All Pregnancy Books

Month by Month, Everything You Need to Know from America's Baby Experts

"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.

"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

“ Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way. ” —Amy Schumer *Fully Revised and Updated for 2021* What to Expect When You're Expecting meets Freakonomics: an award-winning economist disproves standard recommendations 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 Pregnancy—unquestionably one 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 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 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 from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

Pregnancy can be a thrilling adventure for a couple. Although most attention is directed toward the mom-to-be, the nine months of pregnancy are an exciting, moving—and, yes, occasionally stressful!—time for the expectant father as well. Written with the needs and concerns of the dad-to-be in mind, this book includes a comprehensive glossary of terms, a resource section, up-to-date medical information, and tips for supporting your partner during pregnancy and the birth of your new baby. It will also help you be the best father you can be by covering such topics as:

- The tests and procedures your partner may undergo
- The impact of pregnancy on your relationship and how to handle it
- Ways to evaluate the expenses of having a baby
- How to be a great labor coach

Conception, Pregnancy, Birth and Life with a New Baby

Yoga for Pregnancy, Birth and Beyond

Everything Dads Need To Know About Pregnancy, Childbirth, And Getting Ready For A New Baby

Your Pregnancy and Childbirth

Mayo Clinic Guide to a Healthy Pregnancy

Your Baby, Your Way

The Birth Book

A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it's not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In Like a Mother, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, Like a Mother debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

Your Pregnancy and ChildbirthMonth to MonthYour Pregnancy and ChildbirthMonth to MonthAmerican College of Obstetricians and Gynecologists Women's Health Care Physicians

In addition to information on medical issues, this book features ancient and modern prayers and rituals for each stage of pregnancy, as well as traditional Jewish wisdom on pregnancy.

A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world. Its ideas derive from two sources: the ancient wisdom of Ayurveda, with its emphasis on body, mind, and spirit, and the latest Western scientific prenatal research. By integrating the best information from these two very different perspectives, this remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and actions from the very moment of conception. Magical Beginnings, Enchanted Lives is rich in practical information, including strategies to help enliven the body intelligence of unborn babies by nourishing each of their five senses, as well as through Ayurvedically balanced nutrition and eating with awareness. Specific yoga poses and meditation techniques reduce the mother's stress and improve the infant's emotional environment, as do tips for conscious communication with a partner. Exercises prepare parents for the experience of childbirth itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression. Inspiring, expansive, and remarkably informative, this unique book from acclaimed experts in mind-body medicine will profoundly

enhance the experience of pregnancy and birth for both parents and baby.

Your Pregnancy Week by Week

The Judgment-Free Guide to Taking Charge of Your Pregnancy, Birth, and Postpartum

Everything Dads Need to Know about Pregnancy, Childbirth and Getting Ready for a New Baby

How to Support Your Health and Your Baby's Development During Pregnancy

Expecting Better

The Motherly Guide to Becoming Mama

The Jewish Pregnancy Book

The classic week-by-week guide to a happy, healthy pregnancy--celebrating over 30 years of expert advice! Doctors recommend it and rely on it--and you and your partner will find it indispensable! For over thirty years, Dr. Glade B. Curtis and Judith Schuler have helped millions of parents-to-be navigate and prepare for the most exciting and challenging time of their lives--and now they'll help you. With Your Pregnancy Week by Week in a week-by-week format, including illustrations of your baby, you'll easily and comfortably follow your baby's development as it grows during the 40 weeks. Whether you're a first-time parent just learning to navigate pregnancy or an experienced pro, Your Pregnancy Week by Week is a comprehensive resource to guide you through your pregnancy. In this eighth edition, Dr. Curtis and Schuler address today's most pressing concerns, including: Detailed descriptions and illustrations of baby's development Information on medical tests and procedures Tips on maintaining overall health and how it affects your growing baby Safe and easy weekly exercises to help you stay in shape Covering a wide range of topics from elective delivery, electronic cigarettes, preeclampsia, salt-therapy spas, belly bands before and after pregnancy, and men preparing for pregnancy, Your Pregnancy Week by Week makes sure you and your partner will have everything you need to know at your fingertips--for this pregnancy and the one to follow.

"Originally published as The business of baby."

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

Provides information about each month of pregnancy and beyond including: a fully illustrated month-by-month guide showing your baby's growth and changes in your body; descriptions of each prenatal visit and the key tests you may need; information on labor and delivery; guidance on genetic testing; advice on prenatal nutrition and how to feed your baby; [and] discussion of special concerns such as multiple pregnancies and complications--From p. [4] of cover.

The New Zealand Pregnancy Book

Redefining the Pregnancy, Birth, and Postpartum Journey

The Modern Guide to Pregnancy: Navigating the Wild, Weird, and Wonderful Journey From Conception Through Birth and Beyond

The Complete Guide

Pregnancy, Childbirth, and the Newborn

A Guide to Pregnancy and Childbirth Through Meditation, Ayurveda, and Yoga Techniques

The Day-By-day Pregnancy Book

Available for the first time in full color, the up-to-date and authoritative pregnancy guide that has sold 1.5 million copies--by recognizing that "one size fits all" doesn't apply to maternity care Parents love this book because it puts them in control; experts love it because it's based on the latest medical research and recommendations from leading health organizations. Pregnancy, Childbirth, and the Newborn provides the information and guidance you need to make informed decisions about having a safe and satisfying pregnancy, birth, and postpartum period--decisions that reflect your preferences, priorities, and values. Unlike pregnancy guides that can overwhelm and alarm by telling you up front all the things that can possibly go wrong, this book first describes normal, healthy processes, their typical variations, and the usual care practices for monitoring them. Only then does it cover possible complications and the care practices and procedures for resolving them. Throughout, the presentation is crystal-clear, the tone is reassuring, and the voice is empowering. And the language is inclusive, reflecting today's various family configurations such as single-parent families, blended families formed by second marriages, families with gay and lesbian parents, and families formed by open adoption or surrogacy. From sensible nutrition advice to realistic birth plans, from birth doula when desired to cesareans when needed, from reducing stress during pregnancy to caring for yourself as well as your baby after birth, this pregnancy guide speaks to today's parents-to-be like no other.

Now in its fourth edition, this book has become a classic -- guiding more than 2 million women through their pregnancies. From planning for a baby, through pregnancy and birth, to those important first weeks of new life, advice is offered to educate, inform, relieve, and prepare pregnant women for one of the most thrilling and fulfilling times of their lives. Features include: Checklists, charts, questionnaires, and special tips. Charts for tracking the baby's growth. An all-new chapter on breast feeding. Glossary of terms. More than 170 photos and illustrations.

Your Pregnancy & Birth

Managing Complications in Pregnancy and Childbirth