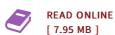




Christine Hill's Pregnancy Guide: The Essential Handbook for All Expectant Mothers

By Christine Hill

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Christine Hill's Pregnancy Guide: The Essential Handbook for All Expectant Mothers, Christine Hill, Having spent the last 25 years taking ante- and post-natal classes, Christine Hill knows what questions women will ask and what their main worries are. With short, digestible chapters, Christine Hill's Pregnancy Guide takes you through the nine months of pregnancy, giving guidance to expectant mothers as their lives change in the run up to birth. This parent-focused antenatal book offers accurate, practical and reassuring advice on: - Birth issues: when to go to the GP, gestation, where to have the baby, what sort of birth, - Work issues: when to tell them, planning maternity leave, what clothes to wear, - Physical adjustments and irritations of pregnancy: exercise, emotional issues, coping skills, - What happens during labour: appropriate pain relief, breathing techniques and the best labour positions. Written in Christine's fun and engaging style, this indispensable guide will help mothers to make the best of their pregnancy, have a positive birth and find the confidence to enjoy their new family.



Reviews

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Next 25 Years, The: The New Supreme Court and What It Means for Americans

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