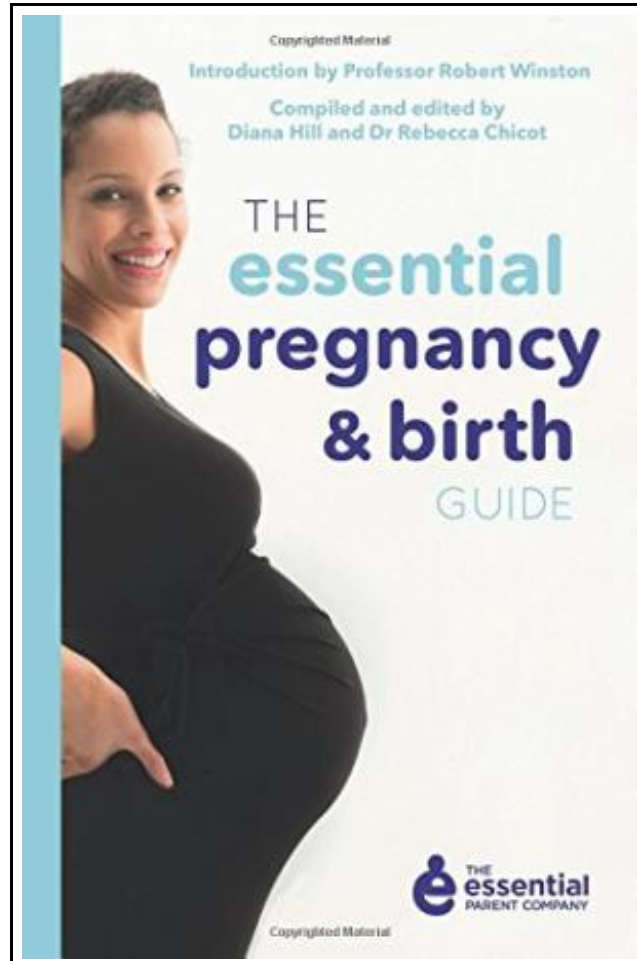


## The Essential Pregnancy and Birth Guide



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## THE ESSENTIAL PREGNANCY AND BIRTH GUIDE



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Quadrille Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, The Essential Pregnancy and Birth Guide, Rebecca Chicot, Diana Hill, Robert Winston, Finding out you are pregnant is a momentous event for parents. From the start there are so many vital things to learn and with so much information available parents don't always know where to turn. This book gathers the expertise from a panel of scientists including Professor Robert Winston, dieticians and obstetricians and offers up-to-date information on what is happening to you and your baby as the pregnancy progresses. The advice given helps parents make the right decisions for themselves and for their growing baby. Looking at a range of subjects such as nutrition, antenatal tests, pregnancy ailments, preparing for birth, birth and the first few days, each chapter is structured around common questions asked by parents-to-be. Amongst many others, the areas covered include: what you can do to increase your chances of a healthy and safe pregnancy; the pros and cons of different birth plans; how and why your body changes during pregnancy; birth choices; the first feeds and bonding with your baby in the early hours and days. The Essential Pregnancy and Birth Guide is the second in the series of reference books compiled by The Essential Parent Company and advised by Professor Robert Winston. With tips, lists of do's and don'ts and case studies, this book gives you everything you need to know to make your pregnancy as enjoyable and trouble-free as possible.



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