

The Beginners Guide to Pregnancy



Aimed at first time mothers, the book covers antenatal care, morning sickness and swollen ankles, a week-by-week guide to pregnancy, common problems in pregnancy, work and travel information, information on diet and exercise, a list of 100 boy and girls names, a dedicated chapter for fathers-to-be, information to help you plan your labour and birth (such as hospital and home birth information), the process of labour and birth and what to expect, plus a check list of things you will need to buy for your baby's arrival!

During my pregnancy, I found there were so many books with big words and too many pages, that bored me to even look at them. I wanted to be clued up about my pregnancy but not so much that I would be trying to remember what all the terms and phrases meant. I have tried to keep this book as plain, simple and affordable as possible. When I plan my next pregnancy, I'll probably read it again myself! - R. Oliver. ***For countries outside of the UK, please be aware that the healthcare advice is based on the UK's NHS.***

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