

## Pregnancy Care Book

This unique woman-centered text provides a vital resource for primary care maternity clinicians and trainees. It applies the powerful, proven model of patient-centered care to pregnancy and birth – an expansion beyond previous applications to various chronic illnesses.

“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 Wellicious 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 you hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-in-one 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.

Access to high quality abortion care is essential to women’s health, as evidenced by the dramatic decrease in pregnancy-related morbidity and mortality since the legalization of abortion in the United States, and by high rates of maternal death and complications in those countries where abortion is still provided under unsafe conditions. The past two decades have brought important advances in abortion care as well as increasing cross-disciplinary use of abortion technologies in women’s health care. Abortion is an important option for pregnant women who have serious medical conditions or fetal abnormalities, and fetal reduction techniques are now well-integrated into infertility treatment to reduce the risks of multiple pregnancies resulting from assisted reproductive technologies. Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care is the textbook of the National Abortion Federation, and serves as the standard, evidence-based reference text in abortion care. This state-of-the-art textbook provides a comprehensive overview of the public health implications of unsafe abortion and reviews the best surgical and medical practices for pregnancy termination, as well as managing ectopic and other abnormal pregnancies. Management of Unintended and Abnormal Pregnancy: Comprehensive Abortion Care is the leading source for a comprehensive understanding of issues related to unintended and abnormal pregnancy. This textbook: is authored by internationally-known leaders in women’s health care; addresses unintended pregnancy and abortion from historical, legal, public health, clinical, and quality care perspectives; includes chapters on pregnancy loss, ectopic pregnancy, gestational trophoblastic disease, and multifetal pregnancy reduction; covers treatment of pregnancies in the first and second trimester by both medical and surgical techniques; and provides resources for clinical, scientific, and social support for the abortion provider and patient.

Experience the journey of fertility, conception, pregnancy and birth, naturally! Millions of people struggle with fertility problems. Most can overcome them with simple lifestyle changes and natural therapies. Written by two experts in the field of Natural Health, "Do You Want to Have a Baby?" covers optimal nutrition for conception, the best fertility-enhancing supplements, and the documented success of bodywork therapies. The book also addresses the heartbreak of miscarriage and how to improve your chances if you are at risk. The book includes a step-by-step diet for nutritional demands during pregnancy with special suggestions for women expecting multiples. It provides detailed recommendations on herbs you can use safely during pregnancy and nursing, and what to avoid. An expanded section on the special problems of pregnancy reveals the best natural therapies to reduce fatigue, hemorrhoids, morning sickness, labour pain, stretch marks, swollen ankles and many other common complaints. The book also explains your options for labour and delivery, how to avoid unnecessary medical interventions, and even offers special recommendations for losing post-pregnancy weight. Look for the bonus section on natural baby care!

Comprehensive Abortion Care

How to Stay Sane and Care for Yourself from Pre-conception Through Birth

Management of Unintended and Abnormal Pregnancy

The Big Fat Activity Book for Pregnant People

Pregnancy, Childbirth, and the Newborn

Handbook of Early Pregnancy Care

The Pregnancy Book for First Time Moms

What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation’s leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May’s Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:• Reducing the pain of labor without drugs—and the miraculous roles touch and message play • What really happens during labor • Orgasmic birth—making birth pleasurable • Episiotomy—*is it really necessary?* • Common methods of inducing labor—and which to avoid at all costs • Tips for maximizing your chances of an unmedicated labor and birth • How to avoid postpartum bleeding—and depression • The risks of anesthesia and cesareans—*what do you really need to know?* • The best ways to work with doctors and/or birth care providers • How to create a safe, comfortable environment for birth in any setting, including a hospital • And much more Ina May’s Guide to Natural Childbirth takes the fear out of childbirth by giving birth with more ease, less pain, and less medical intervention.

Offers a guide to child rearing and child nutrition that focuses on a nutrient dense diet from pregnancy through childhood and natural treatments for childhood illnesses.

This is a fab book. Really recommend it! Mrs Hinch read this book for an instant pick-me-up. Whether this is your first or fifth baby, the Little Book of Self-Care for New Mums is your handy survival guide to managing the emotional and physical rollercoaster of becoming a new mum. Bringing together decades of experience from a midwife and a doula, you'll find invaluable tips and tricks to boost confidence and calm frazzled nerves - plus answers to all those questions you may be too embarrassed to ask. From creating cooling breast pads with chamomile tea to quick stretches to relieve aching muscles, through to easy recipes to nourish your postnatal body and 5-minute fixes to restore your sense of humour, this is the book you can turn to when the overwhelm sets in. Beautifully illustrated in full-colour, it covers everything you need to know about the postnatal period to feel supported, empowered and understood.

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--

Updated With New Material

Pregnancy Care Book

The Little Book of Self-Care for Mums-To-Be

Prenatal and Postnatal Care

Pre-Pregnancy Care and the Politics of Reproductive Risk

Guide to Effective Care in Pregnancy and Childbirth

Your Pregnancy and Childbirth

Covering everything a woman needs to know before, during, and after a pregnancy, this revised edition also guides parents from the baby’s newborn stage through age three. 800+ color photos and illustrations.

The Ultimate Guide to 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 Pepper’s lively, easy-to-read guide is the first place to go for up-to-date information and sage advice on everything from sex in the sixth month to negotiating family roles. Why a second edition? When 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 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 the sections on each trimester of pregnancy, on childbirth, and on life with a newborn. And Pepper provides more insight into preconception planning for both single lesbians and couples. An indispensable resource, The Ultimate Guide to Pregnancy for Lesbians is now bigger and better.

This guide has been developed jointly by the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, and is designed for use by all personnel involved in the care of pregnant women, their fetoues, and their neonates.

As more feminism migrates online, full-spectrum doulas remain focused on life’s physically intimate relationships: between caregivers and patients, parents and pregnancy, individuals and their own bodies. They are committed to supporting a pregnancy no matter the outcome—whether it results in birth, abortion, miscarriage, or adoption—facing the question of choice head-on.

The Little Book of Self-Care for New Mums

Birth By Design

Natural Fertility Solutions and Pregnancy Care

The Zero Trimester

And Other Hilarious, Unsolicited Advice for Pregnant Women

Pregnancy, Maternity Care and Midwifery in North America and Europe

Raising Baby Green

Handbook of Early Pregnancy CareCRC Press

*The perfect pick-me-up for any expectant mum Whether this is your first or fifth baby, The Little Book of Self-Care for Mums-to-Be is your essential handbook for managing the joyful chaos of pregnancy. Drawing on decades of experience, doula Beccy Hands and midwife Alexis Stickland share insider tips on keeping yourself comfortable, happy and calm however your pregnancy and birth may unfold. From the best sleeping positions and simple recipes for morning sickness to relaxing essential oils and easy home remedies for aches and pains, this book will help you feel supported, empowered and understood. Beautifully illustrated in full-colour, this reassuring guide covers everything you need to know, trimester by trimester, so you can enjoy the wonderful journey to motherhood.*

*Problems in early pregnancy are among the most common conditions in gynecology and – with management becoming less invasive and depending more on accurate ultrasound and a good understanding of serum biochemistry – many countries now recommend that all maternity units have an early pregnancy section dedicated to managing these conditions. In additi*

*A Guide to effective care in pregnancy and childbirth is a clearly written review of the important research evidence on the various care practices carried out during pregnancy, childbirth, and the early days after birth. In addition to the details provided in the text, the book concludes with valuable tables that list the practices which are beneficial, those of unknown effectiveness, and those likely to be ineffective or harmful.*

*A Feminist Journey Through the Science and Culture of Pregnancy*

*Guidelines for Perinatal Care*

*Woman-centered Care in Pregnancy and Childbirth*

*The Earth-Friendly Guide to Pregnancy, Childbirth, and Baby Care*

*How to Stay Healthy, Happy, and (Most Important!) Sane from Pregnancy to Parenthood: The Only Guide to Taking Care of YOU!*

*The Ultimate Guide to Pregnancy for Lesbians*

*Ina May’s Guide to Childbirth*

Raising a bright and happy child starts during pregnancy and early infancy, when small changes can have a big impact on brain development. By taking advantage of this golden window of opportunity—when millions of new brain cells are formed every single day—you can help support your child’s IQ, language development, memory, attention span, and emotional regulation. Importantly, the same strategies that nurture these cognitive abilities can also help reduce the odds of autism and ADHD, conditions that now impact 1 in 10 children. Brain Health from Birth is your guide to this new scientific frontier, explaining which nutrients may be missing from your prenatal supplement, how to reduce the odds of preterm birth, what to look for in a formula, how to support your baby’s microbiome, and much more. With contributions from leading obstetricians and pediatricians, science writer Rebecca Fett (author of the bestselling fertility book It Starts with the Egg) brings you practical advice you can start applying today, to help your baby thrive.

The second edition of the comprehensive and award-winning text on prenatal and postnatal care The updated edition of Prenatal and Postnatal Care offers a comprehensive text for the care of the woman during the childbearing year. The expert author team presents information needed to master foundational knowledge in anatomy, physiology, psychology, culture, and structure of preconception, prenatal and postnatal care, and the management of common health problems in the childbearing year. This edition has been revised throughout and contains 6 new chapters on the following topics: prenatal ultrasound, triage of the pregnant woman, assisting women to develop confidence for physiologic birth, pregnancy after infertility, oral health, and issues around diversity and inclusion in prenatal and postnatal care. Additional highlights include new and updated content on pregnant women in the workplace, prenatal genetic testing, trauma-informed care, and transgender pregnancy care. The second edition also includes commonly used complementary therapies and offers more detailed information on shared decision-making and planning for birth. Prenatal and Postnatal Care: Provides expanded faculty resources with case studies and test questions for each chapter Offers a comprehensive text that covers essential aspects of prenatal and postnatal care of the childbearing woman Builds on the edition that won the Book of the Year award from the American College of Nurse Midwives (ACNM) in 2015. This revised, authoritative text is an ideal resource for midwifery, nurse practitioner and physician assistant students, and healthcare providers working with pregnant and postpartum women.

Expert, practical advice for complete mental and physical maternal health Kate Roper’s Strong as a Mother is a practical and compassionate guide to preparing for a smooth start to motherhood. Everyone knows the secret to having “the Happiest Baby on the Block.” This is your guide to being the Sanest Mommy on the Block. It will prepare you with humor and grace for what lies ahead, give you the tools you need to take care of yourself, permission to struggle at times, and professional advice on how to move through it when you do. This book will become a dog-eared resource on your nightstand, offering you the same care and support you need when you do it. It will help you prioritize your emotional health, set boundaries and ask for help, make choices about feeding and childcare that feel good to you, get good sleep, create a strong relationship with your partner, make self care an everyday priority, trust your instincts, and actually enjoy the hardest job you will ever love. This book is here to take care of you.

Until now, the church has been unaware of the need for ministry to those suffering from pregnancy loss. At a time when approximately one in four pregnancies ends in loss, the need to understand and provide caring ministry is painfully obvious. Pastoral Care in Pregnancy Loss introduces the religious community to the issue of pregnancy loss and describes the ministries that can be helpful to those who experience these tragedies. Effective ministry in pregnancy loss requires that one develop basic life theories in order to prepare for such in-depth care. Thus, the book is more than a “how to” as it explores why there is suffering and why some suffer more than others, how to find grace when God seems far away, how to minister when we don’t have answers, and how religious ministry can consistently work with other helping professionals in support of the individual. With the foundation of ministry theory provided by Pastoral Care in Pregnancy Loss, you can help your faith community develop strategies for ministry to those suffering from pregnancy loss. Numerous case studies illustrate what is usually done wrong in providing pastoral care in these difficult and delicate situations and explain why those who experience loss may blame themselves, why they may blame God, and why they may not feel able to return to church. Providing helpful insight to hospital pastoral care departments, church libraries, funeral directors, counselors and psychologists, nursing and obstetrics professionals, and seminaries with a marriage and family ministry specialty, this book provides readers with information about: three types of pregnancy loss—miscarriage, still birth, and neonatal loss church outreach the grieving process victims as “consenters” or “experiencers” the spiritual needs of those suffering loss practical ministries crisis support and long-term support. Pastoral Care in Pregnancy Loss furthers your understanding of pregnancy loss by enumerating theories on how suffering and loss are viewed by those suffering—either as a time of testing, a mystery of God, a sign of punishment and warning, or as having no meaning. The book also shows how pregnancy loss affects five different types of personal relationships and discusses both immediate and long-term concerns of providing pastoral care. From helping the victim find meaning or reason for the loss to providing support in preparing for future pregnancies, this book provides much-needed guidance to an often-neglected ministry.

Brain Health From Birth

A Ministry Long Needed

Clinical Pharmacology During Pregnancy

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

Care for Pregnancy, Birth, and Women’s Health

An Illustrated Guide to Caring for Your Child from Pregnancy Through Age Five

The Ultimate Baby Care Guide

*Maternal Care addresses all the common and important problems that occur during pregnancy, labour, delivery and the puerperium. It covers: “the antenatal and postnatal care of healthy women with normal pregnancies “ monitoring and managing the progress of labour “ specific medical problems during pregnancy, labour and the puerperium “ family planning “ regionalised perinatal care Skills workshops teach clinical examination in pregnancy and labour, routine screening tests, the use of an antenatal card and partogram, measuring blood pressure, detecting proteinuria and performing and repairing an episiotomy. Maternal Care is aimed at healthcare workers in level 1 hospitals or clinics.*

*The Pregnancy Book for First Time Moms: The Ultimate Baby Care Guide Every woman wants to fulfill her role of becoming a mother to her child. She dreams of carrying her unborn and giving birth to a healthy infant. There is something about first time pregnancy that makes it different and memorable. Nothing can compare to the excitement and anticipation of first time moms to conceive the bundle of her joy. Along with the fervor of becoming a first time mom, you may feel a little confused, anxious, and fearful. The big responsibility of ensuring the good health and survival of the life inside your womb awaits you. To do so, you should prepare your body to give your unborn the healthy environment he/she needs to live. It is easy to center your attention to the life inside your womb. You have to remember, though, that your unborn depends heavily on your own health and well-being. It is therefore essential that you have a body ready for pregnancy. Since this is your first time, you may need all the help you can get from your spouse, family, and friends. You will also find valuable resources online. This pregnancy guide intends to help you how to take good care of yourself for your baby from conception to childbirth. Written for first time moms, this pregnancy guide is a must-read for every woman who is about to give birth.*

From the author of *Expecting Better* and *The Family Firm*, an economist’s guide to the early years of parenting. “Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down.”—LA Times “The book is jampacked with information, but it’s also a delightful read because Oster is such a good writer.”—NPR With *Expecting Better*, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In *Crishteel*, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There’s a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with that data, Oster finds that the conventional wisdom doesn’t always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they’re ready or possibly bribe with M&Ms), language acquisition (early talkers aren’t necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. *Economics is the science of decision-making, and Crishteel is a thinking parent’s guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool.*

*Clinical Pharmacology During Pregnancy is written for clinicians, physicians, midwives, nurses, pharmacists and other medical professionals directly involved in the care of women during pregnancy. This book focuses on the impact of pregnancy on drug disposition and also includes coverage of treatments for diseases of specific body systems, as well as essential content on dosing and efficacy. Written in a clear and practical manner, this reference provides easily accessible information and clinical guidance on how best to treat women with medications during pregnancy. Utilizes an evidence-based approach for therapies during pregnancy Includes a summary of specific medications by indication with up-to-date information on dosing and efficacy in pregnancy for the given indication Highlights current research in this area and provides easily accessible and vital information for clinicians Complements the companion volume, *Drugs During Pregnancy and Lactation* by Schaefer et al and presents a bundling opportunity to the same target audience of medical professionals Includes a companion website containing support materials for professional or continuing education courses in OB pharmacology Say No to Placenta Pics*

Mayo Clinic Guide to a Healthy Pregnancy

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

A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool

Mothercare New Guide to Pregnancy and Child Care

Free Chapter

What to Eat When You’re Pregnant

*Two Best Friends Make it through a Pregnancy, with All its Gut-Busting Hilarity and Gross Bits Maternity isn’t all sunshine and rainbows and natural glows. It’s also elastic waistbands, hot flashes, and throbbing breasts! When Jillian Parsons’s best friend forever, Allison Baerken, finds herself knocked up, both women are thrown into a nine-month roller coaster ride of emotions—even though only one of them is pregnant. Say No to Placenta Pics is the ultimate BFF’s uncensored, tell-all guide to the down and dirty of pregnancy for all badass moms-to-be (and their nonpregnant friends watching from the side lines) who desperately need a joke over the next nine months. Together, Allison and Jillian ride the learning curves from first trimester to after birth, rejecting standard pregnancy fluff in self-help books, exploring the issues about mother-to-be-hood no one else seems to have the guts to: The anti-sex appeal of maternity negligiães Surviving the high school experience of online mommy groups Resisting the urge to overshare on Facebook Executing the right angles on a maternity photo shoot Listening to yet another birth story from a stranger Witty, tongue-in-cheek, and fearlessly relatable, Say No to Placenta Pics is the realest girl talk between two women who deliver a satirical breakdown of modern-day maternity and what it means to be, and not to be, and not to be, a Mom*

*For a Safe and Healthy Birth... Your Way! Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents: • Information to help you choose your maternity care provider and place of birth • Practical strategies to help you work effectively with your care provider • Information on how pregnancy and birth progress naturally • Steps you can take to alleviate fear and manage pain during labor • The best available medical evidence to help you make informed decisions Previously titled *The Official Lamaze Guide, this 3rd edition has updated information on: • How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby’s microbiome. • How hormones naturally start and regulate labor and release endorphins to help alleviate pain. • Maternity-care practices that can disrupt the body’s normal functioning. • The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine. • Room sharing and co-sleeping: the controversy, recommendations, and safety guidelines. • Out-of-hospital births are on the rise: New research and advice on planned home birth, including ACOG’s revised guidelines, which support women’s choices and promote seamless transfer to hospital, if needed. • The importance of avoiding unnecessary cesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor. • The research in support of the Lamaze International’s “Six Healthy Birth Practices,” which are: • Let labor begin on its own. • Walk, move around, and change positions throughout labor. • Bring a loved one, friend, or doula for continuous support. • Avoid interventions that aren’t medically necessary. • Avoid giving birth on your back and follow your body’s urges to push. • Keep mother and baby together—it’s best for mother, baby, and breastfeeding.**

*Book description to come.*

*First published in 2001. Routledge is an imprint of Taylor & Francis, an informa company.*

*The Good Housekeeping Illustrated Book of Pregnancy & Baby Care*

*Radical Care for Pregnant People*

*Like a Mother*

*Strong As a Mother*

*A Book for Midwives*

*The Doulas*

*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, birthe, 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 doulas 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.*

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.

“Funny as hell.”—Amy Morrison, founder of Pregnant Chicken The ultimate must-have for any mom-to-be with a sense of humor: an irreverent, laugh-out-loud activity book filled with quizzes, mazes, fill-in-the-blanks, journaling pages, and hysterical musings on what pregnancy is really like. Baby shower gifts don’t get more perfect than this . Word finds: Sorry, Nope (all the stuff you’re not allowed to have anymore); Bad Baby Names (Murl, anyone?) • Mazes: Make it from Your Desk to the Bathroom Without Throwing Up • Lists: How to Register Without Crying; Things Every OB on the Planet Has Been Asked by Newly Pregnant Women • Journaling: Yoga Teachers (Also Your Mom Friends, Your Parents, People on Facebook, All Articles, and Everyone You Meet) Want to Tell You How to Give Birth, But You Don’t have to Listen • Quizzes: Which \$1500 Stroller is Different? Comfort, solidarity, entertainment, and maybe even total life enlightenment. —Lauren Smith Brody, founder of *The Fifth Trimester*

An illustrated, common-sense guide for parents and parents-to-be covers all aspects of having a baby, from pregnancy to age five, and includes information on prenatal health, childbirth, caring for the newborn, and the child’s emotional and physical development. Reprint.

A Woman-Centered Approach

Do You Want to Have a Baby?

The Complete Guide

Nurturing Brain Development During Pregnancy and the First Year

Expecting Better

A Health Professional’s Guide to Pregnancy and Childbirth

Pregnancy Day By Day

*Features sections on prenatal care, parenting issues, and childhood illnesses, with illustrations to show expectant mothers what to anticipate; updated to include information about amniocentesis, car safety, and health care.*

*The complete guide to pregnancy, day-by-day. No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early fetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby’s development, medical matters, your changing body, diet, fitness and much more. A special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby’s life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.*

“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* in an award-winning economist disproves standard recommendations about pregnancy to empower women while they’re expecting. From the author of *Crishteel* 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.*

*This guide deals with the pregnancy issues especially the concerns of women who are employed outside the home during their pregnancies.*

**Nurture**

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

**Month to Month**

**Giving Birth with Confidence**

**The Working Woman's Pregnancy Book**

**Pastoral Care in Pregnancy Loss**

**Cribsheet**

Essential reading for anyone who is thinking about becoming pregnant or is already pregnant. This comprehensive book features extensive yet easy-to-understand information on everything related to pregnancy, from preconception to birth. The highly readable presentation style covers the following areas: Part 1 -- Before You Become Pregnant: everything from genetics basics to avoiding risks such as food toxins Part 2 -- Your First Trimester (Months 1 to 3): information on screening tests, diet and nutrition Part 3 -- Your Second Trimester (Months 4 to 6): everything from body changes to personal care to exercising safely Part 4 -- Your Third Trimester (Months 7 to 9): birth and newborn planning, childbirth classes and preparing for labor Part 5 -- Your Labor and Delivery: birth positions, labor stages, special deliveries and interventions Part 6 -- After Your Baby Is Born: information on newborn care, healthy parenthood and diet and exercise for breast-feeding mothers Health conditions and complications specific to each trimester are featured, as is an FAQ section. With extensive charts, tables and illustrations, and a full-color presentation, this book will appeal to a wide range of consumers. Mount Sinai Hospital is one of the top teaching hospitals in North America and one of Canada's pre-eminent patient care, research and academic health science centers.

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.

In the United States, a healthy pregnancy is now defined well before pregnancy begins. Public health messages encourage women of reproductive age to anticipate motherhood and prepare their bodies for healthy reproduction—even when pregnancy is not on the horizon. Some experts believe that this pre-pregnancy care model will reduce risk and ensure better birth outcomes than the prenatal care model. Others believe it represents yet another attempt to control women ' s bodies. The Zero Trimester explores why the task of perfecting pregnancies now takes up a woman ' s entire reproductive life, from menarche to menopause. Miranda R. Waggoner shows how the zero trimester rose alongside shifts in medical and public health priorities, contentious reproductive politics, and the changing realities of women ' s lives in the twenty-first century. Waggoner argues that the emergence of the zero trimester is not simply related to medical and health concerns; it also reflects the power of culture and social ideologies to shape both population health imperatives and women ' s bodily experiences.

In this illustrated and easy-to-use guide, noted pediatrician Dr. Alan Greene, a leading voice of the green baby movement, advises parents how to make healthy green choices for pregnancy, childbirth, and baby care—from feeding your baby the best food available to using medicines wisely. Consumer advocate Jeanette Pavini includes information for making smart choices and applying green principles to a whole new universe of products from zero-VOC paints for the nursery, to pure and gentle lotions for baby ' s delicate skin, to the eco-friendly diapers now in the marketplace, as well as specific recommendations for hundreds of other products.

Maternal Care

The Nourishing Traditions Book of Baby & Child Care