
Pregnancy And Birth

The Birth Debrief

Pregnancy: Ultimate Survival Guide to Pregnancy, Birth, and Your Newborn

How to Grow a Baby

The Science of Pregnancy

A Midwife in My Pocket

How to Grow a Baby and Push It Out

Planning for Pregnancy, Birth, and Beyond

The Birth Space

Mother and Baby Health

The Modern Midwife's Guide to Pregnancy, Birth and Beyond

Baby Luck...We're gonna have a Baby

Conception, Pregnancy & Birth

Birth Settings in America

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Am I Allowed?

A New Life

The Happy Birth Book

New Pregnancy and Birth

Childbirth Across Cultures

The Essential Pregnancy and Birth Guide

Wish Child on the Way...We become Parents

Preparing for Pregnancy, Birth and Motherhood

Midwife Marley's Guide For Everyone

Pregnancy, Birth, and Family Planning

The Positive Birth Book

Offspring on the Way...we become Parents

The Bump Class

Your No Guilt Pregnancy Plan

Pregnancy

Pregnancy, Birth, And The Early Months

The Art of Birth: Empower Yourself for Conception, Pregnancy and Birth

A Child is Born

Experience pregnancy in a relaxed way

Birth And Beyond

Asking for a Pregnant Friend

The New Pregnancy & Childbirth

Expecting a Baby?

Pregnancy Day By Day

Conception, Pregnancy and Birth
Babycentre Pregnancy - from preconception to birth

Pregnancy And Birth

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The Birth Debrief Penguin

The UK's bestselling parenting guide from expert Dr. Miriam Stoppard. From the latest obstetric procedures to nutrition, exercise and choices in childbirth, reassuring, practical advice on all aspects of your antenatal care will help you every step of the way. Includes information for dads-to-be plus helpful case studies which look at a range of issues from infertility to caring for premature babies. ...essential reading for anyone expecting a baby Pregnancy Magazine

Pregnancy: Ultimate Survival Guide to Pregnancy, Birth, and Your Newborn Pinter & Martin

The Straight Scoop on the Questions That Make You Blush Why do I feel turned on when breastfeeding? Could an epidural paralyze me? Am I awful for feeling sad my baby isn't the sex I'd hoped for? In this comprehensive new book, doula and birth educator Bailey Gaddis offers frank girlfriend talk and expert advice about pregnancy, childbirth, and early motherhood. During her own pregnancy, Bailey had many unanswered questions she felt were too taboo or embarrassing to ask. To help other women have a more informed, less cringey experience, she went on to train as a birth professional, and her work has inspired this book. Bailey consulted with medical experts and psychologists to ensure accurate answers to the featured questions, and she presents her sought-after expertise to you with thoughtfulness and humor. Her accurate, nonjudgmental answers to even the most embarrassing or scary questions will help guide you through pregnancy and the first weeks of motherhood with greater calm and confidence.

How to Grow a Baby Shambhala Publications

This book will explore the childbirth process through globally diverse perspectives in order to offer a broader context with which to think about birth. We will address multiple rituals and management models surrounding the labor and birth process from communities across the globe. Labor and birth are biocultural events that are managed in countless ways. We are particularly interested in the notion of power. Who controls the pregnancy and the birth? Is it the hospital, the doctor, or the in-laws, and in which cultures does the mother have the control? These decisions, regarding place of birth, position, who receives the baby and even how the mother may or may not behave during the actual delivery, are all part of the different ways that birth is conducted. One chapter of the book will be devoted to midwives and other birth attendants. There will also be chapters on the Evolution of Birth, on Women's Birth Narratives, and on Child Spacing and Breastfeeding. This book will bring together global research conducted by professional anthropologists, midwives and doctors who work closely with the individuals from the cultures they are writing about, offering a unique perspective direct from the cultural group.

The Science of Pregnancy Imaginarium Press Publishing

'Mother and Baby Health' covers everything from mild illness or relieving tiredness to understanding serious medical conditions.

A Midwife in My Pocket DK Human Body Guides

Everything you wanted to know but were too embarrassed to ask - a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mumii Best Baby and Toddler Gear Awards 2017 Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about - straight from the midwife's mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit.

How to Grow a Baby and Push It Out Plume

Advises on every pregnancy-related topic - emotional, physical and social. From amniocentesis to aromatherapy, from home birth to hospital birth, from conception to child care, this book explains all the current theories and practices. The book, because of the author's medical and maternal insights, provides parents with the information they need to make decisions with complete confidence. This practical book is designed to reassure every woman, whether it's her first baby or her fifth - so that she can make informed choices and increase the odds for a confident and healthy pregnancy.

Planning for Pregnancy, Birth, and Beyond AuthorHouse

'As I worked through the chapters, I felt as if I were picking up pieces of myself again. An incredible book!' Kelechi Okafor 'I wish I could gift every woman this book!' Anna Mathur 'Wonderful, warm and engaging.' Hollie de Cruz Whether your birth plan got thrown out of the window or the birth was straightforward on paper, childbirth and early parenthood are some of the most transformational experiences you can ever undertake, and yet so often we aren't afforded the time and space to reflect and reframe those experiences. The pressure to adjust, to be ok, to ignore any difficult emotions and to get on with it can be stifling. The Birth Debrief is here to help. In her work as a midwife specialising in post-partum recovery and care, Illiyin facilitates birth debriefs, seeking to empower women and birthing people of all backgrounds to take control of their experiences, feel seen and centred in their pregnancies and births, normalising conversations around birth trauma and healing and examining the nuances that are associated with it. Time and time again, it is the lack of advocacy, autonomy, control or consent, rather than the physical aspect of the birth that lingers and informs parenthood. The Birth Debrief will offer practical solutions to navigating pregnancy and transitioning into postpartum life, well beyond those first six weeks.

The Birth Space Hardie Grant Publishing

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.

Mother and Baby Health Penguin UK

"About the book" Offspring on the Way...we become Parents: All about pregnancy, birth, breastfeeding, hospital bag, baby equipment and baby sleep! # The course of pregnancy at a glance: Every 40 weeks until birth 1st to 8th week of pregnancy: Body and soul in other (life) circumstances 9th to 16th week of pregnancy: The female body has now adapted to the pregnancy. 17th to 24th week of pregnancy: The baby's stomach can no longer be overlooked for family, friends & colleagues 25th to 32nd week of pregnancy: Decelerated and relaxed pace of life for the mother-to-be 33rd to 40th week of pregnancy: Before birth - the date of birth is getting closer and closer When will the baby finally be born? When the unborn baby just has to wait for himself # Checklist hospital bag: I'm packing my clinic bag and all this has to be taken with me 1.Checklist: Important documents 2.Checklist: For your stay in the hospital 3.Checklist: For the new terrestrial citizen on his way home # Checklist baby initial equipment: All important things the newborn baby needs in the first months of life 1.Checklist: All about baby outfits 2.Checklist: All about the baby bed 3.Checklist: Everything about winding 4.Checklist: All about baby care 5.Checklist: Everything about baby nutrition 6.Checklist: All about breastfeeding 7.Checklist: All about mobility with baby 8.Checklist: All about baby safety 9.Checklist: Other # Balanced nutrition and healthy lifestyle during pregnancy Living healthily in pregnancy - Baby belly time is not a disease Balanced, vitamin-rich and varied diet during pregnancy Nutritional risks during pregnancy - Caution with certain foods Regular breaks are the best way to prenatal care Obtaining knowledge of deceleration during pregnancy Sport and regular exercise also during pregnancy There is no need to do without sauna, steam bath, full bath and sunbathing during pregnancy Protecting and cooling: Many pregnant women have to do with circulatory problems in the sun and heat. Hair dyeing during pregnancy...Yes or no? # Healthy and fit with baby belly through the four seasons Healthy and fit with baby belly in spring...in summer...in autumn...in winter # Soft baby sleep is not child's play: Tips for falling asleep and sleeping through in the 1st year of life The way to a firm sleep rhythm Good basis for soft and healthy baby sleep The appropriate sleeping environment is important for a soft baby sleep If the baby doesn't calm down and sleep causes problems

The Modern Midwife's Guide to Pregnancy, Birth and Beyond Random House

Prospective parents are faced today with a huge selection of guidebooks on pregnancy, birth and early childhood. While many of these offer sensible advice and information, Dr zur Linden's long-established natural care book offers an important additional dimension. In clear and accessible language, he explains what the newborn baby and small child need to unfold harmoniously the full potential of body, soul and spirit. Based on this broad perspective, he offers many practical suggestions. Beginning with the growing embryo in the mother's womb, the author guides us through the birth; the post-natal period and breastfeeding; caring for the newborn baby; how and what to feed your baby; and caring for a sick child (acute and chronic illness as well as childhood illnesses). He also adds useful sections on bottle feeding, almond milk, and water quality. This new edition features many new additions on questions such as contraception, drugs, the father's presence at the birth, thumb-sucking, where the infant should sleep, cot death, overheating, and so

on. Dr zur Linden's commentary on these issues is the fruit of a lifetime's experience as a paediatrician and general practitioner. Parents will find his indications for proper care, nutrition and upbringing a constant source of support.

Baby Luck...We're gonna have a Baby BoD - Books on Demand

"Originally written by one of medicine's most distinguished OB-GYNs and now updated by a nationally prominent midwife and two renowned doctors, Dr. Guttmacher's Pregnancy, Birth & Family Planning is the complete source for anyone who's expecting - or expects to be expecting soon."--BOOK JACKET.

Conception, Pregnancy & Birth Random House

Written by a nurse, this holistic guide for pregnancy and the postpartum experience provides foundational knowledge and intuitive wisdom to help new mothers support the optimal health of their baby and their own bodies. Get the answers to the big questions about pregnancy: • What kinds of foods should you eat and how do you prepare your body for labor and birth? • How does movement impact pelvic health and the baby's position in the womb? • How does the endocrine system and your brain change throughout pregnancy? • How does the microbiome influence your and your baby's health? Packed with practical information and helpful infographics, Amy J. Hammer helps you create the optimal environment for growing a baby and navigating the major transitions in a pregnancy—including nurturing pelvic floor health, the fetal and parental microbiome, and the science behind the stages of pregnancy from conception to postpartum. By providing vital and often ignored information about reproductive science, movement, and nourishment, this book empowers parents to make informed and personal choices about their pregnancy, birth, and beyond.

Birth Settings in America Random House

'In The Birth Space ... you will find the information and support that will take you from conception through matrescence, with deeper calm, confidence and power.' Aviva Romm, MD The Birth Space is a doula's guide to conception, pregnancy, birth and postpartum that highlights choice and rights in the perinatal space. In this beautiful book, trained and experienced doula Gabrielle Nancarrow offers comprehensive information about the birthing landscape that will empower you to choose the right birth for you - whether that be an obstetric, midwife or home birth. The Birth Space shows us how to prepare our minds and bodies for pregnancy and labour, from conscious conception through to postpartum and into matrescence. Gabrielle helps us understand what to expect during this period and translates the medical terminology so we are informed. She also provides remedies for common ailments, shares insights from other birth specialists, and is a constant spiritual guide from conception and beyond...talk about continuity of care! Filled with moving photography by Ilsa Wynne-Hoelscher Kidd (@ilsa_whk), Lisa Sorgini @lisa.sorgini, and Hayden Trace (@feelinghomeagain) as well as intimate real-life stories from contributors covering pregnancy loss, IVF, same-sex conception, home births, caesareans and more, The Birth Space is the essential companion for anyone who is seeking guidance as they enter this new chapter of their life.

Your Pregnancy Companion SBS

"This is one of the best books I have read on the subject" The Sun "Fresh, witty and reassuringly down-to-earth" You Magazine Fed up with advice that did not take into account a less than perfect pregnancy, Dr Chiara Hunt and Marina Fogle set up their pregnancy course, The Bump Class, in

London in 2013. They wanted to help prepare new mothers thoroughly for the birth of their babies and instil in them the joy and happiness of birth, no matter what the method, time or setting of the labour. This book is a pragmatic and honest look at pregnancy, giving pregnant women and new mothers sensible and practical advice on what is to be expected (as well as the often unexpected!) in a friendly and open manner. Chiara and Marina believe that there is no such thing as a "normal" pregnancy or birth – every woman is different and that should be celebrated, not ignored. The Bump Class is filled with charming illustrations, impartial advice, style tips and hilarious anecdotes from both of the authors, as well as personal stories from the women who have been welcomed onto their course. This book will provide every pregnant woman with the support and reassurance that is so essential at the most crucial time in any woman's life.

Am I Allowed? Random House

The definitive visual guide to every aspect of conception, pregnancy, and birth. Hundreds of spectacular images show you the progress of human pregnancy in unprecedented detail. Follow the amazing transformation that occurs as a baby develops from a single cell to a fully formed human body. Step-by-step illustrations trace in detail the momentous process of labour and birth.

A New Life Hachette UK

The myths of pregnancy and childbirth are all dispelled in Nancy Murphy's easy-to-read and factual account *Preparation for Pregnancy, Birth and Motherhood*, which is a 'must read' for any woman planning to have a baby. Much emphasis is placed on health prior to conception and how this can influence the developing baby whilst antenatal and later on throughout the child's life. However, *Preparation for Pregnancy, Birth and Motherhood* provides a detailed account of the entire nine-month process, providing an accessible and invaluable guide about pregnancy and birth to both parents. The hallmark of Nancy Murphy's book is the level of detail, which is informative without being overly scientific, or indeed, overwhelming. *Preparation for Pregnancy, Birth and Motherhood* will prove to be an invaluable companion for all prospective parents and a parenting reference book in the coming months and years ahead.

The Happy Birth Book BoD – Books on Demand

** As seen on the Victoria Derbyshire show ** Providing you with everything you've ever wanted to know about pregnancy, this is the definitive guide from conception to the first few weeks' at home with your newborn *** 'I wish there'd been a book like this when I was pregnant. It almost makes me want to have another child. Almost' Bryony Gordon *** *Your No Guilt Pregnancy Plan* is a revolutionary new guide to pregnancy and childbirth that puts the power firmly in your hands. It won't tell you what fruit your baby resembles week-by-week, but it will cover the huge shifts happening in your relationships, body, work and emotional life right now, giving you practical tools, tips and real stories to help you make a plan that is uniquely yours yet flexible enough to accommodate whatever your pregnancy, birth and life throw at you. ***Further Praise for *Your No Guilt Pregnancy Plan**** 'The book has everything a pregnant woman needs ... I'm sure this will be the go-to book for women in years to come' - Helen Thorn host of the Scummy Mummies podcast 'Rebecca is a living, breathing Wonder Woman heroine. In a sea of complicated, important and sometimes angry debate around childbirth, she is a mast to hold onto.' - Cherry Healey, presenter and author of *Letters to My Fanny* I can't think of a panicky question I had thought of through either

of my pregnancies (and I thought of them at a rate of five per second) that wouldn't have been answered by this book. I wish I had had it, in fact. A very empowering guide to becoming a mother.' - Robyn Wilder, *The Pool*

New Pregnancy and Birth Hachette UK

From preconception to birth - expert advice from the world's leading website for parents, Babycentre Produced with Babycentre - the world's leading parenting website - this up-to-the-minute guide to preconception, pregnancy, birth and the first few weeks with your baby, combines expert advice from health professionals with shared experience, suggestions and tips from parents, taken from the Babycentre online community. Information on what to expect at every stage of your pregnancy will help you make informed choices - from preconception to getting to know and look after your newborn. And a trimester-by-trimester guide tracks all the important milestones of pregnancy, covering antenatal care, maternal and foetal development. With top tips on practical care, understanding your emotions and a host of suggestions from other Babycentre mums who have been there too!

Childbirth Across Cultures Rudolf Steiner Press

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't and case studies, this book gives you everything you need to know to make your pregnancy as enjoyable and trouble-free as possible.

The Essential Pregnancy and Birth Guide Random House

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