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The reassuring guide to a happy, healthy pregnancy This new edition offers soon-to-be moms and dads detailed, friendly information on preparing and planning for pregnancy. You'll find guidance on the basics, as well as special considerations like age, multiple births, complications, illness, labor and delivery, postpartum care, and everything in between. Now in a portable, handy trim size that makes it easy to keep with you on the go, Pregnancy For Dummies, 4th Edition is your go-to guide on everything you'll encounter during the first, second, and third trimesters—and beyond. Packed with new information and the latest developments in medical technology, it puts your mind at ease by offering straightforward answers to all the questions you may have about pregnancy, including health risks during pregnancy, fertility problems and solutions, "on demand" cesarean sections, weight gain during pregnancy, the correlation between mercury and autism, ways to stay emotionally and physically healthy during pregnancy, and much more. Includes a complete guide to pregnancy, through all three trimesters and beyond, including a week-by-week account of what to expect during pregnancy Covers the latest information related to healthcare and pregnancy, including the latest on vaccinations, fertility problems, and prenatal diagnoses Offers advice on picking a doctor, planning prenatal visits, and designing a birthing plan Explains the stages of labor and how to care for yourself and your newborn after childbirth If you're an expectant parent, Pregnancy For Dummies, 4th Edition covers everything mom and baby experience before, during, and after childbirth. A modern guide to pregnancy that distills

medical expertise into short but deep doses of actionable advice, covering the entire pregnancy and “fourth trimester,” by two renowned NYC doctors and with the calm, supportive voice of Danielle Claro, coauthor of The New Health Rules. “Haunting, wild, and quiet at once. A shimmering look at motherhood, in all its gothic pain and glory. I could not stop reading.” —Lisa Taddeo, #1 New York Times bestselling author of Three Women A stressed family, an unplanned pregnancy, and a painful, if liberating, awakening from the author of the lauded memoir Her Christa Parravani was forty years old, in a troubled marriage, and in bad financial straits when she learned she was pregnant with her third child. She and her family were living in Morgantown, West Virginia, where she had taken a professorial position at the local university. Haunted by a childhood steeped in poverty and violence and by young adult years rocked by the tragic death of her identical twin sister, Christa hoped her professor’s salary and health care might set her and her young family on a safe and steady path. Instead, one year after the birth of her second child, Christa found herself pregnant again. Six weeks into the pregnancy, she requested an abortion. And in the weeks, then months, that followed, nurses obfuscated and doctors refused outright or feared being found out to the point of, ultimately, becoming unavailable to provide Christa with reproductive choice. By the time Christa understood that she would need to leave West Virginia to obtain a safe, legal abortion, she’d run out of time. She had failed to imagine that she might not have access to reproductive choice in the United States, until it was too late for her, her pregnancy too far along. So she gave birth to a beautiful baby boy named Keats. And another frightening education began: available healthcare was dangerously inadequate to her newborn son’s needs; indeed, environmental degradations and poor healthcare endangered Christa’s older children as well. Loved and Wanted is the passionate story of a woman’s love for her children, and a poignant and bracing look at the difficult choices women in America are forced to make every day, in a nation where policies and a cultural war on women leave them without sufficient agency over their bodies, their futures, and even their hopes for their children’s lives. “Mama Natural’s Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. “Natural” recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family”-- The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one and a half million copies in print! Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you’re pregnant? Your girlfriends, of course—at least, the ones who’ve been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine talks to you the way only a best friend can—in the book that will go the whole nine months for every mother-to-

be. In this revised and updated edition, get the lowdown on all those little things that are too strange or embarrassing to ask, practical tips, and hilarious takes on everything pregnant. What really happens to your body—from morning sickness and gas to eating everything in sight—and what it's like to go from being a babe to having one. The Many Moods of Pregnancy—why you're so irritable/distracted/tired/lightheaded (or at least more than usual). Staying Stylish—You may be pregnant, but you can still be the fashionista you've always been (or at least you don't have to look like a walking beachball)—wearing the hippest designers and proudly showing off your bump. Pregnancy is Down To a Science—from in vitro fertilization to scheduled c-sections, there are so many options, alternatives, and scientific tests to take that being pregnant can be downright confusing! And much more! For a reassuring voice or just a few good belly laughs, turn to this straight-talking guide on what to really expect when you're expecting. Details how Gaby was able to fake her own pregnancy--hiding the truth from even her siblings and boyfriend's parents--and what it was like to become an accidental overnight media sensation. This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually. "A smart, approachable guide packed with practical advice for parents who want a science-backed, individualized approach to pregnancy." —Linda Avey, Co-founder of 23andMe 2020 National Parenting Award Winner Feeling overwhelmed? Confused by conflicting advice? Bumpin' will radically transform your pregnancy journey to one of confidence and optimism. With over a decade of experience advising women's healthcare and technology companies, Leslie Schrock distills cutting-edge research into your most comprehensive pregnancy guide—from conception through the newborn months. Based on the latest clinical evidence and practical advice from top experts, Bumpin' enables you to make the best decisions for your unique family. With a look at the science, it tackles every pregnancy FAQ and topics like the truth about cleaning up your cosmetics, nutrition, epidurals, and activity; and the practical, like putting together a baby budget and navigating work. Bumpin' also takes you all the way through the postpartum period because taking your baby home and recovering brings unexpected physical, mental, and life changes that are too often overlooked for you and your partner. Inside Bumpin' you'll find: -A trimester-by-trimester overview from trimester zero (conception) through the postpartum period and return to work -The truth about age and fertility and how to manage any issues that arise -Research on topics like vaccinations, breastfeeding, and exercise -The science behind your physical changes, leaks, sweats, and every other unexpected pregnancy symptom - and how to manage them to enhance your long term health -Birth preferences and preparing for unpredictable changes -The challenges of navigating parental leave and returning to work -Unique advice for partners -Budgeting, finance tips, baby

registry, and hospital checklists Every pregnancy is unique and often unpredictable. For Leslie, this meant handling curveballs like miscarriage and later a birth that didn't go according to plan. She turned her personal journey into this book, written while she was pregnant, with the help of a wide network of experts she consulted along the way, including doulas, ob-gyns, midwives, therapists, prenatal trainers, and nutritionists. Warm, funny, and non-judgemental, *Bumpin'* will leave you feeling prepared and ready to tackle anything that comes your way. A portion of proceeds will be donated to Every Mother Counts and National Birth Equity Collaborative to support maternal and child health. "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*: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of *Cribsheet* 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. 'Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions' Emma Bunton, co-founder of Kit and Kin Whether you are planning for a baby, just found out you are pregnant or well into your third trimester, this book will help you to feel confident, informed and inspired about your exciting journey ahead. Through years of work with families, Senior Midwife Marie Louise reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. As well as this, Marie Louise is renowned for bringing complex science to life. You'll discover fascinating facts that underpin everything you and your baby will go through, including - - How your nervous system is synced with your baby and why baby already knows a lot about you when they are born - The unique process your baby goes through to pass through the birth canal and how you work together in labour - Incredible facts about breast milk Packed with the most up-to-date findings and expert insights, you'll find everything you need to prepare for motherhood and, most importantly, understand and appreciate just how amazing you and your baby both are! "A joy to read." —New York Times Book Review

From beloved bestselling author Ursula Hegi, a new novel about three mothers, set on the shores of the Nordsee, perfect for fans of *Water for Elephants* and *The Light*

Between Oceans. In the summer of 1878, the Ludwig Zirkus arrives on Nordstrand in Germany, to the delight of the island's people. But after the show, a Hundred-Year Wave roars from the Nordsee and claims three young children. Three mothers are on the beach when it happens: Lotte, whose children are lost; Sabine, a Zirkus seamstress with her grown daughter; and Tilli, just a girl herself, who will give birth later that day at St. Margaret's Home for Pregnant Girls. After the tragedy, Lotte's husband escapes with the Zirkus, while she loses the will to care for their surviving son. Tilli steps in, bonding with him in a way she isn't allowed to with her own baby, taken away at birth. Sabine, struggling to keep her childlike daughter safe in the world, forms a complicated friendship with Lotte. But the mothers' fragile trio is threatened when Lotte and her husband hatch a dangerous plan to reunite their family, and Tilli and Sabine must try to find a way to pull them back to reality. As full of joy and beauty as it is of pain, and told with the luminous power that has made Ursula Hegi a beloved bestselling author for decades, The Patron Saint of Pregnant Girls is a shining testament to the ways in which women hold each other up in the most unexpected of circumstances. Every pregnant woman has to make reviews with the specialist doctor, to monitor the development of the fetus, and to preserve the health of the mother, so we put in your hands this guide to write down the most important developments in pregnancy and doctor's advice and notes .You can also write down all the stages of pregnancy with your memories during this period. The first thing that moves the baby or the father's reaction, I can also write birth preparations so that you do not forget anything, so this book remains like a memory for life

Managing Preexisting Diabetes and Pregnancy is the American Diabetes Association's comprehensive guideline for this complex subject. It is an in-depth exploration of problems linked to pregnancy in diabetic women, as well as the heightened importance of blood glucose management during pregnancy. With contributions from some of the top professionals in the fields of diabetes and obstetric research, this guide is comprised of four sections that focus on managing diabetes before, during, and after pregnancy, as well as any potential complications. Loaded with the latest information regarding diabetes and pregnancy, Managing Preexisting Diabetes and Pregnancy serves as the essential guideline for the interested researcher, physician, or clinician. Marisa Peer's unique brand of hypnotherapy is truly life changing the proof is overwhelming her last book has over 245 five star customer reviews, with readers saying again and again how their lives have completely turned around since reading Marisa's book. Now in her fantastic new book Trying to Get Pregnant (and Succeeding) Marisa gives you the tools to get pregnant quickly and easily in a programme that is effortless and rewarding. Marisa's tried and tested programme is a natural way to increase your fertility. Her powerful hypnotic language and effective techniques mean that just reading the book enables you to change negative thought patterns that have been supressing and blocking your fertility without you knowing it. Marisa uses her revolutionary method of reprogramming the brain to alter any blocks related to pregnancy, birth and motherhood. Addressing women with every kind of infertility problem and women who are planning or undergoing IVF, Marisa's powerful techniques, which are not to be found anywhere else, lie in the

process of reading the book. Trying to Get Pregnant (and Succeeding) is an exciting book that enables any women struggling to get pregnant to deliver a healthy baby, even if they've been told they were infertile. It works on multiple levels using techniques including powerfully affecting exercises, subtle repetition and straightforward questionnaires to break negative blocks about pregnancy and birth whilst improving your fertility. An effortless process, the reader's progress through the book is a hypnotherapy treatment in itself. Marisa Peer was voted Britain's Best Therapist and is listed in The Tatler guide to Britain's very best Doctors and specialists she has a unique ability to help people with fertility problems. Written in the highly engaging style she is renowned for, Marisa speaks to you on an extremely personal level and tailors her proven methods in boosting conception to your unique needs. Unlike other books, not only does her programme naturally boost fertility but it can do so by your next cycle. If you want to have a baby the most important tool to boost your fertility is your mind. This book offers hope for all women with fertility issues, so if you are struggling with unexplained infertility or secondary infertility Marisa's brand new book shows you how to get pregnant fast. With Marisa's proven programme you can increase your fertility, improve your ability to conceive naturally, or with IVF, and then carry your perfect baby to full term. 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, birth, 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. Four-time delivery room veteran lovine provides straight talk about those little things that are too strange or embarrassing to ask anyone about, practical tips, and hilarious takes on everything pregnant. "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 Weelicious 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 every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more.**

Nurture is an all-inclusive 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. With these simple tricks and tactics, you'll get through her pregnancy successfully... and master every step of the way. Are you finding it hard to tell whether you're excited or just scared pantsless? Of course, you're excited, but still, what the heck are you supposed to do now? Relax, and take a deep breath -- all dads have been in your same shoes once before. Finding out that you're going to be a dad is one of the most rewarding moments in life, but yes, it certainly comes with a lot of questions and concerns. But the good news is that you're not alone! And the even better news is that all the information you're ever going to need already exists. The crazy moments you could never see coming... well, now you can prepare for them. The emotional roller coaster your significant other is about to take you on -- we're going to put you in the driver's seat. Those 10 million thoughts bouncing around in your head -- it's time to put some structure to it all and relax into a well-organized plan of attack. This doesn't have to be a stressful and confusing time in your life. In fact, it shouldn't be. With these powerful insights and knowledge from fathers around the world, you'll soon find yourself feeling prepared and ready for your new best friend to enter this beautiful world. Set that confusion aside and step into a position of personal empowerment, knowing that no matter what comes your way, you're going to be ready for it. In *The Pregnancy Guide For Men*, you'll discover: How to navigate everything that is expected of you -- without feeling overwhelmed and like you're losing it The biggest challenges you're going to face during pregnancy -- and simple (but effective) ways to overcome them Month by month guidance -- from the pregnancy test to when she's in that hospital bed, ensure that you never miss a beat Why you need to have a birth plan -- and how you can lead the way into setting one up successfully A deeper look into how your significant other will feel throughout each stage of the process so you can help her through her emotional

storms The pros and cons of finding out your baby's sex beforehand -- and how either stance will bring your family a ton of joy What you need to do before labor is induced that'll make everyone's life so much easier ... and much more! Whether her pregnancy caught you by surprise or you've been anticipating it, now is the time for you to step it up. With this awareness and step-by-step guidance, you're going to find yourself prepared and ready for whatever parenthood throws your way. Don't let your doubts and fears stand in the way -- you've got this! If you're ready to set your child up for the most successful life possible, then scroll up and click the "Add to Cart" button right now. Today's pregnancy books may no longer recommend martinis and cigarettes to help pregnant women relax, but most offer moms to be a ton of worthless information—like what kind of fruit your baby is the size of at Week 16. Is there any practical value in knowing that your child resembles produce? And where's the good stuff—the useful details, like beware of the baby registry and all the crap you will never use, or be prepared to get breast milk all over everything you own? Hilarious, candid, and easy to read, *Funny Little Pregnant Things* is full of helpful information about all the stuff people don't tell you about pregnancy—the good, the bad, and the ugly. Mood and Anxiety Disorders During Pregnancy and Postpartum earns its important place in the literature by detailing our current understanding of the course, diagnosis, and treatment of psychiatric illness during pregnancy and postpartum, including breast-feeding -- a top priority today because we now know that active maternal psychiatric illness during pregnancy and postpartum can exert long-term negative effects on child development and cause significant morbidity for the mother. In just five concise richly informative chapters, the nine distinguished contributors to *Mood and Anxiety Disorders During Pregnancy and Postpartum* dispel prevailing beliefs and offer invaluable guidance in treating women during pregnancy and postpartum: *Course of Psychiatric Illness During Pregnancy and the Postpartum Period -- Despite the enduring belief that pregnancy is a time of emotional well-being for women, emerging data show that pregnancy is instead a time of increased vulnerability to psychiatric illness. Diagnosis and Treatment of Mood and Anxiety Disorders During Pregnancy -- Though the use of psychotropic medications during pregnancy and postpartum raises concerns, the accumulating data support the use of certain SSRIs/tricyclic antidepressants, especially when balanced against the risk to both mother and child of depression during pregnancy. Management of Bipolar Disorder During Pregnancy and the Postpartum Period: Weighing the Risks and Benefits -- Although the onset of bipolar disorder (BP) tends to occur during women's reproductive years, surprisingly little is known about the impact of the menstrual cycle, pregnancy, postpartum, breast-feeding, and menopause on the course and treatment of bipolar disorder. Postpartum Mood Disorders -- Women experience a dramatic increase in their risk of developing severe psychiatric illness during postpartum for a full year after delivery. Often overlooked, postpartum disorders must be identified and treated as early as possible to reduce the mother's risk for recurrent and treatment-refractory illness and the child's risk for long-term development problems due to the detrimental effect of maternal depression. Use of Antidepressants and Mood Stabilizers in Breast-feeding Women -- This*

expanded clinical appraisal of the literature on antidepressant and mood stabilizer use in breast-feeding women shows that additional detailed pharmacokinetic investigations are urgently needed to enhance our understanding of nursing infant exposure and the role(s) of pharmacogenomics in determining infant exposure. Meticulously referenced and remarkably succinct, Mood and Anxiety Disorders During Pregnancy and Postpartum provides critical information about the course of illness during pregnancy and postpartum to help guide effective individualized treatment decisions—decisions that are ultimately based on the patient's wishes. 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. Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if

not at times crackpot!), original and musing book reviews of "The Girlfriends' Guide to Pregnancy." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all. Book description to come. In *Belabored*, Lyz Lenz will "make you cry in one paragraph and snort-laugh in the next" (Chloe Angyal, contributing editor at MarieClaire.com). Written with a blend of wit, snark, and raw intimacy, *Belabored* is an impassioned and irreverent defense of the autonomy, rights, and dignity of pregnant people. Lenz shows how religious, historical, and cultural myths about pregnancy have warped the way we treat pregnant people: when our representatives enact laws criminalizing abortion and miscarriage, when doctors prioritize the health of the fetus over the life of the pregnant patient in front of them, when baristas refuse to serve visibly pregnant women caffeine. She also reflects on her own experiences of carrying her two children and seeing how the sacrifices demanded during pregnancy carry over seamlessly into the cult of motherhood, where women are expected to play the narrowly defined roles of "wife" and "mother" rather than be themselves. *Belabored* is an urgent call for us to trust women and let them choose what happens to their own bodies, from a writer who "is on a roll" (Bitch Magazine). A lighthearted assessment of the medical, psychological, social and sexual aspects of conception shares advice for women on what they can do before contacting a doctor, explaining how to prepare oneself mentally and physically for pregnancy while offering insights into maximizing conception chances. Original. 35,000 first printing. 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. Whether you're an expectant parent or you're just thinking about it, this comprehensive guide features a nonbossy, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 Canadian parents, this information is served up with a uniquely Canadian spin. Never one to shy away from the tough topics, Ann Douglas addresses the concerns that all parents have to consider when facing pregnancy. With over 225,000 *Mother of All?* books sold in Canada, Ann Douglas provides the inside scoop on what it's really like to have a baby The straight goods on

preparing your body for pregnancy Practical advice on how to increase your chances for conceiving quickly The top ten worries for each trimester -- with a hefty dose of reassurance A glossary of pregnancy -- and birth-related terms A sneak peek of life after baby This book is the manual for those looking for real-world advice to help them during all the stages of pregnancy, from conception to birth and all that can occur throughout! What to Expect When You're Black, Pregnant, and Expecting "This book stands as the modern-day guide to birthing while Black." —Angelina Ruffin-Alexander, certified nurse midwife, owner of Touch of Osun Midwifery Services #1 New Release in Pregnancy & Childbirth and Minority Demographic Studies, Medical Ethics, and Women's Health Nursing Written with lighthearted humor and cultural context, Oh Sis, You're Pregnant! discusses the stages of pregnancy, labor, and motherhood as they pertain to pregnant Black women today. Tailored to today's pregnant Black woman. In the age of social media, how do pregnant women communicate their big announcement? What are the best protective hairstyles for labor? Most importantly, how many pregnancy guides focus on issues like Black maternal birth rates and what it really looks like to be Black, pregnant, and single today? Written for the modern pregnant Black woman, Oh Sis, You're Pregnant! is the essential what to expect when you're expecting guide to understanding pregnancy from a millennial Black mom's point of view. Interviews, stories, and advice for pregnant women. Written by Black Moms Blog founder, Shanicia Boswell, Oh Sis, You're Pregnant! tackles hard topics in a way that truly resonate with modern Black moms. With stories from her experiences through pregnancy, labor, and motherhood, and lessons learned as a mother at twenty-two, Oh Sis, You're Pregnant! focuses on the common knowledge Black pregnant mothers should consider when having their first baby. It also shares topics beneficial to pregnant Black women on their second, third, or fourth born. Inside you'll find answers to questions like, how: • Do I financially plan for my birth? • Can I maintain my relationship and friendships during motherhood? • Will I self-advocate for my rights in a world that already views me as less than? If you enjoyed books like Medical Apartheid, 50 Things To Do Before You Deliver, The Girlfriends' Guide to Pregnancy, or Birthing Justice, then you'll love Oh Sis, You're Pregnant! "If you are preparing for pregnancy, are pregnant or have just delivered, this book has got you covered. With quick, easy-to-follow notes on food, exercise and recovery for each stage of the journey."--Provided by publisher

Traces the journey from conception to birth, including sections on breastfeeding, medication, alcohol, smoking, diet, cord-blood collection, maternity benefits, antenatal tests, epidurals, and signs of labor. Background: Maternal caffeine consumption during pregnancy directly affects the developing fetus as caffeine is rapidly absorbed in the maternal gastrointestinal tract and freely passes across the placenta. There is much concern about the affect of caffeine on reproductive outcomes prior to pregnancy and increased rates of fetal death. Since the 1980s, numerous studies have been published on caffeine intake during pregnancy and the risk of miscarriage and stillbirths. However, a clear consensus on whether caffeine posses these risks has yet to be determined. A systematic review of the literature using the Grading of Recommendations Assessment, Development and

Evaluation (GRADE) tool developed by the GRADE Working Group will be conducted to determine an accepted conclusion to this topic. Method: An exhaustive search of available medical literature was conducted using the following databases; Medline, PubMed, Cochrane Systematic Reviews, and CINAHL. Results: A total of five studies, four cohort and one case-control, were reviewed in their entirety. These studies looked at the relationship between caffeine intake during pregnancy and its proposed associations to an increase risk of miscarriage and stillbirth rates. Conclusion: Based on the combined results there is still much uncertainty. Four studies, all demonstrate a dose-response related effect on caffeine and negative pregnancy outcomes. Only one study did not show a relationship between caffeine and miscarriages or stillbirths. The final GRADE for this review is moderate. Congrats: You're going to be a dad! Now what? Dude, relax; you're going to be fine. But it wouldn't hurt to get a few pointers—a road map of what lies ahead. That's what this book is for. From Dude to Dad gives you the need-to-know essentials on pregnancy, birthing, and parenthood, and how it's okay to be scared out of your mind. You'll learn what the expecting mom is going through during each trimester, how you can be the best partner and dad-to-be, and how to immediately start bonding with baby. Be prepared for the arrival that will ultimately change your life in the best way possible. The Science of Mom blogger makes sense of research studies for new mothers. It seems like every time a new mother turns on her computer, radio, or television, she is greeted with news of yet another scientific study about infancy. Ignoring good information isn't the right course, but just how does one tell the difference between solid studies, preliminary results, and snake oil? In this friendly guide through the science of infancy, Science of Mom blogger and PhD scientist Alice Callahan explains how non-scientist mothers can learn the difference between hype and evidence. Readers of Alice's blog have come to trust her balanced approach, which explains the science that lies behind headlines. The Science of Mom is a fascinating, eye-opening, and extremely informative exploration of the topics that generate discussion and debate in the media and among parents. From breastfeeding to vaccines to sleep, Alice's advice will help you make smart choices so that you can relax and enjoy your baby.

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