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Cribsheet: A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool. Speaking of sleeping better... While it ' s great to read pregnancy books that are all about pregnancy, what about everything that happens AFTER? Getting baby to sleep through the night has countless benefits to both baby and mama.

12 Best Pregnancy Books for 2020 | Smart Mom Ideas

Luckily, with time, patience and the right resources, you and your new baby will get the hang of it. Mom365's Free Breastfeeding Guide eBook has all the information you've been searching for. We cover all of it, from boosting milk supply, what to eat and what not to eat,

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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

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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.

Make your pregnancy feel easier than ever with these 350 simple hacks to keep you comfortable and happy for nine months straight! Congratulations—you 're pregnant! There 's no doubt you 're thrilled to meet your little bundle of joy...but you also might be feeling some stress and discomfort as you navigate your rapidly changing body. But why not make things a little easier for yourself with these simple hacks to get you through every step of the next nine months! With Pregnancy Hacks, you 'll find tricks to simplify your daily routine so that everything seems just a bit more manageable. Feeling nauseous throughout the day? Stock up on ginger candies or make electrolyte popsicles for a quick, delicious fix. Dealing with tired, swollen feet? Try soaking them in tonic water to reduce the swelling. Or

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maybe you ' re struggling to reach things on the floor. Kitchen tongs can help! These are just a few of the tips and tricks that will make your pregnancy experience so much better! Pregnancy Hacks is here to help your expanding family (and belly) stay happy and healthy.

Follow your pregnancy journey every single day with this unrivalled book, now fully updated to reflect the latest changes in medical practice. No other pregnancy book provides this level of detail, allied with extraordinary photographs, 3D scans and illustrations that reveal in unprecedented clarity exactly what is happening to you and your baby every day. The book also covers labour, birth and the first two weeks of your baby's life. Carefully updated with the help of Australian obstetrician, Professor Jonathan Morris, The Day-by-day Pregnancy Book will become your pregnancy bible.

The Everything Pregnancy Nutrition Book helps you break down all that confusing information about prenatal vitamins, calorie counting, and smart food shopping. From getting healthy before conceiving to staying fit through each stage of pregnancy, you can shape your eating and exercise habits to contribute positively to your well-being-and ultimately, your baby's. The Everything Pregnancy Nutrition Book helps you design a well-balanced diet that's right for you and your baby, whether you're a teenage mother-to-be, an older expecting mom, or somewhere in between. With this engaging and enlightening book at your side, you can: Get the real deal on controversial foods such as fish, tea, wine, and cheese Avoid harmful food additives and over-the-counter medications Make informed decisions in the supermarket and kitchen Indulge some cravings - and beat others Learn the best ways to cope with the



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discomforts of pregnancy Assess which vitamins and minerals are most important during each trimester and more Complete with tips on prenatal care for your baby and methods for regaining your pre-baby figure, The Everything Pregnancy Nutrition Book is your complete resource for planning a healthy pregnancy from beginning to end!

A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, The Natural Pregnancy Book has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

Tech investor and new mom Leslie Schrock offers a thoroughly modern guide to pregnancy—from the preparations of “ trimester zero ” to the challenges of the newborn months. In the last thirty years, the process of starting a family has drastically changed. Not only are there many more options for getting pregnant, but there are a dizzying array of variables from start to finish. Genetic test or no genetic test? Midwife or OB-GYN? Stroller or Baby Bjorn? Yet all this choice can also create anxiety, especially around the most difficult

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realities. Miscarriages and fertility issues are common, yet often concealed. One in nine mothers report dealing with postpartum depression, but it is rarely acknowledged and even more rarely treated. Celebrities post “ snap-back ” photos of their slim post-baby bodies, creating unrealistic expectations for women everywhere. We have more information than ever, yet nearly every aspect of motherhood is still shrouded in judgment and mystery . Enter Leslie Schrock, first-time mother whose own struggles opened her eyes to this widespread problem. With the frank, funny warmth of a trusted friend, she delves into everything from in vitro fertilization and prenatal testing to lactation consultants and postpartum birth control. She debunks the most pervasive pregnancy myths, explores the complementary practices, and cites the latest science (with a dash of been-there-done-that experience) to help you make the best decisions every step of the way—for both you and your baby. So tune out all of the noise you don ’ t need, and take control of your pregnancy—present or future.

Complete, easy-to-follow guide for managing your scoliosis during pregnancy! "An Essential Guide for Scoliosis and a Healthy Pregnancy" is a month-by-month guide on covering everything you need to know about taking care of your spine and your baby. The book supports your feelings and empathizes with you throughout your amazing journey towards delivering a healthy baby. By reading, you gain: - In-depth and up-to-date information on scoliosis and how it can affect your pregnancy. Week-by-week information on what to expect during your pregnancy. - Information that is suitable for all types of post-operative scoliosis cases and those that, to date, have not yet been operated on. - Clear, compassionate and comprehensive answers to the common questions about scoliosis and pregnancy. - Crucial

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decision making tools decisions for important issues including epidurals, birthing procedures, changes to the spine due to hormones, and more to protect your baby. - Tips to help you minimize unnecessary weight gain and keep your nutrient intake high. - The latest nutritional research that debunks pregnancy food myths and uncovers a number of surprising superfood choices. - Expert advice on staying fit and eating right during each trimester of pregnancy. Self-care tips for side effects including nausea and back pain. - Fun, fast, and safe scoliosis exercises during the month of pregnancy and postpartum. Tips for strengthening your pelvic floor, easing back pain, and losing belly fat postpartum. - Relaxation tips to reduce pain and increase your comfort. This book provides answers and expert advice for pregnant women suffering from scoliosis. Full of information to cope with the physical and emotional upheavals of pregnancy during scoliosis. From conception to birth and beyond, this guide will hold your hand until you become a happy and proud mother of a healthy newborn baby.

"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-

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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.

The second book in the Dr. Spock Take Charge Parenting Guides, crafted by the Dr. Spock Co., Take Charge of Your Pregnancy contains all the essential information on pregnancy and fetal development in one clear, concise volume. Pregnant? Congratulations! Now let an expert guide you through this exciting time. Pregnancy is a time of powerful emotions, dramatic changes, and plenty of questions. Noted obstetrician Marjorie Greenfield, MD, one of the new team of medical experts at The Dr. Spock Company, has written this authoritative book to answer all your questions and help ensure a happy, healthy pregnancy. Dr. Spock's Pregnancy Guide will take you month by month through the thrilling journey to parenthood, with special

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focus on how to: -Follow the development of your growing baby -Find the right obstetrician or midwife -Deal with common symptoms and problems -Plan the kind of childbirth experience you want -Get good care every step of the way, and more For more than 50 years, Dr. Benjamin Spock was the world's best-known pediatrician. Drawing upon his trusted philosophy of baby and child care, a new generation of experts at The Dr. Spock Company brings today's moms and dads the latest in parenting, child-health, and pregnancy information. Be sure to pick up Dr. Spock's Baby Basics, the first book in the Take Charge Parenting Guides series.

The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a choice, and you have the power to plan the kind of birth that's right for you-whether it is at a birth center, a hospital, or at home. In **YOUR BEST BIRTH**, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back the birth experience, with essential advice on:

- Positive and negative effects of epidurals, Pitocin, and other drugs and interventions
- Inducing vs. allowing your labor to progress naturally
- The truth behind our country's staggering C-section rate
- Assembling your birth team and creating your birth plan.

With chapters such as "Obstetricians: Finding Dr. Right," "Epidurals: You Haven't Got Time for the Pain," and "Electronic Monitors: Reading between the Lines," Lake and Epstein will encourage you to

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consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-known personalities, such as Laila Ali and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, YOUR BEST BIRTH is sure to renew your confidence and put the control back where it belongs: with parents-to-be! "Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a 'climate of confidence' for pregnant women and their families, who must make key decisions about where, how and with whom to give birth in a health care system often unresponsive to our needs. This book is like a good friend giving wise counsel." --Judy Norsigian, co-editor of *Our Bodies, Ourselves: Pregnancy and Birth* and Executive Director, *Our Bodies Ourselves*

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