

## ***Girlfriends Guide To Pregnancy Hospital List***

The essential pregnancy guide for the modern woman The vast amount of information in encyclopedia-sized pregnancy books for first-time moms can be overwhelming and anxiety inducing. The First-Time Mom's Pregnancy Handbook is different. Including need-to-know advice relevant to the majority of women and pregnancies. This week-by-week guide will prepare and empower you during pregnancy and beyond. In the world of pregnancy books for first-time moms, this one is a go-to. With weekly goals you can focus on, including nutrition and milestone trackers, questions for OB-GYNs or midwives, and tips on caring for your newborn, you'll be more than prepared for the big day. This standout among pregnancy books for first-time moms delivers: 40+ weekly milestones--From conception through the first few months of baby's life, set and accomplish goals based on your weekly priorities and needs. Baby and mom stats--Of all pregnancy books for first-time moms, this one offers a week-by-week rundown of your baby's development, symptoms you may be experiencing, major appointments, and more. Postpartum prep--Tips for focusing on your emotional health, healing your body after childbirth, taking care of your newborn, and thriving as a new mother. When you're thinking about pregnancy books for first-time moms, think about this one. "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.

Book description to come.

"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.

A Candid, Week-by-Week Guide to the Unexpected Joys, Raging Hormones, and Common Experiences of Pregnancy

The Joy of Pregnancy

Pregnancy

The Ultimate Guide to Black Pregnancy & Motherhood

The Complete, Candid, and Reassuring Companion for Parents-to-Be

*Expecting Better*

A Holistic Guide To Embracing Pregnancy, Childbirth, And Motherhood

***Mommy IQ is the ultimate girlfriend's guide to pregnancy. Rosie Pope—maternity fashion designer, pregnancy guru, and star of the hit TV show Pregnant in Heels on Bravo—leads expectant mothers through the ups and downs of pregnancy with her trademark humor and down-to-earth charm, tackling difficult issues with refreshing candor while offering useful information about medical support. The founder of MomPrep—a prenatal and postpartum education center—Rosie makes the journey to motherhood even more memorable with friendly advice, laugh-out-loud stories, and heartfelt, “been-there” insights. Mommy IQ is a must-own handbook for moms-to-be, young moms, and the families of expectant moms.***

***Everything you need to know about pregnancy—from weight gain to stretch marks to figuring out how to rely on Christ through the ups and downs of the next nine months. This comprehensive guide is packed with information that every newly pregnant Christian mama needs—including: help for pregnancy insomnia, morning sickness, weight gain and more advice on how to maintain a godly attitude and outlook during pregnancy—even when you're feeling anything but godly what to expect from doctor check-ups, your encounters with the scale and labor and delivery tips on how to survive food cravings, aversions, and even dreaded pregnancy exercise healthy eating advice for pregnancy that doesn't outright ban ice cream sundaes ideas on how to keep your marriage a priority when you're pregnant, including a guide for Christian dads-to-be and even pregnancy sex tips This detailed guide takes you through each trimester with helpful tips, humorous accounts, and supportive spiritual advice--all with a girlfriend-to-girlfriend approach that will help moms feel comfortable as they navigate this life-changing time.***

***Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. The Impatient Woman’s Guide to Getting Pregnant is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who’s been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging— that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you’ve been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you’re ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, The Impatient Woman’s Guide to Getting Pregnant is the bedside companion to help you through it.***

***This title is directed primarily towards health care professionals outside of the United States. This book explores the complex interrelationship between risk and choice in maternity care, taking a close look at how “high” and “low” risk are defined and what impact this has on a woman's ability to exercise informed choices throughout pregnancy. It offers an international collaboration that highlights different perspectives on debated issues, with chapters on maternity care in the UK, United States, Australia, and Ireland contributed by midwives, obstetricians, risk management experts, and sociologists. The aim of this book is to illustrate the changing reality of risk management as it relates to maternity care, and to highlight risk management concerns that may limit the choices available to pregnant women. Clarifies how applications of risk affect the choices pregnant women are able to exercise. Locates pregnancy risk considerations within the overall scheme of risk management. Analyzes practitioners' responses to the requirements of risk management. Presents risk management and choice from the risk manager's perspective, providing an understanding of risk as a “macro concept” in health care. Highlights medico-legal opinions on exercising choice, underscoring the need for accurate information and the ability to make informed decisions. Two chapters examine women's***

**perspectives on risk labeling and the impact this has on choice - one in which the concept of safety within maternity care is discussed, and one in which the views of women with defined risk factors are explored and their ability to make choices is evaluated. Two chapters written by health service risk managers discuss the differences between an inner-city approach and a rural approach to the debate surrounding risk and choice. Discusses midwifery's focus on "normality" in childbirth and considers how this viewpoint affects the risk dialogue, including a chapter on clinical trends in maternity care. An obstetric perspective on risk refutes criticisms of obstetricians as being more likely to impose risk labels and limit choices by discussing how risks and choices are presented and considered within obstetric care. Explores the debate surrounding a woman's right to have a home birth in Ireland, in light of its risk management climate. Two chapters discuss the collaboration between service users, midwives, and obstetricians in Australia regarding the organization and delivery of maternity care, as well as the views concerning risk among indigenous Australians. Perspectives from nurse-midwives in the U.S. discuss the complex relationships among nurse-midwives, obstetricians, and pregnant women with regard to choice, including views on risk within immigrant communities.**

**The Christian Mama's Guide to Having a Baby  
Pregnancy Sucks**

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

**The Modern Guide to Pregnancy: Navigating the Wild, Weird, and Wonderful Journey From Conception Through Birth and Beyond  
Second Edition**

**Mayo Clinic Guide to a Healthy Pregnancy  
Pregnancy Journal, 3rd Edition (ebook) \*OP\***

*Are you going to become a new mom? It is the of the biggest, happiest, and scariest experience of your life! There is so much excitement and anticipation for the baby to come. And the next thought being of fear of going through pregnancy and what to expect. Your family and friends will tell you all of the great parts of pregnancy, such as the first time you feel your baby kick and getting to hear his or her heartbeat. But no one really prepares you for the not so pretty parts of pregnancy, labor, and post pregnancy. This is why this book was created. I want you to know what is to come during your pregnancy. I want you to be informed about what will or could happen. Knowing everything that will happen during your pregnancy will put your mind at ease and also let you know that your experiences are normal (nothing is wrong with you). It will also make your pregnancy a more enjoyable and relaxing experience. So if you are going to be a new mom and want to know what you really can expect during your pregnancy then get this book! I know it will be a great help!*

*From "the man who remade motherhood" (Time) comes the definitive guide to having a healthy pregnancy--and a healthy baby. THE HEALTHY PREGNANCY BOOK guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby. In this uniquely*

*authoritative and comprehensive month-by-month guide, the Searses address emotional and physical changes that take place during pregnancy, baby's brain development, healthy pregnancy habits, pregnancy superfoods, optimal weight gain, fitness, managing stress, sleep, choosing the right healthcare provider, birthing choices, the transition into parenthood, engaging personal stories, and more. Overflowing with the most up-to-date information, digestible and doable tips, and advice for every worry--and written in the Searses' trademark reassuring tone that makes their books long-term bestsellers--THE HEALTHY PREGNANCY BOOK is the must-have resource to fit the greater demands of today's savvy parents.*

*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 massage 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 your doctor doesn't necessarily tell you*
- 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 restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.*

*You're pregnant. It's exciting, and a little scary, and you are discovering that your body is doing things that you have never heard about or read about in any pregnancy manual. It would be great if your best girlfriend was going through this with you, but if not, Stacy Quarty is here to give you the truth about pregnancy - raging hormones and all. Stacy takes readers, week-by-week, through what she was experiencing and thinking about her pregnancy, her body, her husband, and more. She discusses the symptoms of the week (morning sickness, hemorrhoids, enormous breasts); experiences of girlfriends; and anecdotes on everything from cravings to c-sections. An extensive Q&A section includes questions from real women that are embarrassing, odd, and unusual and may include just the question you've been too nervous to ask yourself. Throughout the book Dr. Miriam Greene provides a dose of a medical perspective on the adventure of pregnancy. With warmth, humor, and no shame, Frankly Pregnant takes the myth and mystery out of pregnancy and really tells it like it is.*

*The Girlfriends' Guide to Toddlers*

*Updated With New Material*

*Risk and Choice in Maternity Care*

*How a Broken Maternity System Must Be Fixed to Put Women and Children First*

*A Week-by-Week Guide from Conception Through Baby's First 3 Months  
Research, Reflections and Guidelines*

*Vegan Pregnancy Survival Guide*

"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.

Perinatal registered nurse Tori Kropp covers every aspect of pregnancy—all the medical facts, but also the magic, humor, and

joy of this very special time—month by month in this fully revised and updated edition of *The Joy of Pregnancy*, including recent medical advances and changes in typical hospital procedures. As you move through every month of pregnancy, learn how your baby is developing, how your body is changing, how to prepare for birth and baby, and the pros and cons of various pregnancy and childbirth-related choices. The first month after birth is also covered, including breastfeeding tips and newborn care. Tori's tone is reassuring and authoritative, but also non-judgmental and often humorous. Questions and answers from her online community *Stork Site*®, highlighted tips, and quick-reference facts make the informative text accessible and fun to read. A *Dad's Corner* section at the end of each chapter provides advice and support to your partner through every stage. You'll learn: What foods, substances, and activities to limit or avoid What medications are safe to take The range of available diagnostic tests What to expect at each prenatal checkup Details of every stage of labor, with illustrations of labor positions Four appendices condense the advice from the chapters into easy-to-access references. You'll find lists of questions to ask when choosing a birth facility, a practitioner, and childbirth class; advice for caring for your body, like ways to survive morning sickness and cope with labor; a packing list for your hospital bag; shopping list for the nursery and baby equipment; month-by-month to-do checklists; as well as suggestions for further reading. With this book by your side, you and your partner will be prepared to take an active role in ensuring a healthy, happy, and truly joyful pregnancy.

*Bobby's a classic urban teenager. He's restless. He's impulsive. But the thing that makes him different is this: He's going to be a father. His girlfriend, Nia, is pregnant, and their lives are about to change forever. Instead of spending time with friends, they'll be spending time with doctors, and next, diapers. They have options: keeping the baby, adoption. They want to do the right thing. If only it was clear what the right thing was. Are you expecting mystery, sensuality, wonder, and delight? If you're pregnant, you should be!*

*Mommy IQ*

*A Commonsense Guide to Understanding and Nurturing Your Baby  
An International Perspective*

*Wise and Witty Advice on Everything from Coping with Postpartum  
Moodswings to Salvaging Your Sex Life to Fitting into That  
Favorite Pair of Jeans*

*A Day-to-Day Guide to a Healthy and Happy Pregnancy*

*What to do when your miracle makes you miserable*

*Fearless Pregnancy*

That "glowing skin" everyone promised you looks remarkably similar to the hormonal acne you battled as a teen Your special bond with your husband? It means he can't sleep in the same room as you, thanks to your killer gas The lady at the grocery store remarks "it must be any day now!" when you haven't finished your second trimester You debut the perfect name for your baby—which your mother-in-law immediately describes as "interesting" (complete with a wrinkled nose) There's no doubt about it: Pregnancy isn't all it's cracked up to be. In this complete update of the bestselling first edition, Joanne Kimes pairs no-holds-barred humor with helpful advice to get you through the next nine months with (some level of) your sanity intact. So whether you're looking for the scoop on hypnobirthing, you want to know a cure for your hemorrhoids, or you really just want a laugh (even if you might pee in your maternity leggings), this book will tell you exactly what to do when that miracle of yours is making you totally, completely, gestationally miserable.

Written by a physician, this book embraces the power and possibility of integrative childbirth, in which the compassionate tradition of midwives is combined with the technical expertise of western medicine. --from publisher description

Smart women understand that taking care of their health is essential to maintaining an active lifestyle. This comprehensive guide shows you how to work with your body instead of against it to stay healthy and happy through menopause and beyond.

Written by two practicing doctors who have been close girlfriends since they met during medical training at the Johns Hopkins Hospital, *The Smart Woman's Guide to Midlife and Beyond* includes the doctors' own personal experiences, patient stories from their medical practices, and all the information you need to age with good health, grace, and humor. Includes the information you need to: Care for your whole body to prevent common diseases Learn which health issues are normal, which are serious, and what to do about them Overcome memory loss, depression, and anxiety

Understand menopause and hormone replacement therapy Nourish and protect your skin and hair Choose the right vitamin supplements for you Find out whether or not treatments like massage and acupuncture will work for you Know when to share your concerns with your doctor or healthcare practitioner Create a personal Health Maintenance Schedule to keep your health on track *The Smart Woman's Guide to Midlife and Beyond* is a complete, holistic, and state-of-the-art road map for any woman who is motivated to become a more effective steward of her health. The authors' relaxed, personal, and insightful style makes critical health information accessible. This book is a must-have for any woman inspired to improve her health trajectory. -Mark C. Pettus MD, FACP, medical director of the Kripalu Institute for Integrated Healing and author of *It's All in Your Head* There is no doubt that women past the age of fifty have different health issues than younger women—a fact often overlooked by many physicians. These women need to know how to care for their maturing bodies. Drs. Horn and Miller explore the full spectrum of mature women's health issues in a candid, conversational manner that integrates the body, mind, and spirit. A much-needed book. -Kevin Soden, MD, host of *Healthline on Retirement Living Television* I have often wished that there were a doctor in my family I could ask for health advice. If you have shared this desire, you'll love this book. It's a practical insider's guide to what maturing women need to be thinking about, and it's written as though the authors were concerned friends talking with you. Drs. Horn and Miller have superb training and years of practical experience caring for women patients. It shows on every page of this excellent book. -Judge Glenda Hatchett, star of the nationally syndicated television program *Judge Hatchett* The authors' approach is accessible and entertaining. These are the doctor girlfriends you want to call because they know everything about the area



of your concern-not only from their medical practices, but also from their own personal experiences. -Robin Wolaner, founder of Parenting magazine and founder and CEO of TeeBeeDee (tbd.com), an online network for people over forty This is the girlfriends' guide to taking charge of your health. And these girlfriends are doctors. A winning combination! -Ari Brown, MD, pediatrician and author of Baby 411

A beautifully written, empowering guide to pregnancy the natural way arms mothers-to-be with all the information they need to birth a child "holistically," complete with tips on fitness, nutrition, meditation, and "positive energy" living. Original. 20,000 first printing. Oh Sis, You're Pregnant!

What to Buy, What to Borrow, and What to Blow Off!

The Attachment Parenting Book

Month by Month, Everything You Need to Know from America's Baby Experts

Obstetrics and Gynecology: A Competency-Based Companion E-Book

Ina May's Guide to Childbirth

Bumpin'

WHO KNEW BABIES NEEDED SO MANY ACCESSORIES? It's official. You're pregnant. Get used to the fact that life is never going to be the same. And break out the credit card, because that little bundle of joy is going to cost you. The list seems endless—from car seats to changing pads. But don't despair. The Girlfriends are here to take some of the guesswork out of shopping for baby-to-be. We'll tell you when to skimp and when to splurge, and which hand-me-downs are safe and which are sorry. You'll get advice on... Where to get what you need Crib and car seat do's and don'ts Wardrobe musts and misses—for mother and child Stocking the nursery and the rest of the house What every new mom should have on hand for herself The Master Shopping List—don't leave home without it! Plus the Top 10 Things to Do for Yourself Before the Baby Arrives, the Top 10 Baby Items You Won't Find at a Baby Store, the Top 10 Best—and Worst—Things to Borrow, the Top 10 Signs of a First-Time Mom, and more... There are approximately 3,712 ways for a guy to look stupid during pregnancy - this book's here to help you avoid all(most) of them. And here's your first hint: Focus on what you can be doing for her rather than what's happening to her. She's pregnant. She knows that. You know that. And her 152 baby books tell her exactly what she can expect. Your job is to learn what you can do between the stick turning blue and the drive to the delivery room to make the next nine months go as smoothly as possible. That's where John Pfeiffer steps in. Like any good coach, he's been through it. He's dealt with the morning sickness and doctor visits, painting the baby's nursery and packing the overnight bag, choosing a name, hospital, and the color of the car-seat cover. All the while he remained positive and responsive - there with a "You're beautiful" when necessary - but assertive during the decision-making process (he didn't want to wind up with a kid named Percy). And now it's your turn. She might be having the baby, but you have plenty of responsibilities.

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!*

A revised edition of a best-selling reference features twenty-five-percent new material and the original work's trademark combination of humorous and down-to-earth advice, in a resource that features a wealth of anecdotal tips on everything from maternity clothes and pregnancy sex to birthing options and postpartum recovery. Original. 100,000 first printing.

The Girlfriends' Guide to Surviving the First Year of Motherhood

Loving Your Family Without Losing Your Mind

Born in the USA

Homebirth in the Hospital

The Girlfriends' Guide to Baby Gear

Everything You Need to Know to Survive (and Love) Your Pregnancy

The Mother of All Pregnancy Books

Expert advice for delivering a happy and healthy baby! From boosting your vitamin intake to picking out the perfect crib, it's not always easy to figure out what your growing baby needs--especially if you're new to parenthood. Featuring guidance from top childbirth experts, *The Only Pregnancy Book You'll Ever Need* answers all the questions that come up after you get the big news. From your first trimester to the delivery room, you'll learn all about the different phases of pregnancy and how you can provide your growing baby with everything he needs. This indispensable guide also offers practical advice and parent-tested strategies on: Understanding physical and emotional changes Selecting the right pregnancy diet Understanding prenatal tests and screenings Choosing the best labor and delivery options Budgeting for your new addition to the family Complete with checklists and fill-ins to help keep track of your pregnancy, this one-stop resource includes only the most important information so that you are truly prepared for the months ahead.

This classic contains the latest medical information on both mom's health and baby's development. This best-selling journal is packed with daily entries that feature tips, advice, and plenty of room for personal reflection. This one-of-a-kind journal is the ultimate resource for today's expecting mother.

With a combined total of over 300,000 Girlfriends' Guides in print, Vicki Iovine offers the kind of tongue-in-cheek humor and straight-from-the-hip advice that has made her one of today's most popular authorities on child rearing. Now she takes the next step in the Girlfriends series by helping mothers deal with that mysterious, baffling, often adorable and frequently alarming being their baby has become--a toddler.

The Girlfriends' Guide to Pregnancy Second Edition Simon and Schuster

The First-Time Mom's Pregnancy Handbook

Frankly Pregnant

The Only Pregnancy Book You'll Ever Need

How to Get (Both of You) Through the Next 9 Months

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

Integrating Natural Childbirth with Modern Medicine

A No-nonsense Approach to Staying Healthy After 50

Designed to teach you to think like a more experienced clinician, *Obstetrics and Gynecology: A Competency-Based Companion*, by Michael Belden, MD, places as much value on process as it does on content. This unique resource features a case-based organization that hones in on essential knowledge in obstetrics and gynecology. Its convenient pocket-sized format enables you to review the material on the go, and online access via Student Consult enhances your study of the material and exponentially boosts your reference power. Provides high-yield core information essential to rotations in a pocket-sized, portable format. Uses a color-coded system that places core information in a framework of the ACGME Core Competencies. Offers self-assessment activities throughout to promote retention and application of knowledge, including access on line to your own competency-based portfolio tools and competency-specific learning modules (Vertical Reads). Features ACGME Core Competencies enabling you to integrate evidence-based medicine, continual self-assessment, and cognizance of interpersonal skills into your daily routine. Includes features such as "Speaking Intelligently" and "Clinical Thinking" in each chapter to help you see the "big picture." Presents "Teaching Visuals" an interactive teaching device designed to reinforce visual concepts. Equips you to perform a more in-depth review of obstetric and gynecological topics with "Clinical Entities" that link to top references in the field. Includes access to Student Consult at [www.studentconsult.com](http://www.studentconsult.com), where you'll find the complete text and illustrations of the book online, fully searchable "Integration Links" to bonus content in other Student Consult titles "Self-Assessment Competency Log" Professors Pearls that provide cases with questions and annotated answers "Vertical Reads" and much more!

Let Vicki Iovine, a mother of four who is a syndicated columnist & television

correspondent on parenting, show you how to navigate the twists & turns of family life -- & find time for your kids, your spouse, your home, your work, & yourself. She provides her sage, witty advice on: how to focus at work when things at home are in chaos -- & vice versa; making time for yourself; getting over the romantic myth of date nights & weekends away from the kids; homework help -- your transformation into a human flashcard; & the dinnertime crush & how to relieve frozen pizza fatigue. You'll feel like you do after a long chat with a good friend -- relaxed, refreshed, & ready to reclaim your life.

When it comes to your new baby, everyone from Dr. Spock to Dr. Brazleton has an armful of advice. But no one's delivering any tips on how you can care for yourself. Now, four-time delivery room veteran Vicki Iovine answers your questions, calms your fears, and cracks you up as only a girlfriend can, with straight advice and hilarious observations on... "Baby euphoria": Is it a mind-altering drug? "Husband? What Husband?": Taking care of the big baby, as well as the little baby "I Want My Old Body Back!": What you can fix and what you can't "The Droning Phenomenon": The inability to discuss anything but your baby for more than thirty seconds "Do I Have to Become Carol Brady?": Conquering your fear of being a less-than-perfect mother "Competitive Mothering": Coping with know-it-alls, finger-pointers, and others who try to "Out-Mom" you NOTE: Pausing to read this book may be the only selfish thing you do all year, since you'll have time for nothing else!

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.

Pregnancy Day By Day

The Healthy Pregnancy Book

Dude, You're Gonna Be a Dad!

For the First Time Moms, What They Don't Tell You

The Impatient Woman's Guide to Getting Pregnant

Promoting Normal Birth

The Smart Woman's Guide to Midlife and Beyond

**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.**

**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!**

**An international collaboration of lecturers, practitioners and researchers. Each chapter considers a topic relevant to normalising maternity care. Topics include: routine interventions epidurals physiological third and fourth stages longer labours and approaches to monitoring / intervention most effective models of care birth centres home birth mental health doulas reasons for intervention links between research and practice harmonising models of birth caseload midwifery including 'normality' on medical training courses the symbolic value of birth developments in China, the UAE, Brazil and other countries where dramatic changes are taking place (e.g. in sub-Saharan Africa) the 'natural' caesarean individual agents for change intrapartum best practice ways of supporting women labouring without pharmacological pain relief water birth VBAC the role of regulatory bodies ways of publicising your work communication for best results review of progress and pointers for future research. Questions and extracts provide stimulating reflection and seminar material. For midwives, obstetricians, GPs, doulas and other maternity caregivers. "I strongly recommend this book to midwives, obstetricians, doctors and hospital administrators. It carefully reviews the scientific data." Marsden Wagner-who was director of Women's and Children's Health at the World Health Organization for**

15 years, before his retirement. Questions and extracts provide stimulating reflection and seminar material. For midwives, obstetricians, GPs, doulas and other maternity caregivers. "I strongly recommend this book to midwives, obstetricians, doctors and hospital administrators. It carefully reviews the scientific data." Marsden Wagner-who was director of Women's and Children's Health at the World Health Organization for 15 years, before his retirement" Born in the USA examines issues including midwifery and the safety of out-of-hospital birth, how the process of becoming a doctor can adversely affect both practitioners and their patients, and why there has been a rise in the use of risky but doctor-friendly interventions, including the use of Cytotec, a drug that has not been approved by the FDA for pregnant women. Most importantly, this investigation, supported by many troubling personal stories, explores how women can reclaim the childbirth experience for the betterment of themselves and their children."--Jacket.

**An All-Canadian Guide to Conception, Birth and Everything in Between**

**The Complete, Candid, and Reassuring Companion for Parents-To-Be Nurture**

**Wise and Witty Advice on Everything from Coping with Postpartum Moodswings to**

**The Girlfriends Guide to Getting Your Groove Back**

**The Girlfriends' Guide to Pregnancy**

***This is a fun, informative, and totally comprehensive reference manual with quick answers to all your most pressing pregnancy questions. From straight-forward nutrition information and strategies for maximizing meal plans, to tips on choosing cruelty-free antacids (by brand name) and advice on how to throw a vegan baby shower, the vegan mom will find complete validation for her chosen lifestyle. Written in an upbeat and casual tone, readers will feel like they're having an awesome conversation with a super-supportive and super-positive girlfriend...who happens to know a ton about vegan nutrition and pregnancy. Also includes nourishment tips for breastfeeding moms and herbal remedies that help with postpartum blues.***

***America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide.***

***Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly***

***explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.***

***An Expectant Mom's Guide to Everything***

***The First Part Last***

***Joy of Pregnancy 2nd Edition***

***The Complete Guide to Pregnancy***