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PREGNANCY CHILDBIRTH AND THE NEWBORN

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If you only buy one pregnancy book, this should be the one! It's the most complete. It covers all aspects of childbearing, from conception through early infancy, and tells you what to expect. It offers detailed information, suggestions on decisions to make, and advice on steps to take to have a safe and satisfying experience. The Award-Winning Resource Recommended by Experts & Loved by Parents Parents love this book because it puts them in control by explaining a wide range of options, information, and questions to ask, so parents can find what works best for their health situation, personal goals, and priorities. Experts love this book because it's based on the latest medical research and recommendations from leading health organizations. It's practical—rooted in the real-life experiences of new families. The five authors bring a combined total of 150 years of experience working with expectant and new families as educators, nurses, counselors, doulas, physical therapists, and lactation consultants. They have attended hundreds of births, heard

thousands of birth stories, and assisted innumerable new parents in adapting to their new lives. Not only that, the authors have a combined total of 12 children and 12 grandchildren. All of this experience allows them to write with compassion, understanding, and wisdom based on what really works in the real-world of parenting. The companion website offers even more details on select subjects, including lists of all the best resources on each topic and worksheets to guide parents' decision-making process. The website also includes a bonus chapter on pre-conception, which provides ways to improve your health and fertility before pregnancy begins.

[Author, Doula, Childbirth Educator, Birth Counselor ...](#)

Penny Simkin, PT, is a physical therapist who has specialized in childbirth education and labor support since 1968. She estimates she has prepared over 13,000 women, couples, and siblings for childbirth.

[Pregnancy And Saunas - American Pregnancy Association](#)

Do you have questions about using a sauna while pregnant? Learn more about pregnancy and saunas and the appropriate recommendations.

[Mucus Plug: Bloody Show - American Pregnancy Association](#)

Compiled using information from the following source: Pregnancy, Childbirth and the Newborn: The Complete Guide. Simkin, Penny, P.T., et al, Ch. 9.

[Best Pregnancy Books For \(First Time\) Expecting Moms](#)

A great list of pregnancy reads for the expectant mom, whether you are pregnant for the first time or giving birth to your fourth child.

[10 Must-Read Pregnancy Books For Expecting Moms](#)

Whether you're a first-time mom or a seasoned veteran, these 10 pregnancy books will make you laugh, cry and inform you all the same.

[Infant - Wikipedia](#)

An infant (from the Latin word *infans*, meaning "unable to speak" or "speechless") is the more

formal or specialised synonym for "baby", the very young offspring of a human.

[Pregnancy Books: 35 Best Pregnancy Books - TheBump](#)

Looking for the best pregnancy books? We have 35 pregnancy books to answer your next nine months of questions!

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