

Your complete guide to having a healthy, happy pregnancy This updated and expanded third edition of Pregnancy ForDummies offers mothers-to-be practical advice and expert guidance on every stage of their pregnancy — and beyond! Understand whats happening with your baby and your body, and be guided through what to expect from labour, birth and becoming a new parent. Follow your babys development — understand the changes you and your baby go through during all three trimesters Research your birth options — make informed choices that best suit your needs Care for your baby before birth — eat well and keep active during pregnancy Prepare for the birth of your baby — know what happens before, during and after labour Look after your newborn — find advice on breastfeeding and bringing your baby home Keep up with current issues —identify issues facing mothers today, such as returning to work or having children later in life Get expert advice on special situations — meet the challenges of multiple births, problems during pregnancy or miscarriage Open the book and find: Ways to increase your chances of getting pregnant Clear illustrations of how the body changes during pregnancy Advice for managing pre-existing conditions during pregnancy Discussion about complementary and alternative therapies Simple explanations of your birth options Information about parental leave entitlements Websites to access further support

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