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## The Only Pregnancy Book You ll Ever Need: An Expectant Mom s Guide to Everything (Paperback)

By Paula Ford-Martin, Britt Brandon

Adams Media Corporation, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. 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 changesSelecting the right pregnancy dietUnderstanding prenatal tests and screeningsChoosing the best labor and delivery optionsBudgeting 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.



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