



Dr. Miriam Stoppard's New Pregnancy and Birth Book: The Classic Guide for Parents-to-Be, Revised and Updated

Dr. Miriam Stoppard

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A COMPLETELY UPDATED AND EXPANDED EDITION OF DR. MIRIAM STOPPARD'S BESTSELLING PREGNANCY HANDBOOK

Reassuring, practical, and thoroughly enjoyable to read, *Dr. Miriam Stoppard's New Pregnancy and Birth Book* is the ideal step-by-step guide to every aspect of pregnancy—from prenatal care and childbirth through the first few weeks of life. Containing new color photos, this revised edition is packed with vital information on the latest fertility treatments, prenatal tests, and obstetric procedures, as well as new sections that address the needs of working expectant mothers. Inside you will find

- information and guidance for both parents through each stage, including charts and checklists to assist in planning for the new arrival
- an extended month-by-month pregnancy calendar highlighting the mother's physical and emotional changes during pregnancy and the baby's development inside the body
- thorough information about special health concerns and common complaints
- diet, exercise, and relaxation techniques that benefit both mother and baby
- detailed photographs, drawings, and diagrams

“A ‘winner’ that can be recommended without hesitation to any parent-to-be.”

—*Journal of the Institute of Health Education*

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