

# Your Pregnancy Companion: Everything You Need to Know About Pregnancy, Birth and the First Weeks of Parenthood



An informative and reassuring guide to pregnancy, birth, and the first weeks with a new baby. Full of the latest essential information and expert advice, this guide will help new mothers to prepare for motherhood and give their babies the best start in life. The author offers unique methods and advice which have been very successful with her clients' pregnancies, such as relaxation techniques to prepare for birth; simple Mind-Body-Baby exercises to start bonding baby during pregnancy; and information on nutrition to help control morning sickness, sleep well, and feel more energetic. The book covers everything expectant mothers need to know, including what to eat to stay healthy and help babies develop, what to expect from antenatal care, how to prepare physically and mentally for the birth, and information on genetics. There are also sections for expectant fathers preparing for fatherhood; specific advice for mothers who have had IVF, have a higher risk pregnancy, or who are expecting twins; and essential advice to help get through the first weeks of parenthood, including breast- and bottle-feeding, promoting good sleep, keeping the baby clean and comfortable, post-natal depression, understanding the baby's cries, and having fun with the baby.

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