

emily oster expecting better

Emily Oster Expecting Better: A Deep Dive into Her Perspectives on Parenting and Personal Growth

Emily Oster expecting better has become a phrase that resonates with many who follow her insightful analyses on parenting, health, and personal development. As an economist turned author and educator, Oster's work consistently challenges conventional wisdom, encouraging parents and individuals to make informed decisions based on data and research. Her perspectives on expecting better—whether in parenting, health, or life choices—have sparked conversations worldwide. This article explores Emily Oster's philosophy, her approach to expecting better, and how her insights can influence your own life.

Who Is Emily Oster?

Background and Career

Emily Oster is an economist renowned for her research on health and parenting. She gained prominence with her bestselling books that aim to demystify complex health-related topics for the general public. Oster's academic background includes a Ph.D. in Economics from Harvard University, and she has held faculty positions at prestigious institutions.

Transition to Parenting Advice

Oster's transition from academic economist to parenting guru was driven by her personal experiences as a mother. Her desire to cut through conflicting advice led her to analyze available data, resulting in practical, evidence-based guidance for parents. Her approach emphasizes empowering individuals with knowledge rather than prescribing rigid rules.

Understanding "Expecting Better"

The Concept of Expecting Better

"Expecting better" reflects Emily Oster's core philosophy: the idea that expecting better outcomes in parenting and personal life is achievable through informed decision-making. It's about challenging norms, questioning assumptions, and embracing a data-driven approach to improve your experiences.

Key Principles Behind Expecting Better

- Informed choices: Making decisions based on actual evidence rather than societal pressures.
- Critical thinking: Evaluating advice critically rather than accepting it at face value.
- Personalization: Recognizing that what works for one person may not work for another.
- Empowerment: Gaining confidence through knowledge to navigate complex situations.

Oster's Approach to Expecting Better in Parenting

Common Parenting Myths Debunked

Emily Oster's work often involves dissecting popular parenting myths. Some notable examples include:

- The necessity of strict sleep training methods.
- The importance of avoiding all screen time for young children.
- The idea that certain foods must be avoided during pregnancy.

Evidence-Based Parenting Strategies

Oster advocates for approaches backed by research. For example:

- Allowing flexible sleep routines rather than rigid schedules.
- Introducing age-appropriate screen time gradually.
- Balancing nutrition without unnecessary restrictions.

Practical Tips for Expecting Better as a Parent

- Trust your instincts, but verify: Use data to confirm or challenge your intuitive decisions.
- Prioritize your mental health: Recognize that parental well-being impacts your child's development.
- Seek quality information: Rely on reputable sources and scientific studies rather than anecdotal advice.
- Be adaptable: Understand that parenting strategies may need to change as

your child grows.

Applying Expecting Better in Health and Lifestyle

Pregnancy and Prenatal Care

Oster's approach encourages expecting mothers to:

- Question blanket recommendations and tailor prenatal care to their circumstances.
- Focus on what evidence suggests about nutrition, exercise, and medical interventions.
- Avoid unnecessary interventions and tests driven by fear or outdated practices.

Nutrition and Diet

Her research supports moderation over restriction:

- Allowing variety and flexibility in diet rather than avoiding entire food groups.
- Making sustainable changes rather than restrictive diets that can be hard to maintain.

Exercise and Physical Activity

Oster recommends:

- Engaging in regular, moderate exercise tailored to individual fitness levels.
- Listening to your body and avoiding overexertion.

Expecting Better in Personal Growth and Decision-Making

Challenging Societal Norms

Oster encourages individuals to:

- Question societal expectations that may not serve their best interests.
- Embrace authenticity and personal values over conforming to norms.

Making Data-Driven Life Choices

Applying her principles beyond parenting:

- Financial decisions, such as saving and investing.
- Career moves, including changing industries or pursuing education.
- Lifestyle choices, like travel, hobbies, or relationships.

Strategies for Expecting Better in Personal Life

- Gather information: Research options thoroughly before making decisions.
- Weigh pros and cons: Use a structured approach to evaluate potential outcomes.
- Set realistic goals: Focus on achievable improvements rather than perfection.
- Learn from setbacks: View challenges as opportunities for growth and adjustment.

Impact of Emily Oster's Philosophy on Society

Changing the Conversation Around Parenting

Oster's evidence-based approach has shifted how many view parenting advice, emphasizing individual circumstances over blanket rules.

Promoting Critical Thinking

Her work encourages skepticism of anecdotal advice and promotes a culture of questioning and research.

Empowering Individuals

By providing accessible, research-backed information, Oster empowers people to make confident decisions aligned with their values.

How to Incorporate "Expecting Better" into Your Life

Steps to Start Expecting Better Today

1. Identify areas for improvement: Whether in parenting, health, or personal

growth.

2. Seek credible information: Use reputable sources and scientific studies.
3. Question assumptions: Challenge societal norms and personal beliefs.
4. Implement small changes: Focus on incremental improvements rather than perfection.
5. Reflect and adjust: Regularly review your decisions and outcomes.

Resources to Help You Expect Better

- Emily Oster's books, including *Expecting Better*, *Cribsheet*, and *The Family Firm*.
- Reputable health and parenting websites.
- Support groups that emphasize evidence-based practices.

Conclusion: Embracing the Philosophy of Expecting Better

Emily Oster's message of expecting better is a powerful reminder that improved outcomes in parenting, health, and personal life are within reach when decisions are guided by evidence and critical thinking. Her work challenges us to question societal norms, seek reliable information, and make choices that align with our unique circumstances and values. By adopting her principles, you can foster a more confident, informed, and fulfilling life—one where expectations are not just hope but backed by knowledge and intentionality.

Remember, expecting better is not about perfection but about progress. Start today by questioning assumptions, seeking evidence, and making informed choices that lead to a more empowered and satisfying life.

Frequently Asked Questions

What is the main focus of Emily Oster's book 'Expecting Better'?

Emily Oster's 'Expecting Better' focuses on providing evidence-based guidance to pregnant women, challenging traditional advice and helping them make informed decisions during pregnancy.

How has 'Expecting Better' influenced pregnancy advice and practices?

'Expecting Better' has empowered many women to question common pregnancy myths, leading to more personalized and informed choices based on scientific data rather than societal myths.

What are some key data-driven insights from 'Expecting Better'?

The book offers insights such as the actual risks of certain foods, activities, and medications during pregnancy, often showing that some restrictions are overly cautious or unnecessary.

How does Emily Oster approach controversial topics in 'Expecting Better'?

She uses rigorous data analysis and research to provide balanced perspectives, encouraging women to weigh risks and benefits rather than blindly following traditional advice.

Has 'Expecting Better' received any notable endorsements or criticisms?

'Expecting Better' has been praised for its evidence-based approach and clarity, though some critics argue that it may downplay certain risks or oversimplify complex medical advice.

In what ways has 'Expecting Better' impacted the way healthcare providers discuss pregnancy?

The book has prompted healthcare providers to consider more nuanced conversations with patients about risks and choices, emphasizing informed decision-making.

Are there any recent updates or editions of 'Expecting Better' reflecting new research?

As of now, there haven't been recent editions, but Emily Oster continues to update her recommendations through her blog and columns, incorporating new research findings.

Who is the target audience for 'Expecting Better'?

The book is primarily aimed at pregnant women seeking evidence-based information, but it is also useful for partners, healthcare providers, and anyone interested in understanding pregnancy data.

Additional Resources

Emily Oster *Expecting Better: Redefining Parenthood with Data-Driven Confidence*

In the landscape of modern parenting, where advice often conflicts and information overload can be overwhelming, one name has consistently stood out for her analytical approach: Emily Oster. Known for her ability to translate complex data into accessible insights, Oster has become a trusted voice among parents seeking evidence-based guidance. Recently, the phrase "Emily Oster expecting better" has gained traction, signaling a shift in her mission—not just to inform but to empower parents to make choices aligned with their

values, backed by rigorous research. This article explores Oster's approach, her latest insights, and how her work is transforming the conversation around parenthood in the 21st century.

Who Is Emily Oster? A Brief Background

Before delving into her current work, it's essential to understand Emily Oster's background and how she became a prominent figure in parenting literature.

Academic Foundations

Emily Oster is an economist by training, holding a Ph.D. in Economics from Harvard University. Her expertise lies in data analysis, behavioral economics, and health decision-making. Her academic background provided her with the tools to critically evaluate the plethora of parenting advice flooding the market.

Transition to Parenting Literature

Oster's transition from academia to popular writing began with her desire to make sense of the conflicting advice on parenting and pregnancy. Her first book, *Expecting Better* (2013), was a groundbreaking work that challenged conventional wisdom about pregnancy restrictions and recommendations, using data to debunk myths and offer evidence-based guidance.

Continued Impact

Since then, Oster has authored several books, including *Cribsheet* and *The Family Firm*, each emphasizing transparent, data-driven decision-making. Her approach has resonated with a diverse audience, from new parents to seasoned caregivers, seeking clarity amid uncertainty.

The Core Philosophy: Data-Driven Parenthood

At the heart of Emily Oster's work is a commitment to applying rigorous analysis to everyday parenting decisions. Her philosophy can be summarized as follows:

- **Question Conventional Wisdom:** Many parenting rules are based on tradition, fear, or outdated studies. Oster encourages questioning these norms.
- **Evaluate the Evidence:** Use available data to assess risks and benefits objectively.
- **Make Informed Choices:** Empower parents to decide what works best for their families, rather than following one-size-fits-all advice.
- **Balance Risks and Rewards:** Recognize that most decisions involve trade-offs, and understanding these can lead to more confident choices.

This approach fosters a mindset of expecting better—not just hoping for the best but actively engaging in informed decision-making.

"Expecting Better": Challenging Pregnancy Norms with Evidence

Oster's first book, *Expecting Better*, revolutionized how pregnant women approach their pregnancies. Traditionally, pregnancy advice has been rooted in caution, often leading women to avoid many common activities or foods. Oster's meticulous review of scientific studies, however, reveals a more nuanced picture.

Key Insights from *Expecting Better*

- **Alcohol Consumption:** While many guidelines recommend complete abstinence, Oster's analysis suggests that small amounts of alcohol during pregnancy carry minimal risk, especially when considering the social and emotional benefits.
- **Travel and Flying:** Contrary to cautious advice, moderate air travel during pregnancy has been shown to be generally safe, with precautions for high-risk pregnancies.
- **Diet and Nutrition:** Rather than strict restrictions, she advocates for balanced diets based on nutritional needs, debunking myths around certain foods being inherently dangerous.
- **Exercise:** The data supports the safety and benefits of staying active, challenging the notion that pregnant women should drastically reduce activity levels.

Impact on Expectant Mothers

Oster's evidence-based guidance has empowered countless women to make choices aligned with their comfort and circumstances. Her work emphasizes that pregnancy is not a time for fear-based restrictions but an opportunity for informed empowerment.

Beyond Pregnancy: Applying Data to Parenting Challenges

Building on her success with *Expecting Better*, Oster expanded her scope to cover early childhood, parenting strategies, and family decision-making.

Cribsheet: Debunking Parenting Myths

In *Cribsheet*, Oster tackles common parenting dilemmas, such as:

- **Sleep Training:** Does sleep training harm attachment? What are the real risks and benefits?
- **Breastfeeding vs. Formula:** Is breastfeeding worth the effort? What does the evidence say about its impact?
- **Screen Time:** How much is too much? What are the developmental implications?

Her data-driven conclusions often challenge popular beliefs, encouraging parents to weigh the evidence carefully.

The Role of Parental Anxiety

Oster also explores the emotional aspects of parenting, recognizing that anxiety often stems from misinformation. She advocates for a balanced approach—acknowledging risks without succumbing to fear—helping parents develop confidence in their decisions.

Facing the Challenges: Navigating Conflicting Advice and Misinformation

In the digital age, parents are bombarded with advice from social media, blogs, and peer networks, many of which lack scientific backing. Oster's work provides a framework to navigate this chaos.

How Oster's Approach Helps Parents

- Critical Thinking: Encourages questioning the source and evidence behind advice.
- Risk Assessment: Teaches parents to understand and weigh risks versus benefits.
- Flexibility: Promotes adaptability based on individual circumstances and new evidence.

Her emphasis on data literacy equips parents to sift through misinformation and find guidance that truly serves their family's needs.

The Broader Impact: Redefining Parenthood Expectations

The phrase "Emily Oster expecting better" can also be interpreted as a call for higher standards in parenting—expecting better information, better support, and better choices.

Cultural Shifts

Oster's influence is contributing to cultural shifts where:

- Parents feel more empowered and less anxious.
- Evidence-based practices become the norm.
- The focus shifts from fear-driven decisions to informed confidence.

Policy and Healthcare Implications

Her work has implications beyond individual families, informing healthcare providers, policymakers, and educational programs to adopt a more nuanced, data-informed approach to parenting guidance.

Challenges and Criticisms

While Oster's approach has garnered praise, it is not without criticism:

- Misinterpretation Risks: Some may cherry-pick data or misapply findings, leading to risky decisions.
- Complexity of Data: Not all evidence is clear-cut; nuanced judgments are necessary.
- Cultural Differences: Recommendations may not translate seamlessly across diverse cultural contexts.

Oster emphasizes that her guidelines are starting points, not rigid rules, and advocates for personalized decisions grounded in data.

Looking Ahead: The Future of Data-Driven Parenting

As research continues to evolve, Oster's methodology offers a promising model for future parenting guidance. Her work encourages continuous learning, critical evaluation, and confidence in making tough decisions.

Areas of Ongoing Research

- Mental health and parenting: Understanding the impact of parental well-being.
- Child development: Evaluating early interventions and educational strategies.
- Technology's role: Assessing the influence of digital tools on children.

The Role of Parents and Professionals

Parents can now approach parenting with a toolkit of evidence-based strategies, while healthcare professionals can incorporate data literacy into their advice, fostering a more collaborative, informed approach.

Conclusion: Expecting Better in Parenthood

In the end, "Emily Oster expecting better" encapsulates a vision for modern parenthood—one rooted in knowledge, confidence, and empowerment. By demystifying complex data and challenging outdated norms, Oster has paved the way for parents to approach their roles with clarity and assurance. Her work reminds us that while parenting is inherently uncertain, it is also an opportunity to make smarter, more informed choices—leading to better outcomes for families and a more trusting, less anxious culture of parenthood.

As society continues to grapple with the challenges of raising children in an ever-changing world, Emily Oster's data-driven philosophy offers a beacon of hope: that with the right information, parents can indeed expect better.

[Emily Oster Expecting Better](#)

emily oster expecting better: Expecting Better Emily Oster, 2013-08-20 Fully revised and updated for 2025, from the bestselling author of *Cribsheet*, *The Family Firm*, and *The Unexpected* "Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way." —Amy Schumer The award-winning economist named one of TIME Magazine's 100 most influential people disproves standard recommendations about pregnancy to empower women while they're expecting. Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Parents-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, *Expecting Better* is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional

glass of wine.

emily oster expecting better: Summary of Emily Oster's Expecting Better Milkyway Media, 2021-08-01 Buy now to get the main key ideas from Emily Oster's Expecting Better Pregnancy, without a doubt one of adulthood's most profound and meaningful experiences, can reduce perfectly competent women to, well, babies. In Expecting Better (2013), award-winning economist Emily Oster applies scientific rigor to conventional pregnancy advice. Her goal is to empower pregnant women by providing concrete numbers and hard facts from trustworthy research. Pregnancy, like any complicated endeavor, is not a one-size-fits-all affair. Despite this, medicine frequently treats it as such. Are doctors making decisions based on inaccurate information? Are well-intentioned friends and family members spreading false information and instilling unfounded fears? Oster's answer is often yes. Any expecting mother will be less worried and better able to enjoy a healthy pregnancy if she is well-informed.

emily oster expecting better: A Joosr Guide to ... Expecting Better by Emily Oster Joosr, 2016

emily oster expecting better: Expecting Better Emily Oster, 2024-11-12 A gift edition, with a new letter to the reader from Emily—perfect for baby showers and special moments “Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way.” —Amy Schumer What to Expect When You're Expecting meets Freakonomics: an award-winning economist and author of Cribsheet, The Family Firm, and The Unexpected disproves standard recommendations about pregnancy to empower women while they're expecting. Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

emily oster expecting better: Cribsheet Emily Oster, 2020-04-21 From the author of Expecting Better, The Family Firm, and The Unexpected an economist's guide to the early years of parenting. “Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down.” —LA Times “The book is jam-packed with information, but it’s also a delightful read because Oster is such a good writer.” —NPR With Expecting Better, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In Cribsheet, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe with M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. Economics is the science of decision-making, and Cribsheet is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained

expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool.

emily oster expecting better: Summary: Expecting Better Quick Quick Summaries, 2019-09-24 PLEASE NOTE: This is an unofficial and independent summary & analysis of Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong -- and What You Really Need to Know By Emily Oster and is meant to be read as a supplement to Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know By Emily Oster. This summary & analysis was published and written by Quick Summaries. It is NOT affiliated with the original author in any way and it is NOT the original book. You can find the original book here:

<https://www.amazon.com/dp/0143125702> WARNING: This book has passed copyscape and is plagiarism free. False Copyright Claims will result in legal action. Pocket size version (only 4x6). Read entire summary and analysis in 30 minutes. Emily Oster's book, Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know By Emily Oster discusses the topics of fertility, conception, pregnancy, and delivery by drawing on scientific data to understand the myths and realities of pregnancy. Many readers use the words pregnancy bible to refer to Expecting Better. We shall summarize the key takeaways of each chapter and elaborate and discuss the key principles so you have a better understanding of the book. This summary will also provide actionable tidbits of pregnancy knowledge that you can use in your life right now to ensure that as you go through the various phases of pregnancy, you have a clear idea of what to expect. Quick Summaries Include: Summary of the original book Important underlying concepts from each chapter Actionable steps About Author Section Much, much more! DISCLAIMER: This book is intended as a companion to, not a replacement for Expecting Better by Emily Oster. Quick Summaries is wholly responsible for this content and is not associated with the original author in any way. This is an unofficial and independent summary & analysis of Expecting Better and is meant to be read as a supplement to Expecting Better. This summary & analysis was published and written by Quick Summaries. It is NOT affiliated with the original author in any way and it is NOT the original book. You can purchase the original book by visiting <https://www.amazon.com/dp/0143125702>.

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emily oster expecting better: Strong As a Mother Kate Rope, 2025-08-22 Expert, practical advice for complete mental and physical maternal health Kate Rope's Strong as a Mother is a practical and compassionate guide to preparing for a smooth start to motherhood. Everyone knows the secret to having the Happiest Baby on the Block. This is your guide to being the Sanest Mommy on the Block. It will prepare you with humor and grace for what lies ahead, give you the tools you need to take care of yourself, permission to struggle at times, and professional advice on how to move through it when you do. This book will become a dog-eared resource on your nightstand, offering you the same care and support that you are working so hard to provide to your child. It will help you prioritize your emotional health, set boundaries and ask for help, make choices about feeding and childcare that feel good to you, get good sleep, create a strong relationship with your partner, make self care an everyday priority, trust your instincts, and actually enjoy the hardest job you will ever love. This book is here to take care of you.

emily oster expecting better: Preventing Abuse and Neglect in the Lives of Children with Disabilities E. Paula Crowley, 2016-04-02 This book addresses the development of our understanding of the abuse and neglect in the lives of children with disabilities. Disabilities in childhood uniquely dispose children for their abuse and neglect. Additionally, abuse and neglect dispose children for disabilities. The care and education of children with disabilities requires unique knowledge and skills and so does the consideration of their abuse and neglect. This book is based on data generated from an analysis of cases involving the abuse and neglect of children with disabilities as well as on an analysis of the data based literature in this area. Readers are provided with analysis and reflection exercises throughout the text so that they may analyze and reflect on their own awareness of the abuse and neglect of children with disabilities. Each chapter also contains a set of

implications for research and practice. The final chapter focuses directly on prevention. Caregivers and professionals across disciplines will develop a new understanding of their roles in universal, secondary, and tertiary level prevention that is targeted, focused, data-based, and designed to prevent the abuse and neglect of children with disabilities in the first place.

emily oster expecting better: *The Obesity Paradox* Carl J. Lavie, M.D., 2014-04-03 Robert Lustig changed the national conversation about fat. Now, a pioneer in “obesity paradox” research delivers a message that everyone who struggles to shed so-called excess weight will want to hear. After research uncovered that overweight and even moderately obese people with certain chronic diseases often live longer and fare better than their normal weight counterparts, Carl Lavie, MD, realized that being moderately fit is more important for good health than having a low body mass index. Sharing the science behind these recent findings, *The Obesity Paradox* shows readers how to achieve what’s really important: maximum health—not minimum weight.

emily oster expecting better: *The Maternal Imprint* Sarah S. Richardson, 2021-11-05 Leading gender and science scholar Sarah S. Richardson charts the untold history of the idea that a woman's health and behavior during pregnancy can have long-term effects on her descendants' health and welfare. The idea that a woman may leave a biological trace on her gestating offspring has long been a commonplace folk intuition and a matter of scientific intrigue, but the form of that idea has changed dramatically over time. Beginning with the advent of modern genetics at the turn of the twentieth century, biomedical scientists dismissed any notion that a mother—except in cases of extreme deprivation or injury—could alter her offspring’s traits. Consensus asserted that a child’s fate was set by a combination of its genes and post-birth upbringing. Over the last fifty years, however, this consensus was dismantled, and today, research on the intrauterine environment and its effects on the fetus is emerging as a robust program of study in medicine, public health, psychology, evolutionary biology, and genomics. Collectively, these sciences argue that a woman’s experiences, behaviors, and physiology can have life-altering effects on offspring development. Tracing a genealogy of ideas about heredity and maternal-fetal effects, this book offers a critical analysis of conceptual and ethical issues—in particular, the staggering implications for maternal well-being and reproductive autonomy—provoked by the striking rise of epigenetics and fetal origins science in postgenomic biology today.

emily oster expecting better: *It Starts with the Bump* Rebecca Fett, 2024-08-16 The latest scientific research has revealed new ways to optimize maternal health, reduce the chance of complications, and nurture a baby’s growth and development—right from the start of pregnancy. Rebecca Fett, author of the bestselling fertility book *It Starts with the Egg*, now brings the same proactive and evidence-based approach to pregnancy health. She distills the latest studies into actionable steps for each trimester, helping you choose the right supplements, manage common pregnancy symptoms, and prepare for labor and delivery. What’s inside - An in-depth guide to pregnancy supplements, including how to choose the best prenatal and determine the right dose of iron, omega-3s, calcium, and vitamin D. - Advice on lab tests for each stage of pregnancy. - Evidence-based strategies for letting go of worry and finding joy if you are pregnant after a difficult path. - New scientific research on what causes pregnancy nausea and what you can do. - How your pregnancy may be different if you are over 35 or conceived by IVF (and why your doctor may recommend aspirin and earlier induction). - The importance of core stability and the best exercises to prepare for childbirth. - Advice on overcoming breastfeeding challenges and choosing the best formula. - Strategies for supporting your newborn baby’s microbiome.

emily oster expecting better: *The Madness of Modern Parenting* Zoe Williams, 2014-11-27 Parenting in the modern world is an overwhelming concept. It seems to divide everyone from psychologists and politicians to scientists and salesmen, leaving the parents themselves with a terrible headache as a result. How can anyone live up to such expansive and conflicting expectations? As Zoe Williams explores, the madness begins before the baby has even arrived: hysteria is rife surrounding everything from drinking alcohol and eating cheese to using a new frying pan. And it only gets worse. The list of things you need to consider (as well as the things you never

realised you needed to consider) is ever-increasing, and questions of breastfeeding, buggies, staying at home, schooling - and what your mother-in-law thinks you're doing wrong - take over completely. The task of raising a child has been turned into a circus of ludicrous proportions. Combining laugh-out-loud tales of parenthood with myth-busting facts and figures, Zoe provides the antithesis of all parenting discussions to date. After all, parents managed perfectly well for centuries before this modern madness, so why do today's mothers and fathers make such an almighty fuss about everything?

emily oster expecting better: The Good Mother Myth Nancy Reddy, 2025-01-21 Timely and thought-provoking, Nancy Reddy unpacks and debunks the bad ideas that have for too long defined what it means to be a good mom. When Nancy Reddy had her first child, she found herself suddenly confronted with the ideal of a perfect mother—a woman who was constantly available, endlessly patient, and immediately invested in her child to the exclusion of all else. Reddy had been raised by a single working mother, considered herself a feminist, and was well on her way to a PhD. Why did doing motherhood right feel so wrong? For answers, Reddy turned to the mid-20th century social scientists and psychologists whose work still forms the basis of so much of what we believe about parenting. It seems ludicrous to imagine modern moms taking advice from midcentury researchers. Yet, their bad ideas about so-called “good” motherhood have seeped so pervasively into our cultural norms. In *The Good Mother Myth*, Reddy debunks the flawed lab studies, sloppy research, and straightforward misogyny of researchers from Harry Harlow, who claimed to have discovered love by observing monkeys in his lab, to the famous Dr. Spock, whose bestselling parenting guide included just one (1!) illustration of a father interacting with his child. This timely and thought-provoking book will make you laugh, cry, and want to scream (sometimes all at once). Blending history of science, cultural criticism, and memoir, *The Good Mother Myth* pulls back the curtain on the flawed social science behind our contemporary understanding of what makes a good mom.

emily oster expecting better: You Can't F*ck Up Your Kids Lindsay Powers, 2020-03-31 Cribsheet meets *The Sh!t No One Tells You* in this no-holds-barred, judgment-free parenting guide that sets the record straight on every hot-button parenting topic by longtime journalist and founder of the viral #NoShameParenting movement. What if you could do more for your kids, by doing a whole lot less? Parenting today has become a competitive sport, and it seems that everyone is losing. From the very moment that little line turns blue, parents-to-be find themselves in a brave new world where every decision they make is fraught, every action they take is judged, and everything they do seems to be the wrong thing. Formula feed? Breast is best. Breastfeed in public? That's indecent. Cry it out? You're causing permanent harm to your child. Don't sleep train? Your child will never learn to sleep on his or her own. Stay home? You're setting a bad example for your kids. Go back to work? Don't you love your kids more than your job? Lindsay Powers—former editor-in-chief of Yahoo! Parenting, creator of the #NoShameParenting movement, and mom of two—is here to help parents everywhere breathe a collective sigh of relief. This laugh-out-loud funny, accessible, and reassuring book sets the record straight on all of the insane conflicts that parents face—from having a glass of wine while pregnant to sleep training, childcare, feeding, and even sex after baby. Drawing on the latest research and delivered in a relatable, comforting voice, *You Can't F*ck Up Your Kids* demonstrates that it is possible to take the stress out of parenting and sit back and enjoy the ride.

emily oster expecting better: The Medicalization of Birth and Death Lauren K. Hall, 2019-12-17 Improving how individuals give birth and die in the United States requires reforming the regulatory, reimbursement, and legal structures that centralize care in hospitals and prevent the growth of community-based alternatives. In 1900, most Americans gave birth and died at home, with minimal medical intervention. By contrast, most Americans today begin and end their lives in hospitals. The medicalization we now see is due in large part to federal and state policies that draw patients away from community-based providers, such as birth centers and hospice care, and toward the most intensive and costliest kinds of care. But the evidence suggests that birthing and dying

people receive too much—even harmful—medical intervention. In *The Medicalization of Birth and Death*, political scientist Lauren K. Hall describes how and why birth and death became medicalized events. While hospitalization provides certain benefits, she acknowledges, it also creates harms, limiting patient autonomy, driving up costs, and causing a cascade of interventions, many with serious side effects. Tracing the regulatory, legal, and financial policies that centralize care during birth and death, Hall argues that medicalization reduces competition, stifles innovation, and prevents individuals from accessing the most appropriate care during their most vulnerable moments. She also examines the profound implications of policy-enforced medicalization on informed consent and shows how medicalization challenges the healthcare community's most foundational ethical commitments. Drawing on interviews with medical and nonmedical healthcare providers, as well as surveys of patients and their families, Hall provides a broad overview of the costs, benefits, and origins of medicalized birth and death. *The Medicalization of Birth and Death* is required reading for academics, patients, providers, policymakers, and anyone else interested in how policy shapes healthcare options and limits patients and providers during life's most profound moments.

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emily oster expecting better: Belabored Lyz Lenz, 2020-08-11 In *Belabored*, Lyz Lenz will make you cry in one paragraph and snort-laugh in the next (Chloe Angyal, contributing editor at MarieClaire.com). Written with a blend of wit, snark, and raw intimacy, *Belabored* is an impassioned and irreverent defense of the autonomy, rights, and dignity of pregnant people. Lenz shows how religious, historical, and cultural myths about pregnancy have warped the way we treat pregnant people: when our representatives enact laws criminalizing abortion and miscarriage, when doctors prioritize the health of the fetus over the life of the pregnant patient in front of them, when baristas refuse to serve visibly pregnant women caffeine. She also reflects on her own experiences of carrying her two children and seeing how the sacrifices demanded during pregnancy carry over seamlessly into the cult of motherhood, where women are expected to play the narrowly defined roles of wife and mother rather than be themselves. *Belabored* is an urgent call for us to trust women and let them choose what happens to their own bodies, from a writer who is on a roll (Bitch Magazine).

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Summer Book, Refinery29 Six months after the birth of her son, Emma Jane Unsworth finds herself in the eye of a storm. Nothing - from pregnancy to birth and beyond - has gone as she expected. A birth plan? It might as well have been a rough draft! Furious and exhausted, her life is the complete opposite of what it used to be. She's swapped all night benders for grazed labia and Whac-a-Moling haemorrhoids. How did she end up here? In this brave, vital account of postnatal depression, Emma tells her story of despair and recovery. She tackles the biggest taboos around motherhood and mental health, from botched stitches and bleeding nipples to anger and shame. How does pregnancy adapt our brains? Is postnatal depression a natural reaction to the trauma of modern motherhood? And are people's attitudes finally changing? After the Storm is a celebration of survival, holding out a hand to women everywhere. 'This book will make new mums feel accompanied, which is the most sacred thing' Jenn Ashworth 'Hilarious, heart-breaking and wise' Leah Hazard, midwife and author 'Truth and power and lots of LOLs too. I loved it' Amy Liptrot 'A brave and compelling part memoir, part manifesto' Marie Claire

emily oster expecting better: Unnaturally Delicious Jayson Lusk, 2016-03-22 The food discussion in America can be quite pessimistic. With high obesity rates, diabetes, climate change, chemical use, water contamination, and farm animal abuse, it would seem that there wasn't very much room for a positive perspective. The fear that there just isn't enough food has expanded to new areas of concern about water availability, rising health care costs, and dying bees. In Unnaturally Delicious, Lusk makes room for optimism by writing the story of the changing food system, suggesting that technology and agriculture can work together in a healthy and innovative way to help solve the world's largest food issues and improve the farming system as we know it. This is the story of the innovators and innovations shaping the future of food. You'll meet an ex-farmer entrepreneur whose software is now being used all over the world to help farmers increase yields and reduce nutrient runoff and egg producers who've created new hen housing systems that improve animal welfare at an affordable price. There are scientists growing meat in the lab. Without the cow. College students are coaxing bacteria to signal food quality and fight obesity. Nutrient enhanced rice and sweet potatoes are aiming to solve malnutrition in the developing world. Geneticists are creating new wheat varieties that allow farmers sustainably grow more with less. And, we'll learn how to get fresh, tasty, 3D printed food at the touch of a button, perhaps even delivered to us by a robotic chef. Innovation is the American way. Thomas Jefferson, George Washington Carver, and John Harvey Kellogg were food and agricultural entrepreneurs. Their delicious innovations led to new healthy, tasty, convenient, and environmentally friendly food. The creations were unnaturally delicious. Unnatural because the foods and practices they fashioned were man-made solutions to natural and man-made problems. Now the world is filled with new challenges changing the way we think about food. Who are the scientists, entrepreneurs, and progressive farmers who meet these challenges and search for solutions? Unnaturally Delicious has the answers.

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