

when you're expecting book

When you're expecting book is a term that resonates deeply with expectant parents, healthcare professionals, and anyone involved in pregnancy journeys. This comprehensive guide aims to explore everything you need to know about the popular "When You're Expecting" book series, including its origins, content, benefits, and how it can support you throughout your pregnancy. Whether you're a first-time parent or seeking a trusted resource to navigate the complexities of pregnancy, understanding what this book offers can be invaluable.

Introduction to "When You're Expecting" Book Series

The "When You're Expecting" series is a collection of pregnancy guides authored by experienced medical professionals, including Heidi Murkoff and Sharon Mazel. Since its first publication, the book has become a staple resource for millions of expecting parents worldwide. Its approachable language, comprehensive coverage, and practical advice make it an essential companion during pregnancy.

Origins and Evolution

- First published in 1984, the book was designed to provide expectant mothers with reliable, straightforward information.
- Over the years, the series has been updated regularly to reflect new medical research and evolving pregnancy practices.
- The series includes various editions tailored to specific needs, such as "When You're Expecting Twins or Multiples" and "The Pregnancy Journal."

Why It's Popular

- Trusted authorship by medical professionals.
 - Clear, empathetic communication style.
 - Extensive coverage of pregnancy stages, health concerns, and emotional well-being.
 - Practical tips and checklists.
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What Does the "When You're Expecting" Book Cover?

The content of the book is structured to guide expectant parents through every stage of pregnancy, from conception to postpartum recovery. Major topics include:

1. Pregnancy Stages

- First trimester: symptoms, fetal development, common concerns.
- Second trimester: anatomy scan, body changes, energy levels.
- Third trimester: preparing for labor, signs of labor, birth plans.

2. Fetal Development

- Weekly updates on fetal growth.
- Milestones such as heartbeat detection, movement, and organ development.

3. Health and Medical Care

- Prenatal testing and screenings.
- Managing common pregnancy symptoms.
- Recognizing warning signs that require medical attention.

4. Nutrition and Lifestyle

- Dietary recommendations.
- Exercise guidelines.
- Avoiding harmful substances like alcohol, tobacco, and certain medications.

5. Emotional Well-being

- Managing stress and anxiety.
- Dealing with pregnancy-related mood swings.
- Preparing for labor and delivery emotionally.

6. Labor and Delivery

- Signs of labor.
- Different birthing options.
- Pain relief methods.

7. Postpartum Care

- Recovery after birth.
- Breastfeeding tips.

- Recognizing postpartum depression.

How "When You're Expecting" Supports Expectant Parents

This book serves as both an educational resource and a supportive guide, helping parents navigate the emotional and physical challenges of pregnancy.

Empowerment Through Knowledge

- Clear explanations of medical procedures.
- Debunking common pregnancy myths.
- Providing evidence-based advice.

Practical Tools

- Checklists for prenatal appointments.
- Question prompts for healthcare providers.
- Journaling pages to track symptoms and milestones.

Emotional Support

- Normalizing pregnancy experiences.
- Tips for communicating with partners and family.
- Strategies for coping with anxiety and fears.

Personalized Guidance

- Advice tailored to different pregnancy types (e.g., high-risk pregnancies, multiples).
- Tips for managing specific health conditions.

Benefits of Reading "When You're Expecting"

Choosing this book as part of your pregnancy journey offers numerous advantages:

- **Reliable Information:** Written by healthcare experts, ensuring accuracy and safety.
- **Comprehensive Coverage:** Addresses all aspects of pregnancy, from conception to postpartum.
- **Empowerment:** Equips you with the knowledge to make informed decisions.
- **Reduced Anxiety:** Clarifies what to expect, easing fears and uncertainties.
- **Support System:** Provides reassurance and emotional validation during a transformative time.

How to Choose the Right Edition or Supplement

Given the evolving nature of pregnancy science and personal circumstances, selecting the right edition or supplementary materials can enhance your experience.

Popular Editions

- Standard Edition: Covers general pregnancy information suitable for most expectant mothers.
- Specialized Editions: Focus on multiples, high-risk pregnancies, or specific health concerns.
- The Pregnancy Journal: A companion tool for tracking symptoms, questions, and milestones.

Additional Resources

- Online companion sites with updates and community forums.
- Mobile apps that sync with book content.
- Support groups and classes inspired by the book's advice.

Tips for Maximizing the Benefits of "When You're Expecting"

To make the most of this resource:

1. **Read Regularly:** Engage with the material throughout your pregnancy to stay informed.

2. **Take Notes:** Use journaling pages or notebooks to track your questions and developments.
3. **Discuss with Your Healthcare Provider:** Use the book as a conversation starter during appointments.
4. **Join Support Communities:** Connect with others who are reading the same book for shared experiences.
5. **Apply Practical Tips:** Implement recommended lifestyle and health changes for a healthier pregnancy.

Conclusion: Is "When You're Expecting" Right for You?

Pregnancy is an exciting yet challenging journey, and having a trusted guide can make all the difference. The "When You're Expecting" book series offers comprehensive, reliable, and empathetic information that can help you navigate this special time with confidence. Whether you're seeking detailed medical insights, emotional support, or practical tips, this resource has something to offer every expectant parent.

Remember, while books like "When You're Expecting" are invaluable, always consult with your healthcare provider for personalized medical advice. Embrace this period of transformation with knowledge and support, and look forward to welcoming your new arrival with preparedness and joy.

Meta Description: Discover everything you need to know about the "When You're Expecting" book series—its content, benefits, and how it can support you throughout your pregnancy journey.

Frequently Asked Questions

What is the 'When You're Expecting' book about?

'When You're Expecting' is a comprehensive pregnancy guide that provides information on fetal development, health tips, and advice for expectant parents throughout pregnancy.

Is 'When You're Expecting' suitable for first-time parents?

Yes, the book is particularly helpful for first-time parents by offering detailed guidance, medical insights, and emotional support during pregnancy.

How accurate and up-to-date is the information in 'When You're Expecting'?

The book is regularly updated to reflect the latest medical research and guidelines, ensuring you receive current and reliable information.

Are there any digital or online versions of 'When You're Expecting'?

Yes, there are e-book and app versions available that offer convenient access to the content, along with additional tools like pregnancy trackers.

Does 'When You're Expecting' cover topics about labor and delivery?

Absolutely, the book includes extensive sections on labor, delivery options, and postpartum care to prepare parents for the birth experience.

Can 'When You're Expecting' help with pregnancy nutrition and wellness?

Yes, it offers detailed advice on nutrition, exercise, and wellness practices to support a healthy pregnancy for both mother and baby.

Are there reviews or testimonials from readers of 'When You're Expecting'?

Many expectant parents have found the book to be a valuable resource, praising its comprehensive coverage and supportive tone.

Where can I purchase or access 'When You're Expecting'?

The book is available at major bookstores, online retailers like Amazon, and in digital formats through various apps and platforms.

Additional Resources

When You're Expecting Book: A Comprehensive Review

Pregnancy is one of the most transformative and emotional experiences in a person's life, filled with anticipation, joy, and sometimes anxiety. For decades, When You're Expecting has stood as a trusted companion for expectant parents, offering guidance, reassurance, and practical advice throughout pregnancy. This book has become a staple in many households, serving as a comprehensive resource for navigating the journey from conception to birth. In this review, we'll delve into the contents, strengths, weaknesses, and overall impact of When You're Expecting to help prospective parents determine if it's the right resource for their pregnancy journey.

Overview of "When You're Expecting"

When You're Expecting was first published in 1984 and has since undergone numerous editions and updates, reflecting the latest medical research and obstetric practices. Its comprehensive approach combines medical information, personal stories, and practical tips, making it accessible and useful for a broad audience. The book is often praised for its clear, empathetic tone and detailed coverage of pregnancy-related topics.

The core goal of the book is to prepare expectant parents physically, emotionally, and mentally for the arrival of their baby. It covers a wide range of topics, from conception and early pregnancy to labor, delivery, and postpartum care. Its format typically includes chapters dedicated to specific stages of pregnancy, along with sidebars featuring tips, common questions, and personal anecdotes.

Main Features and Content Breakdown

1. Medical and Scientific Information

When You're Expecting provides thorough explanations of fetal development, hormonal changes, and the physical and emotional symptoms commonly experienced during pregnancy. It includes:

- Weekly fetal development milestones
- Changes in the mother's body
- Medical tests and procedures
- Common pregnancy complications and warning signs

The book emphasizes evidence-based information, often citing medical studies and guidelines from obstetric associations, making it a reliable resource.

Pros:

- Detailed, medically accurate content
- Clear explanations suitable for first-time and experienced parents alike
- Visual aids such as charts and diagrams

Cons:

- Can be dense for readers seeking only casual advice
- Some medical terminology might require further research for complete understanding

2. Practical Advice and Tips

The book offers actionable guidance on managing everyday tasks during pregnancy, including:

- Nutrition and diet recommendations
- Exercise routines
- Preparing for childbirth
- Postpartum recovery and newborn care

It also covers topics like choosing a healthcare provider, preparing a hospital bag, and dealing with workplace considerations.

Pros:

- Practical, real-world advice
- Emphasis on healthy habits and safety
- Checklists and step-by-step instructions

Cons:

- Some advice may be generalized; individual needs vary
- Occasional repetition across chapters

3. Emotional and Psychological Support

Recognizing the emotional rollercoaster of pregnancy, the book devotes sections to mental health, coping strategies, and relationship dynamics. It includes:

- Managing anxiety and mood swings
- Communicating with partners and family
- Preparing for the emotional aspects of labor and postpartum

Pros:

- Empathetic tone that normalizes emotional experiences
- Tips for fostering support networks

Cons:

- Limited in-depth mental health strategies; may benefit from supplementary resources

4. Personal Stories and Anecdotes

Throughout the book, real-life stories from expectant parents are woven in, providing relatable perspectives and reassurance. These anecdotes help normalize common fears and uncertainties.

Pros:

- Offers comfort through shared experiences
- Enhances reader engagement

Cons:

- Anecdotes may not be universally applicable
- Some readers prefer more scientific content over personal stories

Strengths of "When You're Expecting"

- Comprehensive Coverage: From conception to postpartum, the book covers almost every aspect of pregnancy.
- Accessible Language: Written in a friendly, non-intimidating tone, suitable for readers with varying levels of medical knowledge.
- Updated Editions: Regular revisions incorporate the latest medical guidelines and research.
- Resource Lists: Provides directories of helpful resources, such as support groups, websites, and relevant literature.
- Encourages Empowerment: Promotes informed decision-making and confidence in managing pregnancy.

Weaknesses and Limitations

- Density of Information: The extensive content may be overwhelming for some readers seeking quick tips.
- Medical Jargon: While explained, some technical terms could still be confusing without additional research.
- Cultural and Personal Variability: The book's advice may not fully account for cultural differences or individual circumstances.
- Lack of Visuals in Some Editions: Some editions could benefit from more illustrations or photographs to clarify certain topics.
- Modern Developments: Despite updates, newer medical practices or alternative approaches may not be fully covered, necessitating supplementary reading.

Who Should Read "When You're Expecting"

When You're Expecting is ideal for:

- First-time parents seeking a comprehensive guide
- Expectant parents wanting detailed medical information
- Partners and family members supporting pregnant individuals
- Healthcare professionals recommending a resource to their patients

It may be less suitable for:

- Those looking for very brief or casual advice
- Readers interested in alternative or holistic pregnancy approaches not covered extensively in the book

How Does It Compare to Other Pregnancy Books?

Compared to other popular pregnancy guides like The Mayo Clinic Guide to a Healthy Pregnancy or What to Expect When You're Expecting (by the same title but a different author), When You're Expecting is often praised for its empathetic tone and practical advice. While some books focus more on medical details, others emphasize emotional support; When You're Expecting strikes a balance between both.

Strengths over competitors:

- More personalized stories
- Detailed week-by-week fetal development
- Emphasis on mental health

Potential drawbacks:

- Slightly bulkier and more detailed, which might deter those seeking quick answers

Conclusion: Is "When You're Expecting" Worth Reading?

In summary, When You're Expecting remains a highly valuable resource for expectant parents. Its comprehensive scope, clear language, and compassionate tone make it a trusted companion throughout pregnancy. While it may be somewhat dense for readers preferring a quick overview, its depth and accuracy serve those who want to understand every facet of their pregnancy journey.

Pros:

- Trusted, well-researched content
- Balanced focus on physical, emotional, and practical aspects
- Updated editions reflect current medical standards

Cons:

- Can be overwhelming in detail
- Might require supplementary resources for certain topics

Ultimately, if you're looking for an authoritative, supportive, and thorough pregnancy guide, When You're Expecting is undoubtedly worth adding to your library. It equips you with the knowledge and reassurance needed to navigate pregnancy confidently, making the experience more manageable.

and joyful.

Final Verdict: A highly recommended resource for expectant parents seeking an in-depth, empathetic, and reliable guide through the exciting journey of pregnancy.

When You Re Expecting Book

when you re expecting book: What to Expect when You're Expecting Heidi Eisenberg Murkoff, Sharon Mazel, 2008-01-01 Cuts through the confusion surrounding pregnancy and birth by debunking dozens of myths that mislead parents, offering explanations of medical terms, and covering a variety of issues including prenatal care, birth defects, and amniocentesis.

when you re expecting book: What to Expect Before You're Expecting Heidi Murkoff, 2009-05-15 Announcing the prequel. From Heidi Murkoff, author of America's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive—the first step in What to Expect: What to Expect Before You're Expecting. An estimated 11 million couples in the U.S. are currently trying to conceive, and medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide wanna-be moms and dads step-by-step through the preconception (and conception) process than Heidi Murkoff? It's all here. Everything couples need to know before sperm and egg meet up. Packed with the same kind of reassuring, empathetic, and practical information and advice and tips that readers have come to expect from What to Expect, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxers). How to pinpoint ovulation, time lovemaking, keep on-demand sex sexy, and separate conception fact (it takes the average couple up to 12 months to make a baby) from myth (position matters). Plus, when to seek help and the latest on fertility treatments—from Clomid and IVF to surrogacy and more. Complete with a fill-in fertility journal to keep track of the babymaking adventure and special tips throughout for hopeful dads. Next step? What to Expect When You're Expecting, of course.

when you re expecting book: What to Expect When You're Expecting Heidi Murkoff, Sharon Mazel, 2008-01-01 Cuts through the confusion surrounding pregnancy and birth by debunking dozens of myths that mislead parents, offering explanations of medical terms, and covering a variety of issues including prenatal care, birth defects, and amniocentesis.

when you re expecting book: What to Expect When You're Expecting 6th Edition Heidi Murkoff, 2024-05-09 FULLY REVISED AND UPDATED 6TH EDITION OF THE WORLD'S BESTSELLING PREGNANCY GUIDE. 'My best friend during my pregnancy' Mariella Frostrup With 18.5 million copies in print, What to Expect When You're Expecting is read by 93 per cent of women who read a pregnancy book and was named one of the 'Most Influential Books of the Last 25 Years' by USA Today. This cover-to-cover new edition is filled with must-have information, advice, insight, and tips for a new generation of parents. With Heidi Murkoff's trademark warmth, empathy, and humour, What to Expect When You're Expecting answers every conceivable question expectant parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices, and choices they face. Advice for partners is fully integrated throughout the book. All medical coverage is completely updated for the UK, including the latest on prenatal screening and the safety of medications during pregnancy, as well as a brand-new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push

presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health food fads, and GMOs. Plus expanded coverage of IVF pregnancy, multiple pregnancies, breastfeeding while pregnant, water and home births, and caesarean trends (including VBACs and 'gentle caesareans'). The best pregnancy guide just got even better.

when you re expecting book: *What to Expect when You're Expecting* Arlene Eisenberg, Heidi Eisenberg Murkoff, Sandee Eisenberg Hathaway, 1984 Incorporating the most recent developments in medicine, and responding to the many queries and letters received from readers, this cover-to-cover revision and update of the popular book provides accurate and reader-friendly information. Copyright © Libri GmbH. All rights reserved.

when you re expecting book: What to Expect: Before You're Expecting 2nd Edition Heidi Murkoff, 2018-09-06 From Heidi Murkoff, author of the world's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive - the first step in What to Expect: What to Expect Before You're Expecting. Medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide want-to-be mums and dads step-by-step through the preconception (and conception) process than Heidi Murkoff? It's all here. Everything couples need to know before sperm and egg meet. Packed with the same kind of reassuring, empathic and practical information and advice that readers have come to expect from What to Expect, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxer shorts). How to pinpoint ovulation, keep on-demand sex sexy, and separate conception fact from myth. With fully updated information on immunisation, genetic screening, Zika, ovulation tracking, how fertility can be affected by travel as well as BPA and phthalates, plus when to seek help and the latest on high- and low-tech fertility treatments - from IVF to surrogacy and more. Complete with a fill-in fertility journal to keep track of the baby-making adventure and special tips throughout for hopeful dads. Next step? What to Expect When You're Expecting, of course.

when you re expecting book: Eating Well When You're Expecting Heidi Eisenberg Murkoff, Sharon Mazel, 2004-10 Featuring recipes to promote fetal development and maternal well-being, an updated edition of the guide suggests a diet plan comprised of wholesome unprocessed foods and includes information on nutrition, food safety, and weight gain, offering a real

when you re expecting book: What to Expect Before You're Expecting Heidi Murkoff, 2017-10-03 What to expect. . . the first step. Answers to all your baby-making questions. Are there ways to improve our chances of having a girl (or boy)? Does stress affect fertility? Should we be having sex every day? Every other day? Three times a day? I'm 37. Does that mean I'll have a harder time getting pregnant? How long should we keep trying to conceive before we get some help? What fertility treatments are available—and how will we be able to pay for them? Expecting to expect? Plan ahead. Here's everything you need to know to help prepare for the healthiest possible pregnancy and the healthiest possible baby. Filled with practical tips, empathetic advice, and savvy strategies, all designed to help you get that baby of your dreams on board faster. How to get your body into the best baby-making shape. Which foods feed fertility. Which lifestyle habits to quit and which to cultivate. All about baby-making sex, from timing to positions to logistics—and how to keep it sexy. Figuring out your fertility (and his). When to seek fertility help, and the latest on tests, treatments, and reproductive technology. Expecting to become a dad? This book has you covered, too. Plus, all about the family-building options for single women and same-sex couples.

when you re expecting book: When You're Expecting ARLENE EISENBERG, Heidi Eisenberg Murkoff, SANDEE HATHAWAY, 2008 Now with over 9 million copies in print, 'What to Expect When You're Expecting' is a pregnancy bible. Featuring an easy-to-follow month-by-month format, this indispensable book reassuringly leads readers through a wealth of information. Here is what parents-to-be need to know about choosing a caregiver, prenatal diagnosis, exercise, childbirth options, second pregnancies, twins, making love during pregnancy, having a cesarean, and coping

with common and not-so-common pregnancy symptoms. Also included are step-by-step guides through labor and delivery, postpartum care, and breastfeeding, a full section just for fathers-to-be, and a 24-page Pregnancy Notes insert for keeping detailed records of prenatal test results, weight gain, doctor's visits, observations, and more. Updated with each printing, *What to Expect When You're Expecting* incorporates the most recent developments in medical science. Incorporating the most recent developments in medicine, the book contains both the most accurate information available, and the most reader-friendly. *What To Expect When You're Expecting* provides expectant parents with a wealth of information on month-by-month development, making love during pregnancy, preparing for labor and delivery, and breastfeeding and bonding afterward.

when you're expecting book: *What to Expect When You're Expecting* Heidi Murkoff, Sharon Mazel, 1994-01-10 Announcing a brand new, cover-to-cover revision of America's pregnancy bible. *What to Expect When You're Expecting* is a perennial New York Times bestseller and one of USA Today's 25 most influential books of the past 25 years. It's read by more than 90% of pregnant women who read a pregnancy book—the most iconic, must-have book for parents-to-be, with over 14.5 million copies in print. Now comes the Fourth Edition, a new book for a new generation of expectant moms—featuring a new look, a fresh perspective, and a friendlier-than-ever voice. It's filled with the most up-to-date information reflecting not only what's new in pregnancy, but what's relevant to pregnant women. Heidi Murkoff has rewritten every section of the book, answering dozens of new questions and including loads of new asked-for material, such as a detailed week-by-week fetal development section in each of the monthly chapters, an expanded chapter on pre-conception, and a brand new one on carrying multiples. More comprehensive, reassuring, and empathetic than ever, the Fourth Edition incorporates the most recent developments in obstetrics and addresses the most current lifestyle trends (from tattooing and belly piercing to Botox and aromatherapy). There's more than ever on pregnancy matters practical (including an expanded section on workplace concerns), physical (with more symptoms, more solutions), emotional (more advice on riding the mood roller coaster), nutritional (from low-carb to vegan, from junk food-dependent to caffeine-addicted), and sexual (what's hot and what's not in pregnant lovemaking), as well as much more support for that very important partner in parenting, the dad-to-be. Overflowing with tips, helpful hints, and humor (a pregnant woman's best friend), this new edition is more accessible and easier to use than ever before. It's everything parents-to-be have come to expect from *What to Expect*...only better?.

when you're expecting book: *What to Expect: Eating Well When You're Expecting, 2nd Edition* Heidi Murkoff, 2020-08-18 Eat well—for two! “Once again, *What to Expect Delivers!* Heidi's go-to guide takes the guesswork out of feeding yourself and your baby, serving up a healthy and realistic plan to fit every lifestyle and eating style. It's eating for two made easy, fun... and delicious.”—Joy Bauer, MS, RD, CDN, best-selling author, host of NBC'S *Health and Happiness*, and nutrition expert for the Today show This brand new edition of America's pregnancy food bible covers it all through those nine months of baby-making and beyond: the latest facts on superfoods, food trends, food safety. Foods to chow down on, foods (and drinks) to limit, and those to cut out altogether. Realistic, body-positive advice and savvy strategies on how to eat well when you're too green to come face-to-fork with broccoli. Or too bloated to eat at all. Or on the run. Or on the job. Whether you're a red-meat eater or a vegan, a carb craver or a gluten-free girl, a fast-foodie or a slow cooker. Whether you're hungry for nutritional facts (which vitamins and minerals the pregnant body needs and where to find them), or just plain hungry. Plus, how to put it all together, easily and tastily, with dozens of practical tips and 170 recipes that are as delicious as they are nutritious, as easy to love as they are to make. Answers to all questions: Do I have to skip my morning latte—or afternoon energy drink? I'm too sick to look at a salad, never mind eat one—do I have to? How do I get enough calcium if I'm lactose intolerant? Help! I'm entering my second trimester, and I'm losing weight, not gaining. What can I do? I've never been a big water drinker, and now I'm supposed to down 10 8-ounce glasses a day! How? Turns out it's twins—do I have to eat twice as much?

when you're expecting book: *What to Expect When You're Expecting 5th Edition* Heidi E.

Murkoff, 2016-06-02 With 18.5 million copies in print, *What to Expect When You're Expecting* is read by 93% of women who read a pregnancy book and was named one of the 'Most Influential Books of the Last 25 Years' by USA Today. This cover-to-cover (including the cover!) new edition is filled with must-have information, advice, insight, and tips for a new generation of mums and dads. With *What to Expect's* trademark warmth, empathy, and humour, it answers every conceivable question expectant parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices and choices they face. Advice for dads is fully integrated throughout the book. All medical coverage is completely updated, including the latest on prenatal screening and the safety of medications during pregnancy, as well as a brand-new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health food fads, and GMOs. Plus expanded coverage of IVF pregnancy, multiple pregnancies, breastfeeding while pregnant, water and home births, and cesarean trends (including VBACs and 'gentle cesareans').

when you re expecting book: *What to Expect: Eating Well When You're Expecting* Heidi Murkoff, 2005-05-02 Announcing *Eating Well When You're Expecting*, providing moms-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy—at home, in the office, over the holidays, in restaurants. Thorough chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. And, very exciting, the book comes with 150 contemporary, tasty, and healthy recipes that feed mom and baby well, take little time to prepare, and are gentle on queasy tummies. A departure from its predecessor, *What to Eat When You're Expecting*, which has 976,000 copies in print, *Eating Well* loses the whole-wheatier-than-thou attitude, and comes with a light, reader-friendly tone while delivering the most up-to-date information. At the heart of the book are hundreds of pressing questions every mother-to-be has: Is it true I shouldn't eat any food cooked with alcohol? Will the caffeine in coffee cross into my baby's bloodstream? Help!—I'm entering my second trimester, and I'm losing weight, not gaining. Is all sushi off limits? How do I get enough calcium if I'm lactose intolerant? I keep dreaming about a hot fudge sundae—can I indulge? Guess what: the answer is yes.

when you re expecting book: *What to Expect When You're Expecting* Heidi Eisenberg Murkoff, Sharon Mazel, 2016-05-31 For use in schools and libraries only. Cuts through the confusion surrounding pregnancy and birth by debunking dozens of myths that mislead parents, offering explanations of medical terms, and covering a variety of issues including prenatal care, birth defects, and amniocentesis.

when you re expecting book: *What to Expect, Before You're Expecting* Heidi E. Murkoff, Sharon Mazel, 2010-01-07 Announcing the prequel! From Heidi Murkoff, author of the world's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive - the first step in *What to Expect: What to Expect Before You're Expecting*. Medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide want-to-be mums and dads step-by-step through the preconception (and conception) process than Heidi Murkoff? It's all here. Everything couples need to know before sperm and egg meet. Packed with the same kind of reassuring, empathic and practical information and advice that readers have come to expect from *What to Expect*, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxer shorts). How to pinpoint ovulation, keep on-demand sex sexy, and separate conception fact from myth. Plus, when to seek help and the latest on fertility treatments - from IVF to surrogacy and more. Complete with a fill-in fertility journal to keep track of the baby-making adventure and special tips throughout for hopeful dads. Next step? *What to Expect When You're Expecting*, of course.

when you re expecting book: *What to Expect Before You'Rtr* Simon & Schuster, Limited, 2009-06 This must-have guide every expectant couple needs before they even conceive covers tips

on what to eat (and not eat), how to maintain a healthy weight and advice about preconception medical care, ways in which men can contribute to baby-to-be's successful arrival, fertility issues and options available to couples who are facing conception problems, and a detailed fertility planner.

when you re expecting book: COMPLETE WHEN YOU'RE EXPECTING BOOK SONIA. RUTH, 2025

when you re expecting book: *What to Expect When You're Expecting* Heidi Murkoff, 2016-05-31 Updated multiple times every year, America's pregnancy bible answers all your questions. When can I take an at-home a pregnancy test? How can I eat for two if I'm too queasy to eat for one? Can I keep up my spinning classes? Is fish safe to eat? And what's this I hear about soft cheese? Can I work until I deliver? What are my rights on the job? I'm blotchy and broken out—where's the glow? Should we do a gender reveal? What about a 4-D ultrasound? Will I know labor when I feel it? Your pregnancy explained and your pregnant body demystified, head (what to do about those headaches) to feet (why they're so swollen), back (how to stop it from aching) to front (why you can't tell a baby by mom's bump). Filled with must-have information, practical advice, realistic insight, easy-to-use tips, and lots of reassurance, you'll also find the very latest on prenatal screenings, which medications are safe, and the most current birthing options—from water birth to gentle c-sections. Your pregnancy lifestyle gets equal attention, too: eating (including food trends) to coffee drinking, working out (and work) to sex, travel to beauty, skin care, and more. Have pregnancy symptoms? You will—and you'll find solutions for them all. Expecting multiples? There's a chapter for you. Expecting to become a dad? This book has you covered, too.

when you re expecting book: *What to Expect* Heidi Murkoff, 2002-02-28

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