

book what to expect when you're expecting

Book What to Expect When You're Expecting: Your Ultimate Guide to Pregnancy Preparation

Embarking on the journey of pregnancy can be both exciting and overwhelming. For many expecting parents, understanding what to anticipate during this transformative period is essential to ensure a healthy and joyful experience. One of the most trusted resources in this realm is the classic book *What to Expect When You're Expecting*. Renowned for its comprehensive coverage, practical advice, and reassuring tone, this book has become a go-to guide for millions of women and their partners. In this article, we'll explore what to expect when you're expecting, drawing insights from this invaluable resource to help you navigate pregnancy with confidence.

Introduction to "What to Expect When You're Expecting"

What to Expect When You're Expecting was first published in 1984 by Heidi Murkoff and Sharon Mazel. Over the decades, it has evolved into a trusted companion for expectant parents, offering evidence-based information, tips, and encouragement. The book covers every stage of pregnancy—from conception to childbirth—and addresses common concerns, myths, and questions.

Its popularity stems from its straightforward language, empathetic tone, and comprehensive scope. Whether you're a first-time mother or adding another member to your family, understanding what to expect during pregnancy can significantly reduce anxiety and foster a positive outlook.

What Does the Book Cover?

What to Expect When You're Expecting is divided into detailed sections that correspond to each trimester, as well as chapters on preparation, labor, delivery, and postpartum care. Here's an overview of the core topics:

First Trimester (Weeks 1-13)

- Early pregnancy symptoms and what they mean
- Fetal development milestones
- Important medical tests and screenings

- Nutrition, supplements, and lifestyle adjustments
- Common concerns: morning sickness, fatigue, mood swings

Second Trimester (Weeks 14-26)

- Growth and development of the fetus
- Physical changes in the mother
- Ultrasound scans and fetal movements
- Managing discomforts like back pain and swelling
- Planning for prenatal classes and birth preferences

Third Trimester (Weeks 27-Birth)

- Preparing for labor and delivery
- Signs of labor and when to go to the hospital
- Birth options and birthing plans
- Posture and comfort strategies
- Vaccinations and health considerations

Labor, Delivery, and Postpartum

- Stages of labor
- Pain management options
- What to pack for the hospital
- Post-birth recovery and caring for your newborn
- Emotional health and postpartum depression

Key Features of "What to Expect When You're Expecting"

This book is more than just a factual guide; it offers a supportive and empowering perspective. Here are some of its standout features:

- **Evidence-Based Information:** All advice and recommendations are grounded in medical research and expert opinions.
- **Real-Life Stories:** Anecdotes from other expecting parents help normalize experiences and provide reassurance.
- **Practical Tips:** Checklists, question prompts for doctors, and tips on preparing for each stage.

- **Myth Busting:** Clarifies common misconceptions about pregnancy and childbirth.
- **Inclusive Content:** Recognizes diverse family structures, pregnancies, and health considerations.

What Expectant Parents Can Learn from the Book

What to Expect When You're Expecting equips parents with essential knowledge, including:

Understanding Fetal Development

- How the baby grows week by week
- Ultrasound milestones
- Recognizing fetal movements

Managing Pregnancy Symptoms

- Coping with nausea and vomiting
- Dealing with fatigue and sleep difficulties
- Addressing emotional fluctuations

Healthy Lifestyle Choices

- Nutrition and hydration
- Safe exercise routines
- Avoiding harmful substances

Medical Care and Screenings

- Important prenatal tests
- Vaccinations and medications
- Recognizing warning signs of complications

Preparing for Birth

- Creating a birth plan
- Choosing a healthcare provider
- Hospital logistics and packing

Postpartum Care

- Recovery tips
- Breastfeeding guidance
- Emotional well-being after birth

Benefits of Reading "What to Expect When You're Expecting"

For expecting parents, reading this book offers multiple advantages:

1. **Increased Confidence:** Knowledge reduces anxiety and helps parents feel prepared.
2. **Better Communication:** Understanding medical terminology and questions enhances discussions with healthcare providers.
3. **Early Recognition of Issues:** Knowing warning signs enables prompt medical attention.
4. **Empowerment:** Making informed decisions about labor, delivery, and postpartum care.
5. **Community Connection:** Real-life stories foster a sense of shared experience and support.

How to Use the Book Effectively

To maximize the benefits of What to Expect When You're Expecting, consider the following tips:

- **Read in Stages:** Focus on the current trimester or upcoming phase.
- **Take Notes:** Jot down questions or concerns to discuss with your healthcare provider.
- **Use Checklists:** Prepare hospital bags, nursery setup, and postpartum supplies.
- **Share with Your Partner:** Ensure both parents are informed and involved.

- **Refer Back:** Keep the book accessible for quick reference during pregnancy and postpartum.

Complementary Resources and Support

While *What to Expect When You're Expecting* is comprehensive, consider supplementing it with:

- Prenatal classes and workshops
- Online support groups and forums
- Consultations with healthcare providers
- Books on specific topics like childbirth techniques or breastfeeding

Having a well-rounded approach can further prepare you for the many facets of pregnancy and parenthood.

Conclusion

Understanding what to expect when you're expecting is a vital step toward a healthy, confident pregnancy journey. *What to Expect When You're Expecting* is an essential resource that demystifies the process, provides practical advice, and offers reassurance through evidence-based information and relatable stories. Whether you're approaching your first pregnancy or adding another member to your family, this book serves as a trusted guide to help you navigate each stage with knowledge and peace of mind. Embrace this period of anticipation and transformation—armed with the right information, you're better equipped to welcome your new arrival into the world.

Start your pregnancy journey informed and empowered—grab a copy of *What to Expect When You're Expecting* today!

Frequently Asked Questions

What are the main topics covered in 'What to Expect When You're Expecting'?

The book covers pregnancy stages, prenatal care, nutrition, fetal development, labor and

delivery, and postpartum care to guide expecting parents through the pregnancy journey.

Is 'What to Expect When You're Expecting' suitable for first-time mothers?

Yes, the book is especially helpful for first-time mothers, providing comprehensive and accessible information to prepare them for each stage of pregnancy and childbirth.

How up-to-date is the information in 'What to Expect When You're Expecting'?

The latest editions are regularly updated to reflect current medical guidelines and research, ensuring readers receive accurate and relevant information.

Does the book include advice on managing pregnancy symptoms and common concerns?

Yes, it offers practical advice on managing common pregnancy symptoms such as nausea, fatigue, and mood swings, along with tips for dealing with typical concerns.

Are there sections dedicated to nutrition and exercise in 'What to Expect When You're Expecting'?

Absolutely, the book provides detailed guidance on healthy eating, prenatal vitamins, and safe exercise routines during pregnancy.

Can 'What to Expect When You're Expecting' help with understanding labor and delivery options?

Yes, it explains different labor and delivery methods, pain management options, and what to expect in the hospital or birthing center.

Is there information on postpartum care and newborn care in the book?

Yes, the book covers postpartum recovery, breastfeeding, newborn care, and adjusting to life with a new baby.

Does the book address emotional and psychological aspects of pregnancy?

Yes, it discusses emotional changes, mental health, and how to cope with stress and anxiety during pregnancy.

Are there any online resources or support communities associated with 'What to Expect When You're Expecting'?

Many editions include access to online tools, forums, and additional resources to connect expecting parents and provide ongoing support.

Is 'What to Expect When You're Expecting' suitable for couples or only for pregnant individuals?

The book is designed for expecting parents and is valuable for both partners to understand pregnancy, labor, and postpartum processes together.

Additional Resources

Book "What to Expect When You're Expecting": An In-Depth Review and Analysis

The phrase "What to Expect When You're Expecting" has become synonymous with pregnancy guides, offering reassurance and practical advice to millions of expectant parents worldwide. Originally authored by Heidi Murkoff and Sharon Mazel, this book has cemented itself as a cornerstone in prenatal literature since its first publication in 1984. Its enduring popularity stems from its comprehensive nature, accessible language, and empathetic tone, making it a trusted resource for navigating the complex journey of pregnancy. In this review, we will explore the book's content, structure, strengths, limitations, and its impact on pregnancy education.

Overview of the Book

"What to Expect When You're Expecting" is a detailed guide aimed at providing pregnant women and their partners with accurate, up-to-date information about pregnancy from conception through delivery. Its primary goal is to demystify the myriad physical, emotional, and medical aspects of pregnancy, empowering readers to make informed decisions.

Published initially as a paperback, the book quickly expanded into a franchise, including numerous editions, a website, mobile apps, and even companion books targeting specific audiences such as fathers, teenagers, and those with high-risk pregnancies. The original book is renowned for its straightforward, friendly tone and its practical approach to common pregnancy concerns.

Content and Structure

"What to Expect When You're Expecting" is organized into chapters aligned with each trimester and key pregnancy milestones. Its structure makes it easy for readers to locate relevant information based on their stage of pregnancy or specific questions.

2.1. The Three Trimesters

The core of the book is divided into three main sections:

- First Trimester (Weeks 1-13): Focuses on conception, early pregnancy symptoms, fetal development, and initial tests. Topics include morning sickness, fatigue, prenatal vitamins, and miscarriage risk.
- Second Trimester (Weeks 14-26): Emphasizes physical and emotional changes, ultrasounds, fetal movement, and screening tests. It covers topics like body image, gender reveal, and prenatal classes.
- Third Trimester (Weeks 27-Birth): Addresses preparation for labor, signs of labor, birth plans, and postpartum considerations. It discusses topics such as Braxton Hicks contractions, hospital packing, and labor pain management.

2.2. Additional Sections and Appendices

Beyond the trimester-specific content, the book includes:

- Common Concerns and FAQs: Covers issues like weight gain, exercise, sex during pregnancy, and travel.
- Medical Tests and Procedures: Explains ultrasounds, amniocentesis, blood tests, and other diagnostic tools.
- Labor and Delivery: Provides a detailed overview of labor stages, pain relief options, and cesarean sections.
- Postpartum and Newborn Care: Offers advice on recovery, breastfeeding, and adjusting to new parenthood.
- Appendices: Include charts, glossary of terms, and resources for further information.

Strengths of the Book

"What to Expect When You're Expecting" boasts several notable strengths that have contributed to its lasting popularity:

2.1. Comprehensive and Up-to-Date Information

The authors continually revise the book to reflect the latest medical guidelines and research. This ensures readers receive accurate information on topics like fetal development, medical procedures, and health recommendations.

2.2. Clear, Accessible Language

Complex medical jargon is simplified without sacrificing accuracy, making the content accessible to a broad audience. The conversational tone fosters a sense of empathy and support, reducing anxiety for readers.

2.3. Practical Advice and Checklists

The book provides actionable tips, checklists, and timelines that help expectant parents prepare for each stage of pregnancy, labor, and postpartum life.

2.4. Empathetic and Reassuring Tone

Recognizing the emotional rollercoaster of pregnancy, the authors adopt a compassionate tone that normalizes common concerns and fears, offering reassurance throughout.

2.5. Extensive Resources and References

Additional resources, such as websites, support groups, and recommended readings, are provided to guide readers seeking more information.

Limitations and Criticisms

While the book is highly regarded, it is not without criticisms or limitations:

2.1. Generalized Approach

Pregnancy experiences vary widely, and some readers may find that the book's generalized advice does not adequately address individual circumstances, especially for high-risk pregnancies or unique health conditions.

2.2. Cultural and Socioeconomic Biases

Originally written from a Western perspective, some cultural practices and socioeconomic considerations may not be universally applicable. This can limit relevance for diverse populations.

2.3. Medical Over-Simplification

Although accessible language is a strength, some critics argue that the book occasionally oversimplifies complex medical issues, which could lead to misunderstandings or underestimating risks.

2.4. Medical Advice vs. Professional Consultation

The book emphasizes general guidelines but advises consulting healthcare professionals for personalized medical advice. Over-reliance on the book may lead some to delay seeking

professional care.

Impact and Cultural Significance

Since its debut, "What to Expect When You're Expecting" has had a profound influence on pregnancy education and popular culture:

2.1. Democratization of Pregnancy Knowledge

By translating complex medical information into understandable language, the book has democratized pregnancy knowledge, empowering women and partners to participate actively in prenatal care.

2.2. Standard Reference

It remains a go-to resource for first-time parents, frequently recommended by healthcare providers and parenting communities.

2.3. Cultural Phenomenon

The phrase itself has entered everyday language, and the book has inspired adaptations, including a popular movie, online forums, and mobile applications that extend its reach.

2.4. Criticism and Evolving Perspectives

Some critics argue that the book's traditional approach may omit contemporary discussions about alternative birthing methods, mental health, and diverse family structures. Modern editions have attempted to address these gaps.

Modern Editions and Digital Enhancements

In recent years, the franchise has expanded to include:

- Digital Apps: Interactive tools offering week-by-week updates, contraction timers, and baby name databases.
- Online Resources: Updated websites with forums, articles, and expert Q&A sessions.
- New Editions: Incorporating recent medical advances, cultural shifts, and feedback from readers to provide more inclusive content.

These enhancements reflect the evolving landscape of pregnancy education, integrating technology and social awareness.

Conclusion

"What to Expect When You're Expecting" remains a seminal work in prenatal literature, celebrated for its comprehensive coverage, empathetic tone, and practical guidance. Its accessible approach has demystified pregnancy for countless women and couples, fostering confidence and informed decision-making. However, as with any general resource, it is essential for readers to supplement the book with personalized medical advice and consider their unique circumstances.

As pregnancy continues to be a significant life event intertwined with cultural, medical, and emotional dimensions, books like this serve as valuable companions. Their strength lies in providing reassurance and knowledge, but they should always be integrated with professional healthcare guidance for the safest and most positive pregnancy experience.

Overall, "What to Expect When You're Expecting" stands as a testament to the power of accessible health education, shaping generations of parents-to-be and remaining a trusted fixture in the landscape of pregnancy resources.

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book what to expect when you re expecting: What to Expect When You're Expecting 4th Edition Heidi Murkoff, Sharon Mazel, 2010-02-18 We're expecting again! Announcing the COMPLETELY REVISED AND UPDATED FOURTH EDITION of this bestselling pregnancy book. This is a cover-to-cover, chapter-by-chapter, line-by-line revision and update. It's a new book for a new generation of expectant mums, featuring a fresh perspective and a friendlier-than-ever voice. 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 foetal development section in each of the monthly chapters, an expanded chapter on pre-conception, and a brand new one on carrying multiples. 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 (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 humour (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.

book what to expect when you re expecting: 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.

book what to expect when you re expecting: *What to Expect the First Year* Heidi Murkoff, 2008-10-08 Some things about babies, happily, will never change. They still arrive warm, cuddly, soft, and smelling impossibly sweet. But how moms and dads care for their brand-new bundles of baby joy has changed—and now, so has the new-baby bible. Announcing the completely revised third edition of *What to Expect the First Year*. With over 10.5 million copies in print, *First Year* is the world's best-selling, best-loved guide to the instructions that babies don't come with, but should. And now, it's better than ever. Every parent's must-have/go-to is completely updated. Keeping the trademark month-by-month format that allows parents to take the potentially overwhelming first year one step at a time, *First Year* is easier-to-read, faster-to-flip-through, and new-family-friendlier than ever—packed with even more practical tips, realistic advice, and relatable, accessible information than before. Illustrations are new, too. Among the changes: Baby care fundamentals—crib and sleep safety, feeding, vitamin supplements—are revised to reflect the most recent guidelines. Breastfeeding gets more coverage, too, from getting started to keeping it going. Hot-button topics and trends are tackled: attachment parenting, sleep training, early potty learning (elimination communication), baby-led weaning, and green parenting (from cloth diapers to non-toxic furniture). An all-new chapter on buying for baby helps parents navigate through today's dizzying gamut of baby products, nursery items, and gear. Also new: tips on preparing homemade baby food, the latest recommendations on starting solids, research on the impact of screen time (TVs, tablets, apps, computers), and “For Parents” boxes that focus on mom's and dad's needs. Throughout, topics are organized more intuitively than ever, for the best user experience possible.

book what to expect when you re expecting: *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.

book what to expect when you re expecting: *What to Expect When You're Expecting* Heidi Murkoff, 2016-05-31 A completely revised and updated edition of America's pregnancy bible, the longest-running New York Times bestseller ever. 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 moms and dads. With *What to Expect's* trademark warmth, empathy, and humor, it answers every conceivable question expecting 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 Zika virus, 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”).

book what to expect when you re expecting: *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.

book what to expect when you re expecting: 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.

book what to expect when you re expecting: 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.

book what to expect when you re expecting: 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.

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book what to expect when you re expecting: *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?

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book what to expect when you re expecting: *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.

book what to expect when you re expecting: *What to Expect When Mummy's Having a Baby* Heidi Murkoff, 2001 From the bestselling co-author of *What to Expect When You're Expecting*, comes the *What to Expect Kids* series which tells kids what to expect: *When Mommy's Having a Baby* *When You Use the Potty* *When you go to the Doctor* *When the Babysitter Comes* * Fun helper Angus, will appeal to kids * Making growing up easier * Destined to become parenting classics Ages 3+

book what to expect when you re expecting: *What to Expect: The Second Year* Heidi Murkoff, 2012-03-01 The international super-successful *What to Expect* brand has delivered again - announcing the arrival of a brand-new member of family: *What to Expect the Second Year*. This essential sequel to *What to Expect the First Year* picks up the action at baby's first birthday, and takes parents through what can only be called 'the wonder year' - 12 jam-packed (and jam-smeared) months of memorable milestones (from first steps to first words, first scribbles to first friends), lightning-speed learning, endless explorations driven by insatiable curiosity. Not to mention a year of challenges, both for toddlers and the parents who love them, but don't always love their behaviour (picky eating, negativity, separation anxiety, bedtime battles, biting, and tantrums). Comprehensive, reassuring, empathetic, realistic and practical, *What to Expect the Second Year* is filled with solutions, strategies, and plenty of parental pep talks. It helps parents decode the fascinating, complicated, sometimes maddening, always adorable little person last year's baby has become. From the first birthday to the second, this must-have book covers everything parents need to know in an easy-to-access, topic-by-topic format, with chapters on growth, feeding, sleeping, behaviours of

every conceivable kind, discipline (including teaching right from wrong), and keeping a toddler healthy and safe as he or she takes on the world. There's a developmental time line of the second year plus special 'milestone' boxes throughout that help parents keep track of their toddler's development. Thinking of travelling with tot in tow? There's a chapter for that, too.

book what to expect when you re expecting: *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.

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