



New Pregnancy and Birth

By Miriam Stoppard

Dorling Kindersley Ltd. Paperback. Book Condition: new. BRAND NEW, New Pregnancy and Birth, Miriam Stoppard, This book offers an updated, trusted advice for parents-to-be from expert Dr Miriam Stoppard. From Britain's most trusted pregnancy and baby care expert Dr Miriam Stoppard, this is a guide to every magical stage of your pregnancy, from pre-conception planning to the first days of life. Packed with reassuring, fully updated advice on fertility treatment, antenatal care, nutrition, exercise and your choices in childbirth and special sections on working mothers and expectant fathers - keep it close so there's always somewhere to turn if you have a question. A month-by-month pregnancy calendar showing your baby's development in the womb means you'll know what's happening when. Perfect for knowing what you will go through at every stage.

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