



Your Pregnancy Bible

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Your Pregnancy Bible

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Written by a team of eminent specialists, it is filled with everything prospective parents need to know about creating the optimum environment for a developing baby and safeguarding the health and wellbeing of the mother. The book contains special fold-out sections on each of the trimesters and the birth process, week-by-week images of the developing baby, sympathetically illustrated chapters dealing with all aspects of pre-natal care, labour preparation, delivery experiences and care of the newborn, as well as comprehensive reference sections on medical treatments and procedures in both pregnancy and the post-natal period.

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