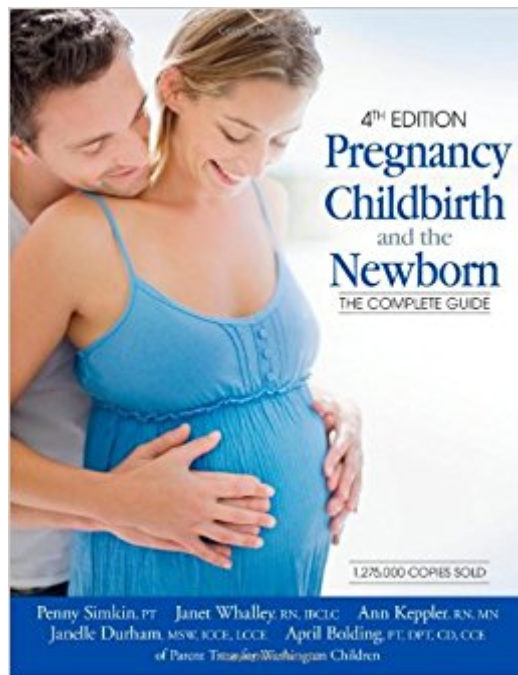


The book was found

Pregnancy, Childbirth, And The Newborn (4th Edition): The Complete Guide



Synopsis

"More readable, more attractive, and more accessible" is how pregnant couples describe the latest edition of this million plus-copy seller! And, of course, it's got all the latest medical information and advice. The new edition is designed to expand the retail market for this authoritative and complete guide. *Pregnancy, Childbirth, and the Newborn: The Complete Guide* is already one of the bestselling pregnancy books on the market, with more than one million copies in print! Now newly revised and redesigned, this comprehensive, authoritative "bible" provides expectant couples with abundant, valuable information about pregnancy, labor, birth, the postpartum period, and newborn care. This award-winning book presents the latest research-based information on pregnancy, birth, and early parenthood, including:

- New information on complementary-medicine approaches such as acupuncture
- Updated information on interventions during childbirth
- Revised statistics and discussions on cesarean birth and vaginal birth after cesarean (VBAC)
- New advice on informed decision-making, one of the hottest topics in maternity care today
- Plus much, much more!

The book has been redesigned so it's more accessible and reader-friendly, with more photos, illustrations, and boxed features that allow for important information to be highlighted. Also included in the new design are fun and informative sidebars, such as:

- "Common Q&As" about pregnancy, childbirth, and newborn care;
- "In Their Own Words," in which parents describe their pregnancy, childbirth, and early parenting experiences from their point of view; and
- "Fact or Fiction?" in which the authors present common misinformation and the facts.

New to this edition is an accompanying website, www.PCNGuide.com, where readers can find additional maternity care information as well as helpful forms and worksheets.

Mom's Choice Awards *Pregnancy, Childbirth, and the Newborn* (2010) "GOLD AWARD: Pregnancy & Childbirth; iParenting Media Awards *Pregnancy, Childbirth & the Newborn* (2009) "Best Products Winner: Book; Living Now Book Awards *Pregnancy, Childbirth, and the Newborn: The Complete Guide* (2009) "Family (Parenting/Health/Safety): BRONZE AWARD; National Parenting Publications Awards (NAPPA) *Pregnancy, Childbirth & the Newborn* (2009) "GOLD AWARD: Parenting Resources; USABookNews.com *Pregnancy, Childbirth & the Newborn* (2009) "WINNER: Parenting/Family: *Pregnancy & Childbirth*; ForeWord Magazine Book of the Year Awards *Pregnancy, Childbirth & the Newborn* (2008) "FINALIST: Parenting

Book Information

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Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

For my first pregnancy, I read The Mayo Clinic Pregnancy Book, What to Expect, The Husband-Coached Childbirth, and this Penny Simkin book, Pregnancy, Childbirth and the Newborn. This book had the best balance of stats based on evidenced based medicine but also real life anecdotal vignettes from mothers. Throughout the book, there are quotes from mothers sharing their expectations and experiences - these voices put into perspective that there is no one right way, just a few different options that might work for me. For full disclosure, I approached this first pregnancy considering a natural childbirth but open to using drugs if needed. Since I come from a family of physicians I was skeptical of going too far off the holistic deep-end. I wanted to stay within a comfort zone that balanced following my body and practicing the best evidence-based medicine. After reading many reviews, I bought this book and was very very happy in its approach to preparing for and giving birth. The book does a great job of showing the range of options. For example, The book provides at least 3 sample birth plans ranging from mothers who wanted and epidural to mothers who wanted to give birth in a birthing center. A potential con is if you're interested in week by week drawings of your little fetus and getting updates on what fruit or vegetable s/he is, then you'll need to augment this book with the Mayo Clinic Pregnancy Book or sign up for Baby Center's week by week email. Penny Simkin's book will cover general fetus development and what you can expect in each phase of your pregnancy but invests much more in the types of proactive exercises you can be doing to prepare for the birthing process.

While looking through pregnancy books, I got tired of reading about how you got a second line, got

sick, got fat, and squeezed out your "bundle of joy." What about the reality of the situation and how exactly that "bundle of joy" finds its way out of me and into this world? I could not be happier with my purchase of this book. It starts with a few chapters on the typical progression of mother and baby during pregnancy. It includes exercise and diet tips (with pictures) for pregnant women. There is a chapter on complications during pregnancy as well as one on how to plan for a birth. Birth plans are discussed in good detail, as well as interview questions for your OB/Midwife/Doula. In fact, there are different lists for each of those. Although doulas are discussed, this book does not assume you will have either a medicated or a natural birth. Those decisions are left to you. There are several chapters on labor and delivery. It was extremely informational to learn about the different "stages" and how they progress, as well as positions and situations to help ease the pain during each of these stages. I feel like I'm much more informed about labor now than with any other resource I've come across. Does the phrase "perineal stretches" sound familiar? It does now! The final few chapters review what to do once the baby enters the world. How do you breastfeed? How do you position your child? How many times should you feed each day and how many wet/poopy diapers should you expect? What are some common causes for concern? Answers to all of these questions are provided, as well as illustrations for breastfeeding, holding your newborn, etc.

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