



The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts

By William Sears, Martha Sears, Linda HUGhey Holt



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America's foremost baby and childcare experts tell you what to expect, month by month, from conception through birth. In this uniquely authoritative and comprehensive guide, Dr. Bill and Martha Sears, the pediatrics specialists whose books on birth, babies, and parenting have become widely praised bestsellers, team up with one of America's leading obstetricians. The result: the definitive book on pregnancy for expectant parents today. The Pregnancy Book explains what is occurring in the womb step by step, so that you can better appreciate why your body behaves the way it does and why you feel the way you do. The topics covered include: * how your baby is growing, as well as how you may be changing, both physically and emotionally * concerns and questions you may have about tests and technology, genetic counseling, childbirth options, and bonding with your preborn baby * essential information on eating right for two * how to protect the womb environment and recognize potential household hazards * advice on working while pregnant—from informing your boss to dressing for the job * exercising and keeping fit during your pregnancy * selecting a childbirth class * helpful tips on everything from traveling while pregnant to overcoming morning sickness * and much more. With a detailed special section on labor and delivery, a glossary of obstetrical terms, and a chapter covering "the tenth month"—postpartum—The Pregnancy Book is an unrivaled source of information, counsel, and comfort for every prospective parent.



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The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts By William Sears, Martha Sears, Linda HUGhey Holt Bibliography

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Editorial Review

Amazon.com Review

The Pregnancy Book is an excellent all-in-one guide to pregnancy from William and Martha Sears, creators of the concept of "attachment parenting." Each of the book's chapters represents a month, and deals with physical and emotional changes, describes the growth of the fetus, and discusses common concerns. The authors also focus on nutrition, exercise, information and support for home births and birthing centers, traveling while pregnant, how to avoid episiotomy, and so on. The approach is gentle, thorough, and includes more information than some month-by-month guides, which makes *The Pregnancy Book* an excellent choice for pregnant couples.

From Library Journal

The Seares, popular childcare experts and authors (e.g., *Parenting the Fussy Baby* and *High-Need Child*, LJ 8/96), have teamed up with obstetrician Holt to give us this work. Using a month-by-month format with nice illustrations that show normal fetal development, they discuss a wide range of pregnancy options without judgmental bias. Scattered throughout are helpful hints and stories from other pregnant mothers that give the book a comfortable feel. Unfortunately, adequate information on possible problems is missing from the text itself, though the preface does note that rare conditions are covered in an appendix (not available for review). A nice supplement to Arlene Eisenberg and Heidi Merckoff's *What To Expect When You're Expecting* (Workman, 1995, rev. ed.) and *The Mayo Clinic Complete Book of Pregnancy & Baby's First Year* (LJ 1/95). Given the popularity of the authors, expect requests. —KellyJo Houtz Griffin, Auburn, Wash.
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Users Review

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Paulette Rodriguez:

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Jeffery Bruce:

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Vickie Duke:

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