

The Queen Charlotte's Hospital Guide To Pregnancy & Birth - , Queen Charlotte's Hospital

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This book is a practical, sympathetic and complete guide to having a baby - from conception to delivery. Written in association with Britain's leading maternity hospital, it draws on the wide experience of the hospital's doctors and midwives and also contains insightful comments from parents themselves. Organised on a week-by-week basis and illustrated throughout, this comprehensive book shows step-by-step how the baby develops and what changes the mother will experience. It tells you how you may be feeling both physically and emotionally and when, how to choose the right nutrition and exercise at various times of the pregnancy, how to prepare for the birth and the choices available to you, what to expect during labour and the options for pain relief, care after birth and much more. The very first book of its kind to obtain such a unique endorsement, The Queen Charlotte's Hospital Guide to Pregnancy and Birth answers every question parents might ask and promises to become the definitive book on this important subject. Author: Hunter, Adriana Author: Queen Charlotte's Hospital Publisher: Ebury Digital Illustration: N Language: ENG Title: The Queen Charlotte's Hospital Guide to Pregnancy & Birth Pages: 00416 (Encrypted EPUB) On Sale: 2012-02-29 SKU-13/ISBN: 9780091815950 Category: Family & Relationships : General Category: Health & Fitness : General

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