



The Simple Guide to Having a Baby: A Step-by-Step Illustrated Guide to Pregnancy & Childbirth

Janet Whalley, Penny Simkin, Ann Keppler

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A keep-it-simple, just-the-facts guide to pregnancy and childbirth for expectant parents who don't want to be overwhelmed by too much information.

This accessible, easy-to-read guide to pregnancy and childbirth is a simplified version of the best-selling "Pregnancy, Childbirth and the Newborn" by the same authors, Janet Whalley, Penny Simkin and Ann Keppler. It is written for expectant parents who want basic, down-to-earth information on how to grow a baby, how to give birth to a baby and how to nourish and nurture a baby. The book includes all the important "do's" and "don'ts" regarding pregnancy, childbirth and baby care presented in a straightforward and unintimidating way with easy-to-understand language and concepts. The book's strength is in its readability for parents of all demographic and socio-economic backgrounds.

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