



# The Simple Guide to Having a Baby: What You Need to Know

*Penny Simkin, Janelle Durham, Janet Whalley*

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Here's what you need to know about having a baby! Using clear language and lots of pictures, this book helps you make smart choices as you get ready to have a baby.

## **Here's what you need to know about having a baby!**

Using clear language and lots of pictures, this book helps you make smart choices as you get ready to have a baby. You'll find:

- advice on what to do and what not to do during pregnancy,
- descriptions of easy exercises to help you stay healthy and feel better,
- information on what to expect during labor and birth,
- ways to deal with childbirth pain, and
- helpful hints for breastfeeding and being a parent.

The team of experts that wrote the comprehensive, award-winning book *Pregnancy, Childbirth, and the Newborn: The Complete Guide* turned their attention to writing *The Simple Guide* to help expectant parents looking for a shorter, simpler, and more practical approach to getting ready for childbirth. That's why hundreds of hospitals, clinics, doctors, midwives, childbirth educators, and healthcare organizations use and recommend *The Simple Guide to Having a Baby*.

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