



Pregnancy Week-by-Week

By Jane McDougall

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In the tradition of *Pregnancy Day-By-Day*, and *New Guide to Pregnancy and Childcare*, *Pregnancy Week-By-Week* details expectant moms progress. This handy guide offers suggestions for nutrition, exercise and health as well as which doctors to visit and when. It also provides a weekly diary/record book which enables mothers-to-be to keep track of doctor appointments, exercise suggestions and memorable events.

Pregnancy Week-By-Week also aims to put the expectant mother's fears to rest by giving helpful information. It deals with topics such as coping with morning sickness and fatigue; what medical issues to be concerned with and when; every aspect of the baby's development including the baby's shape and size, development of the head, eyes, muscles, limbs, organs and more; what baby care equipment to consider; preparations for the day of delivery; and a medical glossary.

This essential book will be an expectant woman's best friend during the most anxious and exhilarating 42 weeks of her life.

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