



By Teskey Jenny

Dk, 2014. Paperback. Condition: New. 1. The essential Australian guidebook to pregnancy
Pregnancy: The Beginner's Guide is a trusty guide to the amazing journey of having a baby, from conception to birth and beyond. It charts the progress of mother and baby month-by-month and contains all the practical information, helpful advice and insider knowledge that parents-to-be will need. It includes: Amazing facts about your baby's development through the months A survival guide to help expectant dads navigate the road ahead 'Essentials' lists Important dietary information and handy recipes Advice on smart ways to keep costs down A helpful translation guide to the world of pregnancy and parenthood Tips on what to do when, as well as things to avoid, explained with familiar Australian terminology Vital Australian statistics Useful Australian resources Pregnancy The Beginner's Guide is a practical handbag-sized handbook for your journey through pregnancy and birth. Paperback.



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