
What's in This Book

Warning Signs	5
My Healthcare Visits	8
1. Before You Are Pregnant	9
• Pregnancy	10
• Plan for a Healthy Pregnancy	12
• Find Out If You Are Pregnant	17
• About the Zika Virus	19
2. What You Can Do to Have a Healthy Baby	25
• Protect Your Baby	26
• Get Good Healthcare	33
• Get the Tests You Need	37
• Eat Healthy	40
• Be Active	46
3. What to Expect Each Month	49
• Month 1	50
• Month 2	54
• Month 3	57
• Month 4	60
• Month 5	64
• Month 6	69

What's in This Book

- Month 7 73
- Month 8 80
- Month 9 85

4. Discomforts of Pregnancy 93

- Morning Sickness 94
- Heartburn 98
- Back Pain 100
- Constipation 106
- Hemorrhoids 109
- Urinary Problems 111
- Swollen Feet and Ankles 114
- Feeling Tired 118
- Mood Swings 120
- Varicose Veins 122
- Sleeping Problems 124

5. Daily Life 127

- Preterm Labor 128
- What to Do About Work 130
- What to Do About Sex 134
- Cold and Flu 136
- Losing Your Baby 139

6. Labor and Giving Birth 143

- Labor 144
- Giving Birth 149

What's in This Book

7. Your Baby's First Few Weeks	153
• Take Care of Yourself	154
• How to Breastfeed Your Baby	159
• How to Feed Your Baby Formula	166
• How to Take Care of Your Baby	170
8. Your Child's First Few Years	177
• Your Child's Brain	178
• Help Your Child Bond with You	181
• Help Your Child Learn Language	184
• Help Your Child Play	187
• Teach Your Child How to Behave	190
• Get Support	193
Word List	195
What's in This Book from A to Z	205
People We Want to Thank	212
Notes	213
Other Books in the Series	214