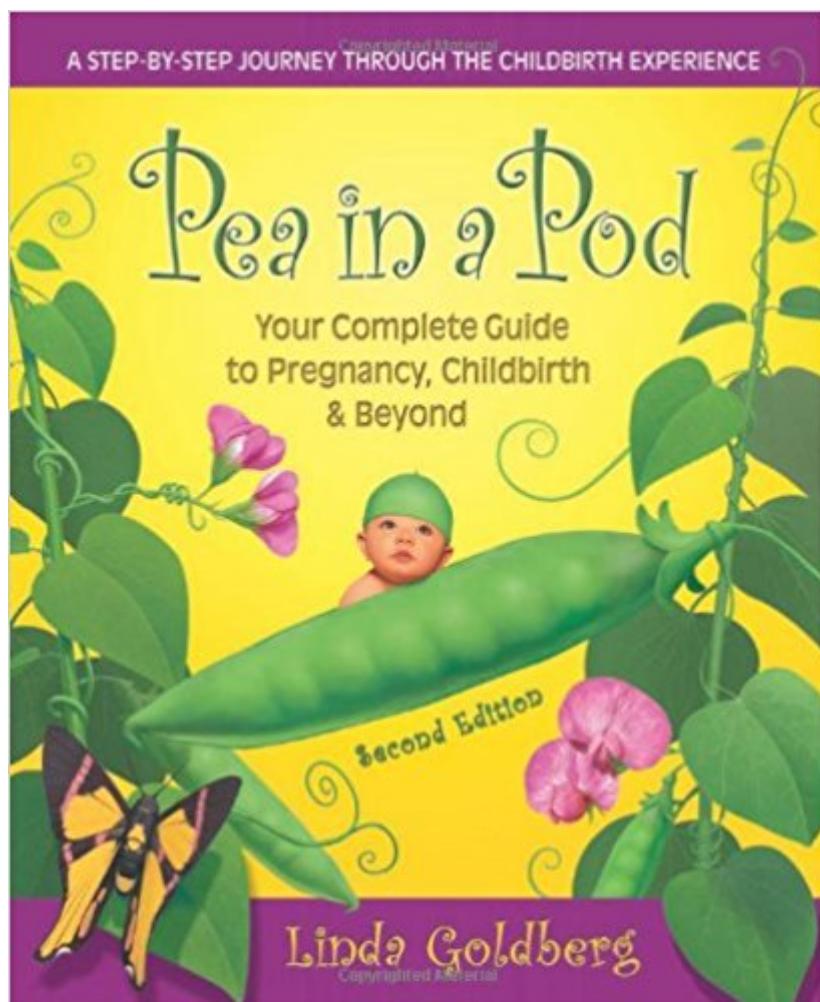


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# Pea In A Pod, Second Edition: Your Complete Guide To Pregnancy, Childbirth & Beyond



## Synopsis

Back in the good old days, mothers-to-be visited their obstetricians once a month and gave birth to their babies heavily sedated, while their husbands paced nervously in the waiting room. Today, most parents choose to be active players. If you want to be a participant in the birth of your baby, Pea in a Pod is your playbook. Taking you from your first day of pregnancy through your child's first year, Pea in a Pod presents everything from relaxation exercises to practice during pregnancy, birth positions, and breathing techniques. This comprehensive guide offers a month-by-month breakdown of the physical changes to expect during pregnancy and describes the emotional aspects of pregnancy. It also provides a nutrition plan for the pregnant woman; exercise plans for the mother-to-be, new mother, and cesarean mother; and a wealth of hints for the father-to-be and labor partner. The basics of infant care and breastfeeding are included, and over 200 photographs and illustrations clarify the text. A step-by-step handbook, a ready reference, and a source of practical advice, Pea in a Pod is a book you'll turn to time and time again.

## Book Information

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## Customer Reviews

Goldberg, a Florida childbirth educator and lactation consultant, presents a no-nonsense, information-packed guide. While the whimsical title, cover art depicting a green-capped baby popping out of a peapod and comical illustrations might suggest a lighthearted approach, Goldberg quickly gets down to business, covering every option available to contemporary parents-to-be. Along with decisions about birth plans, she includes nutrition and exercise guides, and detailed

sections on labor and delivery, with helpful checkboxes to follow during each of four labor stages. Along with standard medical information, the author covers such alternative techniques as acupressure, visualization and touch relaxation and offers offbeat snippets such as the Navajo concept of a birth circle. Care of the newborn and breastfeeding chapters are also included, as well as a balanced assessment of co-sleeping and bed sharing. In this comprehensive guide, Goldberg presents a wealth of well-organized information in a confident manner, along with more than 300 photos, illustrations and graphics, a useful glossary, trimester checklists and resource guide. (Dec.)

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--This text refers to an alternate Paperback edition.

"A reliable, readable, comprehensive and compassionate guide to everything you need to know about pregnancy, birth and baby care...If you're going to buy just one book to take with you on the journey to parenthood, this is an excellent choice." (Today's Parent)

this is a fantastic pregnancy book. Linda Goldberg still practices as a lactation counselor at the hospital where I delivered. I found this book because she mentioned it while she was giving the tour. I was reluctant to want to read too many pregnancy books because I think they're terrifying but this one was very to-the-point and had lots of very helpful information and was easy to read and well organized. I bought a copy for a pregnant friend because I thought it was so great.

All inclusive go to book for any information on what to expect when pregnant. Easy to read and understand and contains so much helpful information for both moms and dads. It's the only book you need for pregnancy, childbirth, breastfeeding information

I am a first time mom and found this book so helpful. It is simple but has great explanations and pictures. Takes you through pregnancy and newborn stage. Frequently referenced it when we first came home with baby, just wish I would have gotten it earlier in my pregnancy. I've started giving it as a gift to friends when we find out they are pregnant.

Very thorough look at all aspects of pregnancy, health, birth, breastfeeding and virtually any other topic regarding the childbearing years. Ms Goldberg has captured a very positive approach for guiding moms before, during and after birth. Good read, good resource, good "text" for childbirth classes!

I'm 16 weeks pregnant and had checked this book out at the library when I first had an inkling that I wanted children. It's so comprehensive! It gives you information on every part of pregnancy including preconception and post-partum. One word of warning: you will be told EVERYTHING, even those you maybe wish you didn't know. I have read other pregnancy books and I like this one the best.

She says it's full of great information and has many resources for the mother-to-be. I appreciate it because it seems to have put away some of her "I'm gonna be a mom!" anxiety.

The best thing about this book is that it has a focus toward having natural and healthy pregnancy and childbirth experiences. It is written from the perspective of one who advocates against the use of unnecessary interventions. It is the most comprehensive pregnancy book I have read yet, and it is very easy to read and well organized. I highly recommend this book!

This is the best pregnancy book! I could not be happier with it. It is very well written and organized. Its layout makes finding exactly what you need a breeze. There are photos and charts which I've found extremely helpful. There are even tips for the father on what to expect and do throughout the pregnancy and delivery. I highly recommend this book.

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