



Countdown to Baby: Answers to the 100 Most Asked Questions About Pregnancy and Childbirth

Susan Warhus MD

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9...8...7...6...5...4...3..2..1... Delivery!

One of life's brightest moments is fast approaching—you are about to become a mother! You'll enter the magical world of rubber duckies, booties, and lullabies, and your heart will never be the same.

But before all the fun of caring for your child begins, you need answers to all the lingering questions you have about pregnancy and childbirth.

In *Countdown to Baby*, Dr. Susan Warhus answers your questions and provides the facts you need to make well-informed decisions during your pregnancy. A board-certified OB/GYN who has delivered more than 3,000 babies in her 15 years of clinical practice, Dr. Warhus is also a mother who knows first hand the many questions that expectant mothers have throughout their pregnancy.

Whether you have questions about your treating swollen feet, painting the nursery, taking medications, or traveling across the country, Dr. Susan's clear, concise responses, will make you feel knowledgeable and confident.

Dr. Warhus answers questions such as:

- What changes in diet, exercise, and lifestyle do I need to make during my pregnancy?
- How do I cope with morning sickness?
- Should I be considering a doula or midwife?
- What can I expect to happen during my prenatal visits? What will my prenatal visits be like?
- How will I know when it's time to go to the hospital for delivery?
- What are the three phases of labor?
- What happens at the hospital before and during delivery?
- Why are C-sections performed?
- What are my pain management options?

All recommendations, guidelines, and medical information are in complete agreement with those sanctioned by the prestigious American College of Obstetricians and Gynecologists.

The Book to Read as You Prepare for Childbirth!!

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This Countdown to Baby: Answers to the 100 Most Asked Questions About Pregnancy and Childbirth are reliable for you who want to become a successful person, why. The reason of this Countdown to Baby: Answers to the 100 Most Asked Questions About Pregnancy and Childbirth can be one of many great books you must have will be giving you more than just simple reading food but feed anyone with information that perhaps will shock your prior knowledge. This book is usually handy, you can bring it almost everywhere and whenever your conditions both in e-book and printed kinds. Beside that this Countdown to Baby: Answers to the 100 Most Asked Questions About Pregnancy and Childbirth giving you an enormous of experience such as rich vocabulary, giving you trial run of critical thinking that could it useful in your day pastime. So , let's have it and luxuriate in reading.

Robert Carroll:

In this time globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The book that recommended to your account is Countdown to Baby: Answers to the 100 Most Asked Questions About Pregnancy and Childbirth this book consist a lot of the information on the condition of this world now. That book was represented just how can the world has grown up. The language styles that writer value to explain it is easy to understand. Often the writer made some exploration when he makes this book. Honestly, that is why this book acceptable all of you.

Maria Trussell:

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Wade Diaz:

That e-book can make you to feel relax. This particular book Countdown to Baby: Answers to the 100 Most

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