



The Do's and Don'ts of Pregnancy: From Conception to Birth

By Louise Baty

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, The Do's and Don'ts of Pregnancy: From Conception to Birth, Louise Baty, Confused about what's good and bad for you and your baby? With the constant bombardment of what you can and can't do during pregnancy, parents-to-be can often feel stressed at a time which should be full of new and exciting discoveries. This concise and accessible book is packed with practical advice and offers straight forward answers to the questions that you are unsure about from conception to birth, including guidance on: * Diet and exercise, Safety in the workplace, Common complaints, Potential problems, Physical changes and Labour.



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