

# The simple way to learn about pregnancy, giving birth, and caring for your baby.

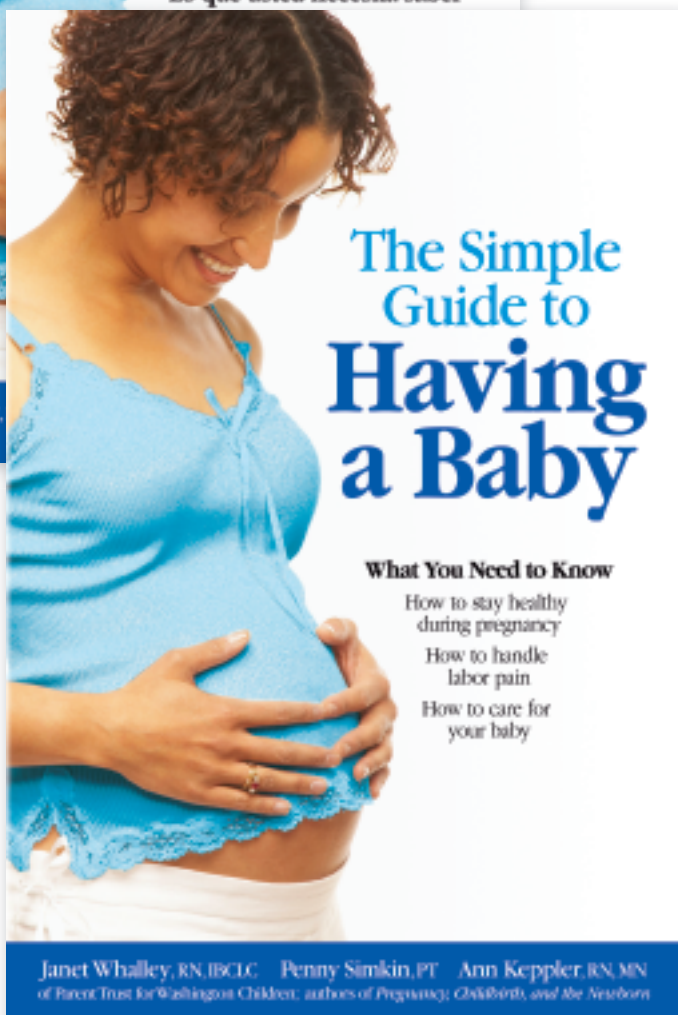


“Hurray! The Simple Guide to Having a Baby fills an overwhelming need. This supportive and accessible guide is priced reasonably, easy to read, explains medical jargon, and includes illustrations, adding to an understanding of the body’s wonderful abilities to give birth.”

--Book review printed in *Birth: Issues in Perinatal Care*, a multidisciplinary, refereed journal devoted to issues and practices in the care of childbearing women, infants, and families

The authors of the best-selling *Pregnancy, Childbirth, and the Newborn* have written a simple, just-the-facts guide to pregnancy and childbirth for expectant parents who want only the most important, down-to-earth how-to information on pregnancy, childbirth, and newborn care. The book addresses such concerns as how to stay healthy during pregnancy, how to handle labor pain and birth, and how to care for a new baby. Using clear and simple language, it includes:

- Advice on what to do and what not to do during pregnancy
- Descriptions of easy exercises to help you stay healthy and feel better
- Information on what to expect during labor and birth
- Ways to deal with childbirth pain
- Helpful hints on breastfeeding and being a parent



## Spanish Edition

MBP UPC: 0-76714-01178-6  
208 pages, 6" x 9"; Softcover

**\$12.00**

## English Edition

MBP UPC: 0-76714-01171-7  
208 pages, 6" x 9"; Softcover

**\$12.00**

 **Meadowbrook Press**

1-800-338-2232

[www.meadowbrookpress.com](http://www.meadowbrookpress.com)

Janet Whalley, RN, IBCLC Penny Simkin, PT Ann Keppler, RN, MN  
of Parent Trust for Washington Children; authors of *Pregnancy, Childbirth, and the Newborn*