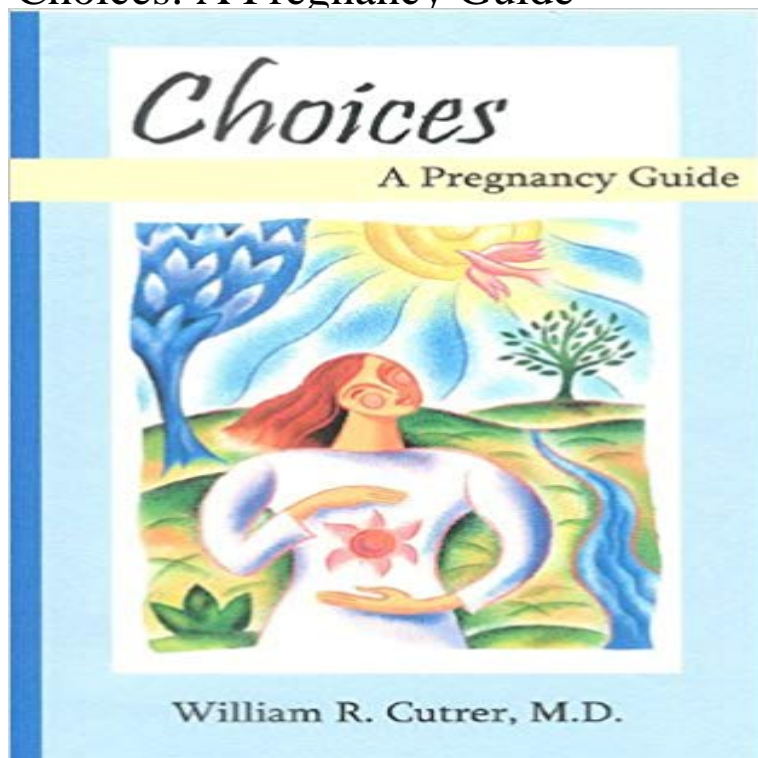


Choices: A Pregnancy Guide



Im Pregnant. Sometimes the realization comes as a shock, and a woman faces a situation she never intended or wanted. If youre that woman, this book is for you. In it an ob-gyn provides sound medical and spiritual advice for the options available. Most books about pregnancy assume a married, happy couple. Questions such as What if I drink or smoke? dont make the final draft. This guide to the options available as well as the nine months of a babys development also tells the stories of numerous women who have been there and wanted their stories told. Includes contraception guide.

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Choices Fill in and print this birth plan online with your wishes for labour and birth, including pain relief and medical care. Or print out a blank form to fill in by hand. **Your online birth plan - Pregnancy and baby guide - NHS Choices** Mar 31, 2017 NHS Choices uses cookies to improve your on-site experience. Find out more about cookies. Get your baby off to the best start with free tips **Choices in Pregnancy and Childbirth: A Guide to Options for Health** Find out about your options for where to give birth: at home, in hospital or at a midwife-led (midwifery) unit. Learn more about which pain relief methods will be **Birth Choices pregnancy & birth care guide Raising Children Network** 12 weeks pregnant, plus changes in your body during these pregnancy weeks. to you about all the options available to help you make an informed choice. **Pregnancy - NHS Choices** Find out how to contact your midwife or GP to start your antenatal care in pregnancy, and read about the tests, checks and health advice you can expect to get. **Planning a pregnancy - Pregnancy and baby guide - NHS Choices** If youre pregnant and not sure you want to be, the FPA leaflet **Pregnant and dont know what to do? A guide to your options** explains the choices you have. **Early pregnancy signs and symptoms - Pregnancy and baby guide** Find out about epilepsy and pregnancy, including the risks anti-epileptic drugs may have on your babys health, and talking to your specialist about your **Choices a Pregnancy Guide: M.D. William R. Cutrer** - Find out about help and support for young mums and pregnant teenagers, including carrying on with your education. **Pregnancy test - Pregnancy and baby guide - NHS Choices** All you need to know about pregnancy, birth and looking after a baby, including trying to get pregnant, foods to avoid, breastfeeding and bottle feeding. **Dad-to-be and early fatherhood - Pregnancy and baby guide - NHS** This is a comprehensive and empowering guide to facilitating a positive pregnancy and birth experience, and ensuring lasting emotional and physical health for **Baby at 9, 10, 11, 12 weeks pregnant - Pregnancy guide - NHS** Choices a Pregnancy Guide [M.D. William R. Cutrer] on . *FREE* shipping on qualifying offers. Book by William R. Cutrer, M.D.. **Your baby at 0-8 weeks pregnancy - Pregnancy and baby guide** Find out the early signs and symptoms of pregnancy, including morning sickness, sore breasts, feeling tired and missing a period. Find out about diabetes in pregnancy, including types 1 and 2 and gestational diabetes, the risks to you and your baby, and how to manage the condition. **Stop smoking in pregnancy - Pregnancy and baby guide - NHS** Tips for new parents, including how to get breastfeeding off to a good start, washing and bathing your newborn, soothing a crying baby, how to change your **Choices for birth location - Pregnancy and baby guide - NHS Choices** **Healthy diet in pregnancy - Pregnancy and baby guide - NHS Choices** Find out about having sex safely in pregnancy, including positions that can be more comfortable and when you should avoid sex. With video. **Your pregnancy and baby - Pregnancy and baby guide - NHS Choices** Key things to know when planning a pregnancy, including taking folic acid before you conceive, foods to avoid, cutting out alcohol, and finding out about rubella.