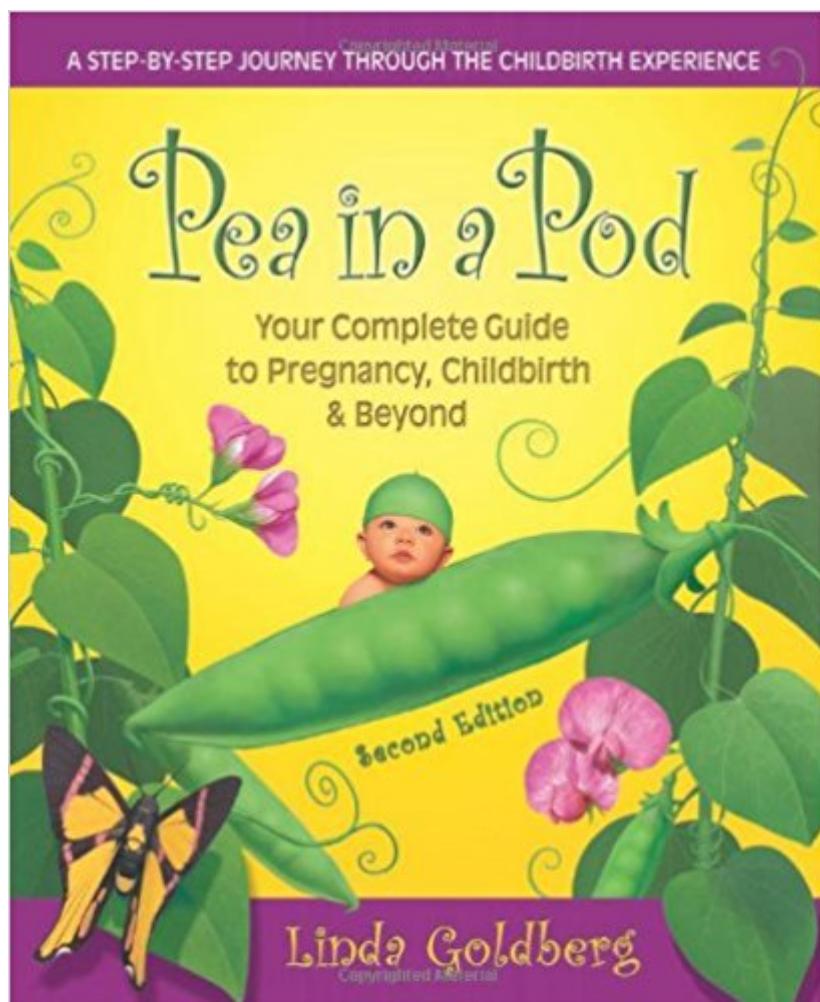


The book was found

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

Paperback: 496 pages

Publisher: Square One; 2 edition (October 1, 2011)

Language: English

ISBN-10: 0757003478

ISBN-13: 978-0757003479

Product Dimensions: 7.5 x 1 x 9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 25 customer reviews

Best Sellers Rank: #781,915 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #1187 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #1610 in Books > Parenting & Relationships > Parenting > Early Childhood

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.)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

--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.

[Download to continue reading...](#)

Pea in a Pod, Second Edition: Your complete Guide to Pregnancy, Childbirth & Beyond Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom, pregnancy, newborn, childbirth, obstetrics, parenting, motherhood) Brussels Baby Book: A Practical Guide to Pregnancy, Childbirth and Beyond in Brussels Husband-Coached Childbirth (Fifth Edition): The Bradley Method of Natural Childbirth Pregnancy, Childbirth, and the Newborn (4th Edition): The Complete Guide Pregnancy, Childbirth, and the Newborn: The Complete Guide Pod- Psychiatric Home Care Pilates for Pregnancy: The Ultimate Exercise Guide to See You Through Pregnancy and Beyond Preparing for Birth with Yoga, Updated Edition: Empowering and Effective Exercise for Pregnancy and Childbirth Belly Laughs, 10th anniversary edition: The Naked Truth about Pregnancy and Childbirth Magical Beginnings, Enchanted Lives: A Guide to Pregnancy and Childbirth The Hip Mama Survival Guide: Advice from the Trenches on Pregnancy, Childbirth, Cool Names, Clueless Doctors, Potty Training, and Toddler Avengers The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth Natural Birth: A Holistic Guide to Pregnancy, Childbirth, and Breastfeeding Gentle Babies:

Essential Oils and Natural Remedies for Pregnancy, Childbirth, Infants and Young Children

MATERNAL EMOTIONS: A Study of Women's Feelings Toward Menstruation, Pregnancy,

Childbirth, Breast Feeding, Infant Care, and Other Aspects of Their Femininity Maternal Emotions :

A Study of Women's Feelings Toward Menstruation, Pregnancy, Childbirth, Breast feeding, Infant

Care, and Other Aspects of Their Femininity Your Pregnancy Week by Week, 8th Edition (Your

Pregnancy Series) Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and

Uncomfortable Side Effects During Each Stage of Your Pregnancy Traveler's Guide to Camping

Mexico's Baja: Explore Baja and Puerto Peñasco with Your RV or Tent (Traveler's Guide

series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)