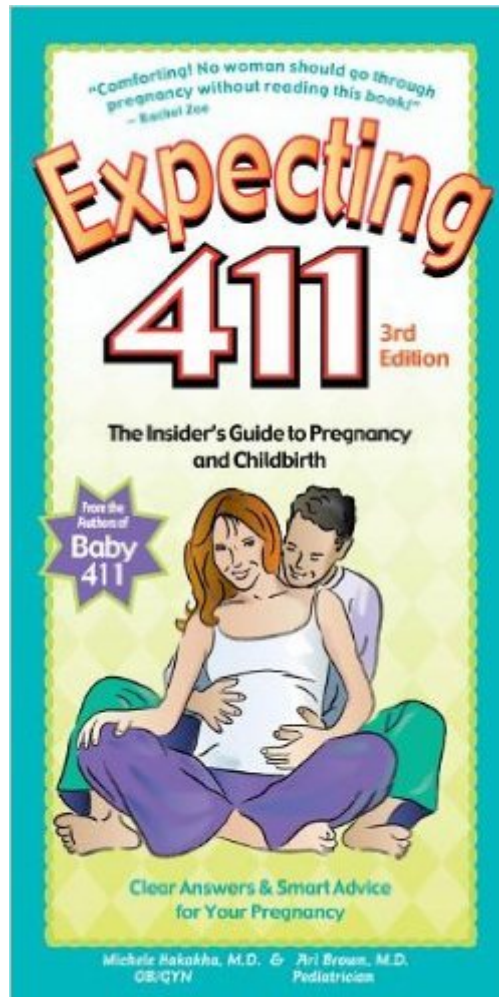


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# Expecting 411: The Insider's Guide To Pregnancy And Childbirth



## Synopsis

Congratulations! You're pregnant! Now, where do you turn to for the best advice? What if you could bottle the wisdom of all those women who came before you and combine it with the solid medical advice from a renowned Beverly Hills OB/GYN and nationally known pediatrician? Expecting 411 is the answer: smart, up-to-date and refreshingly free of paranoia, this is the book you'll turn to for quick answers to your most pressing questions. Inside, you'll find: Is this normal? From morning sickness to stretch marks, you'll learn what's expected and what's not. Is it safe? Sushi? Hair dye? Coffee? Get detailed do's and don'ts. How much weight should I gain? Find the latest guidelines. Breastfeeding 101. Learn the secrets of nursing from an expert. Detailed advice on prepping for parenthood, including all the decisions you need to make. What tests are required? Are optional? Easy-to-find answers on natural childbirth, nutrition, epidurals, when to call the doc and more! This brand new, revised 3rd edition of Expecting 411 features these updates: New guidelines for child birth why there are no more elective C-sections before 39 weeks. Caffeine and alcohol: the FACTS on how these affect your baby and pregnancy. The latest research on autism risk factors during pregnancy: What you need to know and what to do to lower the risks. Home births: expanded info you need to make an informed decision on where to deliver. All that and more in the revised and updated Expecting 411, 3rd edition.

## Book Information

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## Customer Reviews

Great book for expecting parents. This book has tons of information. The only negative thing I can

say about it is the book format is a little strange, very tall and not very wide, but that's so minor compared to all of the great information inside the book. I should note that I bought this book after purchasing Baby 411, which was a mistake since my child isn't born yet. This book has much more relevant information for my current situation. I would recommend this book to every expecting parent!

Very happy with this book, really gave my us a very good background on what we should expect when having a baby. We felt very much informed but never felt like the book was too alarmist or that the authors were pushing an agenda or opinion. They try to write it up so its funny and they do an okay job of it, it does not feel preachy and while corny at times, it was easy to read and provided a lot of sources so we felt confident in the information provided. They do provide opinion but they are boxed and clearly labeled as opinion.

It has a lot of really good information that is easy to read and laid out well. I was given What to Expect When You're Expecting and if I was only allowed to have one of the two, I'd choose the latter. I feel the information flows much better in What to Expect, then Expecting 411, making an easier and more enjoyable read.

AMAZING BOOK!!!! I was given this book and What to Expect when Expecting. I know that the WTEWE is essentially the new mamma Bible, but MAN is it hard to read and overall dated. 411 is well organized, and very easy to read. The chapters are clearly written and tabulated which makes the emergent "Oh My GOD is something wrong" moments easier to handle. There are easy to read charts and tables, WTEWE doesn't have these. I also felt that in WTEWE the author was lecturing me, I get enough of the "you should \_\_\_\_\_" from people while pregnant in my day to day life. I LOVE the personal tips from both of the doctors as well as the fact that this book is truly written in someone's voice, so you feel like you're having a real conversation. This book covers everything from beauty care practices to detailed charts and informational graphics. I particularly love the Q&A sections. Overall, this is the best option if you are going to buy something for a baby shower or for yourself. It's: Informative, funny, well laid out and MUCH better than the other options.

This book was Very helpful and informative!! I recommend this book for any new mom starting off!! Great detail and layer out well!!!

I absolutely loved this book through every step of my pregnancy. It was clear, easy to understand and I found myself referencing it constantly. The authors are knowledgeable but also real. They write in a way that is packed with information but light enough that you can digest and understand what you're reading. The tips and stories along the way made it fun to read. I have bought it for every one of my friends who have gotten pregnant since.

This was the only book recommended by our doctor. It is great, not gimmicky or commercialized like the other expecting books but this one is full of great information and super comprehensive.

Great book! Very user friendly - set up in a Q&A sort of way. Addresses many modern questions, and great lists of acceptable medications, supplements, foods, etc.

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