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Pregnancy Week by Week: Understand the changes and chart the progress of you and your baby with this essential handy guide

Jane MacDougall

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This fully revised and updated edition is your ideal companion through the 40+ weeks of pregnancy. Each week you will find information on how you might be feeling or what you should be doing and a review of your baby's progress - accompanied by specially created illustrations.

Additionally, there is much vital information on antenatal care, fitness, diet, coping with common complaints and labour and delivery as well as an introduction to your newborn. All the information is presented in a succinct yet reassuring way and there are many useful illustrations, photographs and checklists.

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