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BIRTH How to MAKE  
A FLIPBOOK ~~How To  
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Childbirth Books First  
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Top 3 Books to Read

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PREGNANCY BOOKS!

REVIEW OF TOP 3

FAVORITE

PREGNANCY BOOKS

Pregnancy Week-By-

Week Weeks 3-42

Fetal Development

My Favorite

Natural Pregnancy

& Childbirth

Books | Pregnancy

Series | Healthy

Grocery Girl

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appointment before  
child birth.

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SURVIVAL GUIDE FOR  
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2017 | Angela Lanter  
Guide To Pregnancy  
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An easy guide to

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Pregnancy. What you can expect. guide to pregnancy. When you are pregnant you will have regular appointments with a midwife. A midwife cares for women and their families during pregnancy, birth and after the birth. Some women need to see a doctor when they are pregnant, your

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An easy guide to  
pregnancy.

pregnancy, levels of  
hormones fall, the  
womb lining breaks  
up and a period  
happens. Each  
month, the brain  
sends a chemical  
message to the  
ovaries. This causes

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around 20 eggs to grow in one or other ovary. At the same time the hormone estrogen begins to thicken the lining of the womb.

### Pregnancy - A Young Person's Guide

You should see a midwife or GP as soon as you find out you're pregnant. This

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is so they can File  
organise your NHS  
pregnancy care (also  
called antenatal  
care). Your first  
appointment with a  
midwife should  
happen before you're  
10 weeks pregnant.

Your NHS pregnancy  
journey - Your  
pregnancy and baby  
guide

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example, in a hospital, midwife-led unit, or at home; what pain relief in labour is available, such as gas and air (entonox) and epidural signs that labour might be starting

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Morning sickness

(nausea and vomiting

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Early pregnancy

guide - BabyCentre

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From the moment

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foods, pregnant women should limit or avoid some foods:

- Avoid raw or unpasteurized milk, cheese, and juice because they may have harmful germs.
- Avoid alcoholic beverages. Limit caffeinated drinks such as coffee, tea, sodas, and energy



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