

Perfect for first time moms! The first book in our Mommy MD Guides book series, The Mommy MD Guide to Pregnancy and Birth, is filled with tips that doctors who are also mothers use for their own families during their own pregnancies and births. To create it, we spoke with 60 doctors who are also mothers; we call them Mommy MD Guides. We spoke with many Mommy MD Guides who are still in the trenches with their babies. Some of them were even pregnant when we talked. We also spoke with Mommy MD Guides whose babies are grown up with babies of their own. They are Grammy MD Guides! Combined, these physicians have centuries of experience as doctors, and among them they have 146 children. The 900+ reassuring, trusted, and often even humorous tips in this book are presented in the Mommy MD Guides own words, and each tip is clearly attributed to the doctor who lived it. Because doctors so often see the things that can go wrong, they try to do everything as right as they can for their own health and for that of their families. Physicians are a healthier group than the whole. Even though women physicians sometimes will just suffer with things that take time and that affect them alone, pregnancy is different. Most doctors go the extra mile to take care of their own bodies while they are carrying their babies. The Mommy MD Guide to Pregnancy and Birth offers tips on both the challenges and also the celebrations of pregnancy. You will discover how Mommy MD Guides made it through pesky pregnancy challenges such as morning sickness, back pain, and heartburn, and you will also learn how they enjoyed wonderful celebrations of pregnancy such as telling their partners the good news, baby showers, and meeting their babies for the first time. This book is a reassuring look at pregnancy that is filled with practical, actionable tips that work. After all, if a physician juggling a busy practice and a hectic home or a resident working 110 hours a week used a tip, no doubt it worked. And if it worked for her, it will likely work for you too. The book is divided into 43 chapters, one for each week of pregnancy plus chapters about the birth. Each chapter opens with a Your Baby This Week section and is filled with tips about the topics particular to that week. In addition to more than 900 tips in the book, it features the following three types of sidebars. When to Call Your Doctor or Midwife sidebars offer critical information of when to seek medical help. Mommy MD Guide Recommended Product sidebars feature products that Mommy MD Guides found invaluable during their pregnancies, including cost and availability information. MomMy Time sidebars suggest ways for moms-to-be to relax, de-stress, and enjoy this amazing, wonderful time in their lives. Welcome to the Mommy MD Guides!

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