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and to make sure you get the care that is right for you. The guidance about pregnancy and babies does change. So it's important to get up-to-date, trusted advice so that you can make the right decisions and choices. If you have any

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The Pregnancy
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This beautifully
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sounds over others and will like lower tones more because they reverberate better in the belly.

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there is The Mama
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Improvement. This
book provides
information on

many aspects of

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Guide Book and a list of useful organisations. It is available to expectant mothers resident in Northern Ireland through primary care services (antenatal clinics, GPs or health visitors). The book can be downloaded as a single

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word "baby" to
your pregnancy
and your new
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Your healthy
pregnancy and
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Your week by week
pregnancy guide
from Emma's
Diary. Something
wonderful is

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happening to your body and, quite naturally you'll want to know as much as possible about the changes week by week.

Within this section we've teamed up with our friends at Boots to help you track your week by week pregnancy so you can see what is

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happening to your
baby at every
stage of their
incredible
development in the
womb and what is
happening to your
body too!

Pregnancy Week by
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Pregnancy Guide

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Health & Baby -

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Your Guide to a
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Tommy's provides
accredited midwife-
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into the causes of
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family, find out
how to get
pregnant and some
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changes that might
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a doula, the book also focuses on your labor and birth goals with a helpful “birth letter” exercise.

7 Best Pregnancy Books of 2020 -
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What this pregnancy book delivers: Exactly as the title states, this

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Go-to guide covers all aspects of pregnancy, delivery and early stage of baby. First published in 1979 and revised numerous times, the popular pregnancy book for moms-to-be is filled with information on what to expect

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during pregnancy
and after
childbirth,
explaining the role
of the pelvic floor
muscles and how

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