



## Healthy Beginnings: Giving Your Baby the Best Start from Preconception to Birth (4th)

By Nan Schuurmans, Vyta Senikas, Andr? LaLonde

John Wiley and Sons Ltd. Paperback / softback. Book Condition: new. BRAND NEW, Healthy Beginnings: Giving Your Baby the Best Start from Preconception to Birth (4th), Nan Schuurmans, Vyta Senikas, Andr? LaLonde, "Healthy Beginnings" is the ultimate step-by-step guide to pregnancy and childbirth. It is a uniquely Canadian resource developed by the Society of Obstetricians and Gynaecologists of Canada (SOGC), the national body that sets Canadian clinical practice guidelines for obstetrics and gynaecology in Canada. From preconception to early postnatal care, "Healthy Beginnings" is an indispensable resource for mothers, mothers-to-be and caregivers. This handbook is an accessible guide with up-to-date, expert information that helps readers better understand how a body prepares for birth, and what a growing baby needs. This knowledge has been shown to make a big difference in how well a pregnancy progresses and how healthy a newborn will be. "Healthy Beginnings" is an excellent tool for expecting parents. It prepares them for the long, natural process that covers pregnancy, labour, birthing, maternity and breastfeeding. This must-have book is chock full of advice and sound information, so much so that it virtually turns into a user's guide to pregnancy, comforting new parents and raising their confidence level!--Dr. Corinne...



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