

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## **Pregnancy Guide Selection Tips**

**By Mandy Robinson**

>From the moment you find out that you are pregnant, expecting mothers immediately begin to

worry about planning for a successful pregnancy and in addition for their bundles of joy. Planning is perhaps the most important thing you can do during your pregnancy, so finding a quality guide is of the utmost importance to helping you organize for success. You may be issued with some kind of brochures from your doctor at your first medical check-up where your pregnancy is officially confirmed, or you may be given something by friends who have already had babies. Read through the guide you are given, and see if it matches your ideal pregnancy in your mind.

### 1. Pregnancy Guides In A Nutshell

– Pregnancy follows a set pattern of development – What to expect with your body during each of the three trimesters – Hints on how to prepare for the actual birth of the baby – Diet advice – Exercise advice

### 2. Generic Pregnancy Guides

For many women, a generic pregnancy guide is sufficient to give them the information they require. Of course, depending on your personality you may want to explore other books to see if they are better suited to you. For example, do you want a pregnancy guide that not only informs but also encourages you to use the book as a record of your pregnancy by having space for you to write in your weight at the various stages?

### 3. Teen Pregnancy

If you are a teen mother-to-be, or this is not your first child, then you may prefer a pregnancy guide that speaks to you and offers more specific advice. It could be that you prefer to know all the symptoms of the various complications of pregnancy so that you are prepared, or perhaps you prefer a book that doesn't give you nightmares.

### 4. Diabetes Also, Other Conditions

For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

For more great pregnancy related articles and resources check out

<http://fab-pregnancy.info>

### **Track Your Pregnancy Progress With A Pregnancy Calendar**

**By Derek Marsh**

To help you manage the unbearable waiting times associated with your pregnancy, a pregnancy calendar can help track your progress as well as provide invaluable memories of your pregnancy. For 9 months, a mother-to-be watches her body transform from the shape she knows, to something that is a life support system for the baby growing inside her.

#### 1. Keep Track Of Your Growth

Whether it is something that she can pin on the wall, or something that she has on a file on her computer, or even a website where she has a login-in that takes her direct to her page, the calendar will show at a glance how far she has left to go in her journey towards motherhood. Many of these daily pregnancy calendars will give tips on how to cope with the different pregnancy symptoms that occur during the different stages, such as heartburn, sleeplessness, and Braxton Hicks.

#### 2. Online Calendars Are Available

The online daily pregnancy calendars give even more information. There are even illustrations of how the baby looks during each trimester. She can actually visualize the baby behind the bump and see her baby progress in her mind. It's also possible to purchase a daily pregnancy calendar book where each day you can journal about how you are feeling, any symptoms or check-ups you have, noting the cravings or weight gains, or even preserving the little things you want to say to the baby. Once complete this provides the new mother with a precious picture of the journey she took bringing her baby into the world.

#### 3. Results For Your Doctor

There is a practical purpose behind a pregnancy calendar – if there are any complications with the pregnancy your doctor will have a complete picture of the development of you and your baby during this time and may be able to pinpoint the problem. For example, by recording your meals in the calendar the doctor may be able to link a specific allergen to the welfare of your baby and recommend the removal of that food item from your diet. Babies do not always have the same allergies as their parents.

For more great pregnancy related articles and resources check out

<http://pregnancynurse.info>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**