



THE essential pregnancy & birth GUIDE

Introduction by Professor Robert Winston

Compiled and edited by
Diana Hill and Dr Rebecca Chicot

Published by Quadrille, 10 September, £10

Discovering you are pregnant is a momentous occasion for any parent. But, with so many new things to learn, and so many people offering advice, it can be difficult deciding who best to listen to. **THE ESSENTIAL PREGNANCY & BIRTH GUIDE** brings together the most up-to-date medical advice into one volume to help parents make the best choices for themselves and their growing baby.

The guide is divided into sections with information on everything from looking after yourself and the growing baby throughout the pregnancy to preparing for the birth, and the hours and days following the delivery. Each chapter is structured around the most common questions asked by parents-to-be with answers provided by a panel of experts including medical practitioners, dieticians and obstetricians. With tips, lists of do's and don'ts, and case studies, the book gives you everything you need to make your pregnancy as enjoyable and trouble-free as possible.

THE essential baby care GUIDE

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Having a baby is an amazing event but it can also be intensely challenging, especially in the first year of life. From the start, there are so many vital things to understand, and it's often difficult to know who best to turn to for advice. **THE ESSENTIAL BABY CARE GUIDE** brings together information from a panel of experts to give new parents the latest medically backed-up information on all aspects of caring for their baby.

Containing the most common questions asked by parents - on breastfeeding, sleep, soothing a crying child, day-to-day care, weaning, baby's health and development, including dealing with colic and when to immunise – the guide covers all the key areas for concern, providing clear and concise answers to support and reassure even the most anxious parent.



THE ESSENTIAL PREGNANCY & BIRTH GUIDE and **THE ESSENTIAL BABY CARE GUIDE** are part of a series of three new reference books published in association with The Essential Parent Company, the other being: **THE ESSENTIAL FERTILITY GUIDE**, by Professor Winston, also published 10 September.



About the Authors

Professor Robert Winston is Emeritus Professor of Fertility Studies at Imperial College. He speaks regularly in the House of Lords on education, medicine, science and the arts. He has presented many BBC television programmes including *Child of Our Time* and *The Human Body*. He is a father of three, grandfather of five, and Chairman of the Genesis Research Trust. www.genesisresearchtrust.co.uk

Dr Rebecca Chicot and **Diana Hill** are founders of The Essential Parent Company. In 2012, alongside the Royal College of Paediatrics and Child Health, UNICEF, the St John Ambulance, the Meningitis Research Foundation and many other expert groups, they produced a series of expert-led demonstration videos, set of four DVDs, *The Essential Baby Care Guide*, advised and narrated by Professor Winston. www.essentialparent.com