



# **The Expectant Mother's Workbook: A Common-Sense Guide to the Most Memorable Journey of Your Life**

*Charlotte Latvala*

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## **The Expectant Mother's Workbook: A Common-Sense Guide to the Most Memorable Journey of Your Life** Charlotte Latvala

Congratulations! You're going to have a baby!... Now what?

Only one thing is certain about pregnancy--the road to motherhood will be the most exhilarating, overwhelming, and confusing you have ever traveled. Luckily, help is on the way to guide you through the difficult decisions.

From conception to birth, from sharing your news with family and coworkers to picking a pediatrician for your newborn--with stops along the way explaining changes in your body, pain-management options, beneficial exercises, and more--this handy workbook provides a road map for your incredible voyage.

Checklists keep you on top of prenatal tests and supplies, while plenty of space is afforded for you to record your own weight gain, favorite names, shower gifts, and the like. Singularly practical tips, such as how to get out of bed when you're really, really big, further ensure a safe, smooth trip down motherhood lane.

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