

Mayo Clinic Complete Book of Pregnancy & Baby's First Year

By Mayo Clinic

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MAYO CLINIC COMPLETE BOOK OF PREGNANCY & BABY`S FIRST YEAR

For more than a century, the health care professionals at Mayo Clinic have dedicated themselves to the well-being of the family. And in the life of the family, what more significant event can there be than the birth of a baby?

Beginning with the decision to start a family, this comprehensive book guides parents through each phase of pregnancy, birth, and baby's all-important first year. Every page offers compassionate, clear answers to the many questions and decisions that accompany conceiving, giving birth, and caring for a treasured new life.

Part One0--Pregnancy

Expectant parents learn how to choose a medical caregiver; what prenatal tests are done and why; what you can do about some of the common discomforts of pregnancy; sensible nutrition and safe exercise routines during pregnancy; balancing work and pregnancy; *plus* an easy-to-understand, trimester-by-trimester breakdown of what to expect as your pregnancy progresses. A special eight-page section features color photographs of how the baby develops during pregnancy.

Part Two--Childbirth

Today's many birthing options are explained in full, and a detailed description of labor and birth helps parents anticipate this powerful experience. A thorough discussion of baby's first hours addresses every parent's question: "Is my baby OK?" Premature birth, cesarean birth, complications, and adoption are discussed, and an important chapter focuses on the new mother's health after childbirth.

Part Three--Living with and Understanding Your Baby

The first months of parenthood can be a jumble ofjoy and worry. Here you'll find clear explanationsof baby-care essentials, including feeding, soothing and playing with your baby, and how to handle common illnesses and emergencies. Text and photographs detail baby's development during the crucial first year.

Part Four--From Partners to Parents: A Family Is Born

A new baby profoundly changes family roles and relationships. This section helps mothers, fathers, grandparents, and siblings strengthen their bonds asthey welcome a tiny new member into their home.

With more than 130 contributors from Mayo's distinguished staff of obstetricians, family physicians, pediatricians, parent educators, nurses, dietitians, social workers, and other medical specialists-plus contributions from dozens of parents-this extraordinary book is a valuable resource for all expectant parents and young families.

Widely regarded as one of the world's foremost medical centers, Mayo evolved from the nation's first group medical practice, established by Drs. William and Charles Mayo more than 100 years ago. Mayo provides family-oriented health care to pregnant women and their babies for both normal and high-risk pregnancies and births. Nearly 2,000 babies are born at Mayo each year. Consistently rated one of the best providers of health care in the world, Mayo is also the world's largest medical center--a full-service diagnostic and treatment institution embracing state-of-the-art medical care. There are Mayo Clinics in Rochester, Minnesota; Jacksonville, Florida; and Scottsdale, Arizona, as well as a broad system of affiliate practices and managed-care networks in other regions.

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Editorial Review

Amazon.com Review
The 9 months preceding and the 12 months following child birth are exciting, trying, confusing times; they are the months of many questions. You wonder about your itchy palms, morning sickness, fetus development, home midwife or hospital doctor choices, what to eat, amniocentesis, miscarriages, labor painkillers, maintaining your physical and emotional health after childbirth, and, not least, how to care for your growing, developing baby. A live-in pediatrician would be nice; a 750-page comprehensive reference guide is the next best solution. It won't eliminate anxiety, but it's a reassuring presence, and a soothing source of answers and explanations.

From Publishers Weekly
Summoning information from the Mayo Clinic's expert staffs in obstetrics, pediatrics, family medicine and parent education, this detailed companion for prospective parents and the parents of very young children offers more than ample guidance on what seems an almost infinite range of subjects and important decisions facing parents. Though focusing for the most part on basic prenatal, birthing and developmental counseling, the book goes well beyond the minimum standard expected. For example, in the chapter "Pregnancy and Ongoing Medical Conditions," the contributors discuss the effects of AIDS and herpes on pregnancy; an entire chapter is devoted to the medical, psychological and bureaucratic aspects of adoption; another counsels mothers on when and how to return to their jobs after childbirth. The tone throughout is refreshingly sober and unhyped, an antidote to the pushy cosiness of some child care tomes; readers with time to spare and a need to learn will relish this. Illustrations not seen by PW.
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From Library Journal
The Mayo Clinic has done it again. Its new book is one that every expectant mother must have. Effectively combining a pregnancy text with an infant care text, this work answers parents' questions concerning pregnancy and infant care with exceptional completeness. The writing is thorough yet understandable, and the illustrations are wonderful. The one drawback is that the volume discusses the stages of pregnancy by trimester rather than following the changes month by month as do many books, such as Arlene Eisenberg and others' What To Expect When You're Expecting (Workman, 1991). The smaller segments of time can be easier to handle when a woman is growing impatient about being pregnant. Nevertheless, this up-to-date text is essential for all consumer health collections.
Kelly Houtz Griffin. Harrison Memorial Hosp., Bremerton, Wash.
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Users Review

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Earline Martin:

The particular book Mayo Clinic Complete Book of Pregnancy & Baby's First Year will bring that you the new experience of reading any book. The author style to clarify the idea is very unique. When you try to find new book to study, this book very appropriate to you. The book Mayo Clinic Complete Book of Pregnancy & Baby's First Year is much recommended to you to learn. You can also get the e-book from official web

site, so you can more readily to read the book.

Dennis Jenkins:

Reading a book tends to be new life style on this era globalization. With studying you can get a lot of information that may give you benefit in your life. Together with book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. Lots of author can inspire their own reader with their story or their experience. Not only situation that share in the publications. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors these days always try to improve their skill in writing, they also doing some investigation before they write on their book. One of them is this Mayo Clinic Complete Book of Pregnancy & Baby's First Year.

Holly Sheehan:

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Jessie Davis:

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