

mother



The Pregnancy Book

father

Your complete guide to:

A healthy pregnancy

Labour and childbirth

The first weeks with your new baby

boy

The Department of Health would like to thank all those involved in shaping the updated edition of *The Pregnancy Book*, including the mothers and fathers, medical and health professionals, and the many individuals and organisations. In particular, the Department extends thanks to:

Community Practitioners' and Health Visitors' Association
Department for Children, Schools and Families
Department for Work and Pensions
Food Standards Agency
NCT
National Institute for Health and Clinical Excellence
Royal College of Anaesthetists
Royal College of General Practitioners
Royal College of Midwives
Royal College of Obstetricians and Gynaecologists
Royal College of Paediatrics and Child Health
UK Medicines Information
Sheena Byrom, Jill Cooper, Anne Edington, Dr David Elliman, Kathryn Gutteridge, Sue Henry,
Dr Judy Shakespeare and Dr Helen Scholefield.

This book is given free to all expectant mothers.

Every effort has been made to make this book reflect the most up-to-date medical advice at the time of publication. Because developments can be very rapid, significant changes will always be notified to doctors and other health professionals at once. They will then be incorporated into the text for the next reprint. For the most up-to-date information and advice, visit the online version of the book (pregnancy planner) at www.nhs.uk/pregnancyplanner

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Design and layout by the Rafferty Consultancy.
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The first weeks with your new baby

your complete guide

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