

mother



The Pregnancy Book

father

Your complete guide to:

A healthy pregnancy

Labour and childbirth

The first weeks with your new baby

boy

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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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Labour and childbirth

The first weeks with your new baby

your complete guide

pregnancy



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