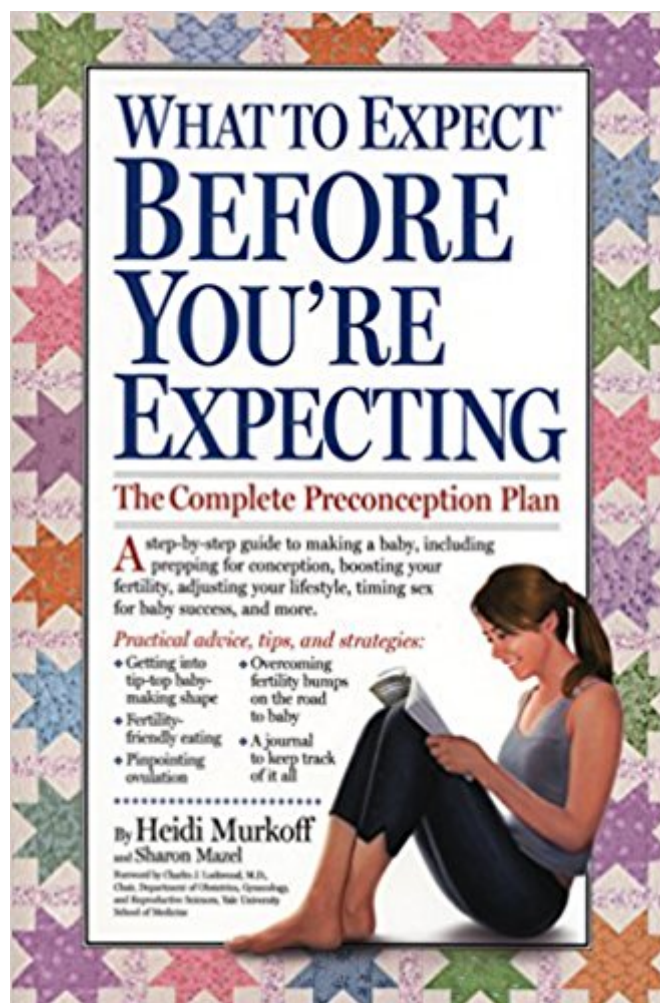


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# What To Expect Before You're Expecting



## Synopsis

Announcing the prequel. From Heidi Murkoff, author of America's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive—the first step in *What to Expect: What to Expect Before You're Expecting*. An estimated 11 million couples in the U.S. are currently trying to conceive, and medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide wanna-be moms and dads step-by-step through the preconception (and conception) process than Heidi Murkoff? It's all here. Everything couples need to know before sperm and egg meet up. Packed with the same kind of reassuring, empathetic, and practical information and advice and tips that readers have come to expect from *What to Expect*, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxers). How to pinpoint ovulation, time lovemaking, keep on-demand sex sexy, and separate conception fact (it takes the average couple up to 12 months to make a baby) from myth (position matters). Plus, when to seek help and the latest on fertility treatments—from medications and IVF to surrogacy and more. Complete with a fill-in fertility journal to keep track of the babymaking adventure and special tips throughout for hopeful dads. Next step? *What to Expect When You're Expecting*, of course.

## Book Information

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## Customer Reviews

Book Description More and more couples are planning for conception, not only for financial and lifestyle reasons, but in response to recent recommendations from the medical community. In the same fresh, contemporary voice that has made the 4th edition of *What to Expect When You're Expecting* so successful, Heidi Murkoff explains the whys and wherefores of getting your body ready for pregnancy, including pregnancy prep for both moms and dads to be. *Before You're Expecting* is filled with information on exercise, diet, pinpointing ovulation, lifestyle, workplace, and insurance changes you'll want to consider, and how to keep your relationship strong when you're focused on baby making all the time. There are tips for older couples; when to look for help from a fertility specialist--including the latest on fertility drugs and procedures--plus a complete fertility planner. Read Heidi Murkoff's Introduction to *What to Expect Before You're Expecting* Pregnancy, as you probably know, is nine months long (or 38 weeks from conception, if you're really serious about keeping count). And if you've ever been pregnant before, you probably think that's plenty long enough. But is nine months really long enough? Does that time-honored baby-making timetable really stand up to the latest obstetrical science? According to more and more research--and more and more experts (including the Centers for Disease Control, American College of Obstetricians and Gynecologists, and the American College of Pediatrics)--the answer is maybe not. That traditional nine-month figure is being challenged by a surprising new suggestion: It's time to add more months to pregnancy. That's right, more months. At least three more months, in fact, for a full year (or even more) of baby making. But before you panic (three extra months of not seeing my feet? Of passing on the sushi? Of waiting to hold that bundle of joy?), here's what you need to know: Those extra months aren't meant to be spent being pregnant, they're meant to be spent getting ready to be pregnant. Before you're expecting--and before you even begin trying to expect--is the best time to get both your bodies into tip-top baby-making shape. And that's why I've written *What to Expect Before You're Expecting*--a complete, step-by-step preconception plan to help you and your partner prep for pregnancy. Whether you're hoping to fill your nest for the first time or the fourth (or more!), a little conception know-how--which lifestyle adjustments you should make now (cut back on caffeine and cocktails) and which you can hold off on (get your sushi while you can!); which foods are fertility-friendly and which are fertility busters (say yes to yams and oysters, so long to saturated fats); how extra weight can weigh on your fertility and his; how to track fertility and pinpoint ovulation--can help you fill that nest faster. What's more, the right preconception protocol can help ensure a healthier and more comfortable pregnancy (think less morning sickness, a lowered risk of premature delivery and gestational diabetes) and a healthier bundle of baby. And the plan doesn't end when you're finished with the prepping. It covers baby-making how-to's, do's,

and don'ts--everything you need to know about conception sex (from timing, to logistics, to positions, and more). Whether you've begun your conception campaign already or you're just starting to think about getting pregnant, it's never too late--or too early--to start optimizing your preconception profile, giving the baby of your dreams the healthiest possible start in life. So put time on your side, and add a few months to your baby-making calendar. More pregnancy, as it turns out, is more. --This text refers to an out of print or unavailable edition of this title.

Pregnancy guru Murkoff (*What to Expect When You're Expecting*) explains that a healthy pregnancy actually begins long before sperm and egg meet. In fact, she suggests that couples add at least three months to the requisite nine in order to prepare both their bodies for the best outcome. Backed by research and expert advice, Murkoff and Mazel present a preconception program that includes tips on what to eat (and not eat), how to maintain a healthy weight and advice about preconception medical care, such as having a physical and dental checkup. The text points out that dads are vitally important to pre-pregnancy health, with warnings that heavy drinking and smoking can damage or reduce sperm, as can certain sports such as spinning, cycling or heavy workouts. (Shaded boxes throughout the text address the ways in which men can contribute to baby-to-be's successful arrival.) The text also covers fertility issues, clearly explaining "the biology of baby making"; and outlining the options available to couples who are facing conception problems. Readers who like to think ahead will also benefit from a detailed fertility planner, which includes a fertility chart to track ovulation and space to record various pre-baby appointments and information. Couples who are trying to conceive will find plenty of useful ideas to consider and implement in the months preceding their baby's debut. (May) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

I tend to agree with most of the other reviews about this book. I really wanted to like it, but most of the information was all things I had already googled on my own. Interesting tidbits of random facts though.

A lot of this information can be summed up through Internet research and the book strongly suggests a pre-pregnancy doctor visit - considering it takes me 2-3 months to get a yearly check-up appointment scheduled with most of the doctors I've ever dealt with it seems unlikely this bit of advice would be easy to take but that's not the book's fault but the state of healthcare. A good deal of the book was set up more like a FAQ, which meant some questions related to you and others

didn't. All the information was good and not overly filled with conception lingo or difficult to understand ideas.

I come from a medical field so much of this I already knew. However, it did put me at ease and give me a few pointers on things that I didn't know. I have recommended to friends that are also trying to read this in advance of trying to give yourself a leg up on what could or might happen. It's a good, easy read with well thought points and covers most topics.

I am giving this book 3 stars because there are things I like about it and things that I don't. First, the good: it has a lot of useful information in it, all in one place. A previous reviewer noted that you can get all of the info in it online, which is true, but you might have to spend some time looking for it and some you might never stumble upon. This book has it all in one fairly short book, so if you want to quickly look something up it's easy to do it. There are things in it that I never really thought about, and so wouldn't have looked up (why certain vitamins are good to have, the biology of getting an egg fertilized (getting pregnant)), but that I'm glad I know now. With that said, this is obviously not the only book that has this information in it, and if you buy another one you can probably skip this one (I also bought "Before Your Pregnancy," which I have only skimmed so far but which looks better than this book so far). The pages at the end (for charting your temperature, keeping track of your cycles, etc.) were great 5 years ago, I'm sure, but you can download free apps that do all of this more conveniently now. Also, I agree with other reviewers who said the language is really annoying. You get past it eventually, enough to keep reading for useful information (or at least I did), but it does read like a Cosmo magazine. There are plenty of silly abbreviations, sex is called "baby dancing" or "baby making" and there is alliteration in spades. Ugh. To sum up: I'm giving it three stars because on the one hand I did learn from it and it's concise (190 pages, if you don't include the charts at the end, which I don't, compared to 400 or 500 pages for "Before Your Pregnancy" (I forget which)), but other hand I could have gotten all the information in another book. On the one hand it's cheap, but on the other hand the language the author uses is annoying to read.

I never really thought I'd want to have kids, and I pretty much slept through health class in high school, so when my husband and I decided to try and have kids, I bought this book as a place to start. I knew the very basics, and I didn't want a medical handbook, I was already excited and scared- this book helped me organize my thoughts and feelings as well as create a baby making timeline. It filled in a lot of blanks I had about trying to conceive, but the biggest benefit was that

reading it helped me create a list of questions for my doctor. So when I left after my pap/physical, I felt like I had all the tools and knowledge I needed to start trying to conceive. Maybe it's that I'm pretty emotional, but I liked the way the book was written, it is kind of like I'm talking to a friend- which I appreciate because all of my closest friends do not have kids. I am 33, healthy, and have pretty regular cycles, so I wasn't looking for a book to cover conception problems- just a good regular starting point. The book does briefly discuss health problems that can lead to problems conceiving, but if you already know that you have one of those issues, this is probably not the book for you.

Plenty of myths that have been proven untrue, but overall my wife likes it. Read with an open mind, but do not take everything as doctrine.

I consider myself to be above average when it comes to knowing my body and my cycle, but I had no idea how much I didn't know until I started reading this book. Great information. I can't attest to the second half of the book, because I got pregnant shortly after starting to read it.

This book has helped me prepare to make a baby. It answered several questions I had for my doctor so that my preconception doctor visit was more like a review and assurance of certain facts. I went to my doctor prepared with a list of questions and medical history. I have used the practical advice for my diet and other lifestyle changes while trying to conceive. I would highly recommend this book. It is a great nightstand read and as there may be portions of the book that do not apply to you, it is a shorter read than you might think while also providing a wealth of information. I have already bought "What to Expect When You Are Expecting".

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