

Preparing for a Healthy Baby: A Pregnancy Book

By Kendis Moore Drake

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Preparing for a Healthy Baby: A Pregnancy Book By Kendis Moore Drake

Every pregnant woman needs a nurse in the middle of the night. Preparing for a Healthy Baby was created to be your bedside nurse and help you get quick answers to your most common questions. This is an easy to read, easy to understand book for expectant mothers that has been used by Universities, hospitals, doctor's offices, health departments and clinics throughout the country for more than 10 years. Now this book is available directly to expectant mothers. This book helps mothers understand the wonderful process of pregnancy and delivery. What changes will my body go through during pregnancy? How is my baby growing month-to-month? What substances are potentially dangerous to my baby and me? What medications are OK to take during pregnancy? What problems can be treated safely at home? When do I need to call my doctor? These questions and many more are answered in a clear and concise way. Doctors and nurses have stated that there is no other prenatal book that talks to mothers the way Preparing for a Healthy Baby does. Their patients say it's the one source they turn to most frequently for answers and information during their pregnancy. Mothers say it gave them comfort to know they were doing all the right things to help their baby. They also found that it was a great relief to know they had a quick reference guide at their fingertips to answer their middle-of-the-night questions.

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Editorial Review

About the Author
Kendis Moore Drake mother, RN, FNP and Olympian When Kendis began caring for pregnant women 22 years ago, she tried to find a concise, easy-to-read book that would help educate her patients about their pregnancies. No such book existed, so Kendis wrote this book to help expectant mothers understand the wonderful process of pregnancy and delivery. Kendis graduated magna cum laude from Arizona State University with both her Bachelor s of Science degree and Master s Degree in Nursing. Kendis is a former world record holder in swimming and Olympic team member. She continues to enjoy sports and caring for patients today, while expanding her practice to include gynecology and women's health.

Users Review

From reader reviews:

Natalie White:

This Preparing for a Healthy Baby: A Pregnancy Book book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book will be information inside this guide incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This particular Preparing for a Healthy Baby: A Pregnancy Book without we realize teach the one who reading through it become critical in imagining and analyzing. Don't end up being worry Preparing for a Healthy Baby: A Pregnancy Book can bring if you are and not make your case space or bookshelves' become full because you can have it in the lovely laptop even phone. This Preparing for a Healthy Baby: A Pregnancy Book having good arrangement in word and also layout, so you will not feel uninterested in reading.

Catherine Branch:

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