



UK Edition

Making Everything Easier!™

2nd Edition

# Pregnancy

## FOR DUMMIES®

### Learn to:

- Prepare yourself for pregnancy
- Follow your baby's development during pregnancy
- Take care of yourself before and after delivery
- Care for your newborn baby

**Dr Roger Henderson**  
**Dr Sarah Jarvis**





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## **Table of Contents**

[Introduction](#)

[About This Book](#)

[Conventions Used in This Book](#)

[What You're Not to Read](#)

[Foolish Assumptions](#)

[How This Book Is Organised](#)

[Part I: The Game Plan](#)

[Part II: Pregnancy: A Drama in Three Acts](#)

[Part III: The Big Event: Labour, Delivery and  
Recovery](#)

[Part IV: Special Concerns](#)

[Part V: The Part of Tens](#)

[Appendix](#)

[Icons Used in This Book](#)

[Where to Go from Here](#)

[Part I: The Game Plan](#)

## Chapter 1: From Here to Maternity

### Getting Ready to Get Pregnant: The Preconception Visit

Taking a look at your history  
Evaluating your current health

### Answering Commonly Asked Questions

Getting to your ideal body weight  
Reviewing your medications  
Considering herbal remedies and vitamin supplements  
Recognising the importance of vaccinations and immunity  
Quitting contraception

### Introducing Sperm to Egg: Timing Is Everything

Pinpointing ovulation  
Taking an effective (and fun) approach

## Chapter 2: I Think I'm Pregnant!

### Recognising the Signs of Pregnancy Testing, Testing, 1, 2, 3

Getting an answer at home  
Going to your GP for answers

## Antenatal and Labour Care – What's Available?

Where to have your baby

Looking at your options: Private or NHS?

## Who's Who? The Varying Roles of Health Care Professionals

Your GP

Your midwife

Independent midwives

Your obstetrician

Maternal-foetal medicine specialists

Your paediatrician

Your health visitor

## Chapter 3: Preparing for Life during Pregnancy

Working Out Your Due Date

Planning Antenatal Visits

Preparing for Physical Changes

Spotting breast and bladder changes

Coping with mood swings

Living through leg cramps

Noticing vaginal discharge

Putting up with backaches

Handling stress

Understanding the Effects of Medications,  
Alcohol and Drugs on Your Baby

[Taking medications](#)

[Smoking](#)

[Drinking alcohol](#)

[Using recreational/illicit drugs](#)

[Looking at Lifestyle Changes](#)

[Pampering yourself with beauty treatments](#)

[Relaxing \(or not\) in hot tubs, saunas or steam rooms](#)

[Travelling](#)

[Getting dental care](#)

[Having sex](#)

[Working during Pregnancy: A Different Type of Labour](#)

[Chapter 4: Checking Out Your Rights and Welfare Benefits](#)

[Your Rights When You're Having a Baby](#)

[Discrimination against pregnant women](#)

[Ordinary and additional maternity leave](#)

[Financial Benefits during Pregnancy](#)

[Statutory Maternity Pay](#)

[Maternity allowances](#)

[Sure Start Maternity Grants](#)

[You and your Mat B1](#)

## Entitlements as a New Parent

Child Benefit

Working Tax Credit

Child Tax Credit

Statutory Paternity Pay

## Chapter 5: Diet and Exercise for the Expectant Mother

### Looking at Healthy Weight Gain

Determining how much is enough

Avoiding weight obsession

Understanding your baby's weight gain

### Taking Stock of What You're Taking In

Using a healthy eating pyramid

Supplementing your diet

### Determining Which Foods Are Safe

Debunking popular food myths

Identifying potentially harmful foods

### Considering Special Dietary Needs

Eating right, vegetarian-style

Combating constipation

Dealing with diabetes

### Working Out for Two

[Adapting to your body's changes](#)  
[Exercising without overdoing it](#)  
[Comparing forms of exercise](#)

## [Part II: Pregnancy: A Drama in Three Acts](#)

### [Chapter 6: The First Trimester](#)

#### [A New Life Takes Shape](#)

#### [Adapting to Pregnancy: Body Changes in the First Trimester](#)

[Breast changes](#)

[Fatigue](#)

[Any-time-of-day sickness](#)

[Bloating](#)

[Frequent urination](#)

[Headaches](#)

[Constipation](#)

[Cramps](#)

#### [Booking Baby In: Your First Antenatal Appointments](#)

[Understanding the consultation](#)

[Considering the physical examination](#)

[Looking at standard tests](#)

[Your booking appointment - now it's your turn!](#)

#### [Recognising Causes for Concern](#)

[Bleeding](#)



[Miscarriage](#)  
[Ectopic pregnancy](#)

## [Chapter 7: The Second Trimester](#)

[Discovering How Your Baby Is Developing](#)  
[Understanding Your Changing Body](#)

[Forgetfulness and clumsiness](#)  
[Wind](#)  
[Hair and nail growth](#)  
[Heartburn](#)  
[Lower abdominal/groin pain](#)  
[Nasal congestion](#)  
[Nosebleeds and bleeding gums](#)  
[Skin changes](#)

[Checking In: Antenatal Visits](#)  
[Recognising Causes for Concern](#)

[Bleeding](#)  
[Foetal abnormality](#)  
[Incompetent cervix](#)  
[Identifying other potential problems](#)

## [Chapter 8: The Third Trimester](#)

[Your Baby Gets Ready for Birth](#)

[Movin' and shakin': Foetal movements](#)  
[Flexing the breathing muscles](#)  
[Hiccupping in utero](#)

## Keeping Up with Your Changing Body

Accidents and falls

Braxton-Hicks contractions

Carpal tunnel syndrome

Fatigue

Piles

Insomnia

Feeling the baby engage

Pregnancy rashes and itches

Preparing for breast-feeding

Sciatica

Shortness of breath

Stretch marks

Swelling

Urinary stress incontinence

Varicose veins

## Thinking about Labour

Writing a birth plan

Timing labour

Using perineal massage

## Hitting the Home Stretch: Antenatal Visits in the Third Trimester

Preparation for Parenthood Classes

Recognising Causes for Concern

Bleeding

Breech presentation

Decreased amniotic fluid volume

[Decreased foetal movement](#)  
[Foetal growth problems](#)  
[Leaking amniotic fluid](#)  
[Pre-eclampsia](#)  
[Preterm labour](#)  
[When the baby is late](#)

## [Getting Ready to Head to the Hospital](#)

[Packing your suitcase](#)  
[Choosing - and using - a car seat](#)

## [Chapter 9: Understanding Antenatal Testing](#)

### [Non-Invasive \(Screening\) Tests](#)

[Screening for alpha-foetoprotein](#)  
[Screening for Down's syndrome](#)  
[Screening with ultrasound scans](#)  
[Understanding screening accuracy](#)

### [Invasive Tests for Foetal Abnormalities](#)

[Amniocentesis](#)  
[Chorionic villus sampling](#)

### [Other Antenatal Tests and Procedures](#)

[Foetal echocardiogram](#)  
[Doppler studies](#)  
[Cardiotocography](#)  
[Doppler velocimetry](#)  
[Foetal blood sampling](#)

## Part III: The Big Event: Labour, Delivery and Recovery

### Chapter 10: I Think I'm in Labour!

#### Knowing When Labour Is Real - and When It Isn't

Noticing changes before labour begins

Telling false labour from true labour

Deciding when to call the labour ward or your practitioner

Checking for labour with an internal examination

#### Getting Admitted to the Hospital

#### Monitoring Your Baby

Foetal heart monitoring

Other tests of foetal health

#### Nudging Things Along: Labour Induction

Inducing labour

Augmenting labour

#### Getting the Big Picture: Stages and Characteristics of Labour

The first stage

The second stage

The third stage

#### Handling Labour Pain

[Breathing exercises](#)  
[TENS](#)  
[Gas and air](#)  
[Pethidine and meptid](#)  
[Epidural](#)  
[General anaesthetic](#)

## [Considering Alternative Birthing Methods](#)

[Delivering without drugs - natural childbirth](#)  
[Giving birth at home](#)  
[Immersing yourself in a water birth](#)

## [Chapter 11: Special Delivery: Bringing Your Baby into the World](#)

### [Having a Vaginal Delivery](#)

[Pushing the baby out](#)  
[Getting an episiotomy](#)  
[Handling prolonged second-stage labour](#)  
[The big moment: Delivering your baby](#)  
[Delivering the placenta](#)  
[Repairing your perineum](#)

### [Assisting Nature: Operative Vaginal Delivery](#) [Having a Caesarean Delivery](#)

[Understanding anaesthetics](#)  
[Looking at reasons for caesarean delivery](#)  
[Recovering from a caesarean delivery](#)

## Congratulations! You Did It!

Shaking after delivery

Understanding postpartum bleeding

Hearing your baby's first cry

Cutting the cord

Checking your baby's condition

## Chapter 12: Hello, World! Your Newborn

### Looking at Your Bundle of Joy – Goo, Blotches and All

Vernix caseosa

Caput and moulding

Black-and-blue marks

Blotches, patches and more

Baby hair

Extremities

Eyes and ears

Genitalia and breasts

Umbilical cord

Newborn size

Baby begins to breathe

### Knowing What to Expect in the Hospital

Preparing baby for life outside the womb

Understanding baby's developing

digestive system

Considering circumcision

Spending time in the neonatal intensive

care unit

## Checking In: Baby's First Doctor's Visit

Considering heart rate and circulatory changes

Looking at weight changes

## Bringing Baby Home

### Settling Baby in at Home

Bathing

Burping

Sleeping and sudden infant death syndrome (SIDS)

Crying

C is for colic

Newborn jaundice

Dummies (For Dummies)

Preventing newborn injuries

Shopping for the baby

## Registering Your Baby's Birth

### Recognising Causes for Concern

## Chapter 13: Taking Care of Yourself after Delivery

### Recuperating from Delivery

Looking and feeling like a new mum

Understanding postnatal bleeding

Dealing with perineal pain

Surviving swelling

Coping with your bladder

Battling the haemorrhoid blues

[Understanding postnatal bowel function](#)  
[Continuing to recover at home](#)

[Recovering from a Caesarean Delivery](#)

[Going to the recovery room](#)  
[Taking it one step at a time](#)  
[Understanding post-caesarean pain](#)  
[Dealing with post-op pain](#)  
[Getting ready to go home](#)  
[Continuing to recover at home](#)

[The Party's Not Over: More Postnatal Changes](#)

[Sweating like a . . . new mum](#)  
[Dealing with breast engorgement](#)  
[Understanding hair loss](#)  
[Chasing away the baby blues](#)  
[Recognising postnatal depression](#)

[Returning to 'Normal' Life](#)

[Getting fit all over again](#)  
[Losing the weight](#)  
[Pondering your postnatal diet](#)  
[Doing pelvic floor exercises](#)  
[Having sex again](#)  
[Choosing contraception](#)

[Chapter 14 : Feeding Your Baby](#)

[Deciding between Breast and Bottle](#)



[Considering the advantages of breast-feeding](#)

[Checking out the benefits of bottle-feeding](#)

[Latching onto Breast-feeding](#)

[Looking at the mechanics of lactation](#)

[Checking out breast-feeding positions](#)

[Getting baby to latch on](#)

[Orchestrating feedings](#)

[Maintaining your diet](#)

[Looking at options for contraception](#)

[Determining which medications are safe](#)

[Handling common problems](#)

[Bottle-feeding for Beginners](#)

[Stopping milk production](#)

[Choosing the best bottles and nipples](#)

[Feeding your baby from a bottle](#)

[Dealing with Baby's Developing Digestive System](#)

[Part IV: Special Concerns](#)

[Chapter 15: Pregnancies with Special Considerations](#)

[Figuring Out How Age Matters](#)

[Over-35 \(or older\) mums](#)

[Not-so-young dads](#)  
[Very young mums](#)

## [Having Twins or More](#)

[Looking at types of multiples](#)  
[Determining whether multiples are identical or fraternal](#)  
[Down's syndrome screening in pregnancies with twins or more](#)  
[Genetic testing in pregnancies with twins or more](#)  
[Keeping track of which baby is which](#)  
[Living day-to-day during a multiple pregnancy](#)  
[Going through labour and delivery with twins](#)  
[Covering special issues for mums with multiples](#)

## [Getting Pregnant Again](#)

[Realising how each pregnancy is different](#)  
[Giving birth after a prior caesarean delivery](#)

## [Preparing Your Child \(or Children\) for a New Arrival](#)

[Explaining pregnancy](#)  
[Making baby-sitting arrangements for your delivery](#)  
[Coming home](#)

## Chapter 16: When Things Get Complicated

### Dealing with Preterm Labour

Checking for signs of preterm labour

Stopping preterm labour

Preventing preterm labour

Delivering the baby early

### Handling Pre-eclampsia

### Understanding Placental Conditions

Placenta praevia

Placental abruption

### Recognising Problems with the Amniotic Fluid and Sac

Too much amniotic fluid

Too little amniotic fluid

Rupture of the amniotic sac

### Describing Problems with Foetal Growth

Smaller-than-average babies

Larger-than-average babies

Looking at Blood Incompatibilities

Dealing with Breech Presentation

Pondering Post-Date Pregnancy

## Chapter 17: Pregnancy in Sickness and in Health

## Getting an Infection during Pregnancy

Bladder and kidney infections

Chickenpox

The common cold

German measles (rubella)

Herpes infections

Human immunodeficiency virus (HIV)

Tummy bugs (gastroenteritis)

Vaginal infections

## Handling Pre-Pregnancy Conditions

Asthma

Chronic hypertension

Deep-vein thrombosis and pulmonary embolus

Diabetes

Fibroids

Seizure disorders (epilepsy)

Thyroid problems

## Chapter 18: Coping with the Unexpected

Surviving Recurrent Miscarriages

Coping with Late-Pregnancy Loss

Dealing with Foetal Abnormalities

Finding Help

Beginning to Heal

## Part V: The Part of Tens

### Chapter 19: Ten Things Nobody Tells You

[Pregnancy Lasts Longer than Nine Months](#)  
[Other People Can Drive You Crazy](#)  
[You Feel Exhausted in the First Trimester](#)  
[Round Ligament Pain Really Hurts](#)  
[Your Belly Becomes a Hand Magnet](#)  
[Piles Are a Royal Pain in the . . .](#)  
[Sometimes Women Poo While Pushing](#)  
[The Weight Stays On after the Baby Comes Out](#)  
[Hospital Towels are Relics from Your Mother's Era](#)  
[Breast Engorgement Really Sucks](#)

## [Chapter 20: Ten \(Or So\) Old Wives' Tales](#)

[The Old Heartburn Myth](#)  
[The Mysterious Umbilical Cord Movement Myth](#)  
[The Curse Myth](#)  
[The Heart Rate Myth](#)  
[The Ugly Stick Myth](#)  
[The Coffee Myth](#)  
[The Myth of International Cuisine](#)  
[The Great Sex Myth](#)  
[The Round Face Myth](#)  
[The Ring Myth](#)  
[The Moon Maid Myth](#)  
[The Belly Shape Myth](#)  
[The Ultrasound Tells All Myth](#)

## [Chapter 21: Ten Landmarks in Foetal Development](#)

[The Baby Is Conceived](#)  
[The Embryo Implants Itself](#)  
[The Heart Begins Beating](#)  
[The Neural Tube Closes](#)  
[The Face Develops](#)  
[The Embryonic Period Ends](#)  
[The Sexual Organs Appear](#)  
[Quickening Occurs](#)  
[The Lungs Reach Maturity](#)  
[A Baby Is Born](#)

## [Chapter 22: Ten Key Things You Can See on Ultrasound](#)

[Measurement of Crown-Rump Length](#)  
[The Face](#)  
[The Spine](#)  
[The Heart](#)  
[The Hands](#)  
[The Foot](#)  
[The Foetal Profile](#)  
[The Stomach](#)  
[It's a Boy!](#)  
[It's a Girl!](#)

## [Appendix: The Pregnant Man: Having a Baby from a Dad's Perspective](#) [Cheat Sheet](#)

# ***Pregnancy For Dummies<sup>®</sup>, 2nd Edition***

**by Dr Roger Henderson, GP, Dr Sarah Jarvis, GP, Joanne Stone, MD, Keith Eddleman, MD and Mary Duenwald**



A John Wiley and Sons, Ltd, Publication

## **Pregnancy For Dummies<sup>®</sup>, 2nd Edition**

Published by  
**John Wiley & Sons, Ltd**  
The Atrium  
Southern Gate  
Chichester  
West Sussex  
PO19 8SQ  
England

E-mail (for orders and customer service enquires): [cs-books@wiley.co.uk](mailto:cs-books@wiley.co.uk)

Visit our Home Page on [www.wiley.com](http://www.wiley.com)

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British Library Cataloguing in Publication Data: A catalogue record for this book is available from the British Library

ISBN: 978-1-119-97661-5 (paperback), 978-1-119-97730-8 (ebook),  
978-1-119-97731-5 (ebook), 978-1-119-97732-2 (ebook)

Printed and bound in Great Britain by TJ International, Padstow,  
Cornwall

10 9 8 7 6 5 4 3 2 1



## About the Authors

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Sarah writes regularly for a variety of magazines, including *Good Housekeeping*, and *My Weekly* and in the past for *Pregnancy* and *Baby and You*. Her great passion (as far as work is concerned) is patient education, and she has written over 500 patient information leaflets, as well as two previous books, *A Younger*

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**Dr Roger Henderson** was born in 1960 and raised in Whitehaven, Cumbria. He qualified as a doctor from St Bartholomew's Hospital, London, in 1985 and as a general practitioner in 1990. He entered the media world in 1995, and is now one of the UK's most respected media medics, writing regular columns for national newspapers and magazines. He is also a popular lecturer and after-dinner motivational speaker on a wide range of health-related topics and his medical responsibilities include being the senior partner of a six doctor general practice, running a main surgery and two busy branch surgeries. Married to a doctor, and with three teenage children, his spare time is spent thinking about how nice it would be to have some spare time.

**Joanne Stone, MD,** is a full-time faculty member in the internationally renowned Division of Maternal-Fetal Medicine at The Mount Sinai Medical Center in New York City. She is the director of the Perinatal Ultrasound Unit and also cares for patients with problem pregnancies. She has lectured throughout the USA, is widely published in medical journals, and has been interviewed frequently for television and magazines on topics related to pregnancy, with a special emphasis on the management of multifoetal

pregnancies. She was a co-star in the critically acclaimed series *Pregnancy For Dummies* on the Discovery Health Channel. Away from the hospital she loves to spend time with her husband, George, and her two girls, Chloe and Sabrina.

**Keith Eddleman, MD**, works with Joanne at Mount Sinai. He is also a full-time faculty member and is the Director of the Division of Maternal-Fetal Medicine. He teaches medical students, residents, and fellows; lectures throughout the world; and appears often on television to discuss issues concerning the care of pregnant women. His areas of special expertise are ultrasound and reproductive genetics. He was also a co-star on the critically-acclaimed series *Pregnancy For Dummies* on the Discovery Health Channel. His free time, when he has any, is split between spending time with his family at their apartment in Manhattan or at their country house in upstate New York.

**Mary Duenwald** is a writer and editor who has for many years specialised in medicine and science journalism. She has written for *The New York Times*, *Discover*, *Smithsonian*, and *Departures*. She has been executive editor of *Harper's Bazaar*, *Women's Sports & Fitness*, and *The Sciences* magazines and a senior editor for *Vogue*. She is currently a contributing editor for *GQ*. She is also the mother of twins Nick and Claire Murray.

# Dedication

## **Sarah:**

To Seth and Matilda, who remind me daily that pregnancy was worth it.

## **Roger:**

For Becky, Douglas, Sarah and Jack. Always.

## **Joanne, Keith and Mary:**

To George, Chloe, Sabrina, Regina, Philip, Frank, Melba, Jack, Nick and Claire for all their love and support.

# Authors' Acknowledgments

I would like to thank my children, who have been remarkably patient as I laboured through the writing of not just one, but three *For Dummies* books; and my father Derek, who reminds me what bravery is all about. I would also like to acknowledge the enduring support of all my colleagues at the Richford Gate Medical Practice, and of Mr Silesh Kumar, who nurtured me through the sections on maternal-foetal medicine.

— Sarah

Writing this book was truly a labour of love. We would like to thank everyone who played a part in the ‘birth’ of this book, and specifically the following:

Kathy Cox, Traci Cumbay, Chad Sievers, Tami Booth, Jennifer Ehrlich, Christy Beck, Elizabeth Kuball, Paula Lowell, and the other folks at Wiley, who conceived this idea and walked us through the whole process. Sophia Seidner, Carolyn Krupp, and the folks at International Management Group for connecting us with Wiley. Dr Jill Fishbane-Mayer for establishing the initial connection. Drs Jeffrey Penman, Lynn Friedman, Mary D’Alton, Richard Berkowitz, and Ramona Slupik for excellent comments and suggestions. Dr Ian Holzman for nurturing us through the newborn chapter. Kathryn Born for taking our scrap art and turning it into terrific illustrations. And to all our patients over the years whose inquisitive minds and need for accurate information inspired us to write this book.

— Joanne, Keith and Mary

## **Publisher’s Acknowledgements**

We’re proud of this book; please send us your comments at <http://dummies.custhelp.com>.

Some of the people who helped bring this book to market include the following:

### **Commissioning, Editorial, and Media Development**