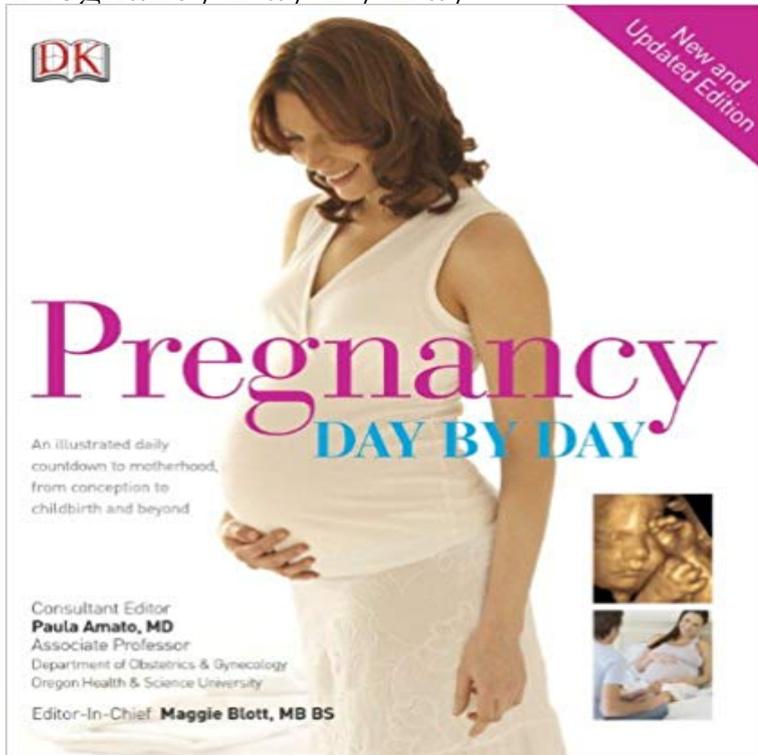


# Pregnancy Day By Day



Fully revised to reflect updated medical practices, technological advances, and prenatal imagery since the book first published, *Pregnancy Day by Day* gives expecting mothers comprehensive advice on every stage of their pregnancy and labor, from the first week of pregnancy to two weeks after the baby is born. Covering nutrition, exercise, medical issues, pain relief, and much more, *Pregnancy Day by Day* is a great resource for mothers who want to know what's happening to their bodies every step of the way.

Buy *The Day-by-Day Pregnancy Book: Count Down Your Pregnancy Day by Day with Advice From a Team of Experts* by Dr Maggie Blott (ISBN: 978-1-119-41111-1). We all know that one mom who hit the gym every day her entire pregnancy. (In my case, I was certainly NOT that mom, and envious of women who maintained). Get a daily look at how your baby is growing and find timely guidance for every week and trimester of your pregnancy. Sign up for our Day-by-Day email to get daily updates on your baby's progress. Popular topics in pregnancy tracker: day by day. Pregnancy Tracker & Baby App 12+ week by week and day by day with pregnancy tips and fetal development videos timed for each stage of pregnancy. For expectant parents who want to know everything about their developing baby at every stage, *Pregnancy Day by Day* provides a daily countdown to the date. At Pregnancy Week 1 & 2, you are technically not pregnant or just getting pregnant. Pregnancy is calculated from the first day of your LMP. Pregnancy calendars work on the principle that for most women their expected date of confinement (EDC), also known as the expected date of delivery (EDD), is 40 weeks from the first day of their last normal menstrual period. Find out when you're due and get a personalized pregnancy calendar with our pregnancy calculator. The pregnancy calculator estimates your due date from the first day of your last menstrual period. Your prenatal care begins with your first appointment, where you will get to talk with your ob/gyn about your pregnancy care. The further along the path of pregnancy you are, the more attached and protective you're likely to feel toward your baby. What was once a tiny bundle of cells. A normal pregnancy usually lasts about 40 weeks, counting from the first day of a woman's last menstrual period, which is about two weeks.