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"Often the pregnancy complication and the need for bed rest arises suddenly and unexpectedly, causing the woman and her family to face a myriad of problems...this book can be an invaluable resource under such circumstances." (From the Foreword by Richard H. Schwarz, M.D., Obstetrical Consultant to the March of Dimes) Prescribed bed rest for pregnant women can last from a few weeks to several ...

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In her new book, The Pregnancy Bed Rest Book: A Survival Guide for Expectant Mothers and Their Families, author Amy E. Tracy presents the truth about lying in bed to await the birth of a child. The book -the first of its kind-grew out of Ms. Tracy's

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personal experiences as a mother waiting in bed for the arrival of her two children.

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THE PREGNANCY BED REST BOOK is the guide I wished I'd had during my two high-risk pregnancies. It is full of practical ideas for coping with bed rest, and it includes many hopeful stories from mothers (and fathers) who have been there.

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"Bed rest" is a general term often used when your

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practitioner wants you to limit your activities during pregnancy. Lately the term has become interchangeable — or is being replaced with — the term “activity restriction.” But whatever you want to call it, the idea is that you’re being ordered to take it easy.

~~Bed Rest During Pregnancy — What to Expect~~

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Bed Rest During Pregnancy. Bed rest is commonly prescribed during pregnancy to alleviate certain pregnancy complications. Some women know it is coming because of their medical history, whereas others are surprised during a routine checkup. Bed rest is common, so don't be alarmed. Bed rest will differ from woman to woman and may range from

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simple periodic resting at home to full bed rest with monitoring in a hospital.

~~Bed Rest During Pregnancy :: American Pregnancy Association~~

Here's what you need to know about bed rest and pelvic rest during pregnancy, from side effects to making the best of it. By Mayo Clinic Staff When you're pregnant, a prescription to stay in bed might seem like a welcome break. In reality, however, restrictions on movement during pregnancy can pose health risks.

~~Bed rest during pregnancy: Get the facts — Mayo Clinic~~

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A Pregnancy Journal and Baby Book For moms stuck on bed rest, this can be the perfect time to work on a small project. Grab them a baby book to start documenting their pregnancy and baby's first year.

~~Pregnancy Bed Rest Care Package Ideas | Baby Chick~~
the amazon book review book recommendations author interviews editors picks and more pregnancy bedrest a journey of love is written by wanda hale a two time pregnancy bedrest patient and mental health provider who knows the physical emotional and spiritual struggles of bedrest very well in

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Meteorologists are expecting a sunny weekend for parts of Britain featuring warm conditions for the time of year and 'mild temperatures' for the rest of the month. 88 comments 1 video

The author of Your Premature Baby and Child draws on her own personal experiences to offer practical and comforting advice to pregnant women who have been prescribed bed rest, sharing helpful information on how to cope with a high-risk pregnancy, how to

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help alleviate the anxiety, stress, and frustration, and more. Original.

This is a book about pregnancy bed rest from a child's perspective. Kids ask a lot of questions, and this mom answers them with optimism and excitement. She reassures her son that although things will be different for a little while, the two of them can have a lot of fun in the meantime! Moms having a high-risk pregnancy can also use some reassurance, so we've included tips for you about how you can still be a fantastic mom, even when you're stuck in bed. We'll also show you how to make the most of your time together and guide you in talking to your child about

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bed rest in a positive way.

An ambitious British lawyer married to an American and living in New York City, Quinn is successfully juggling her high-pressure career and impending motherhood, until her life is thrown into a tailspin when her doctor orders her to stay off her feet and is confined to complete bed rest for the final three months of her pregnancy. A first novel. (General Fiction)

Faith-based memoir about pregnancy complications and bed rest

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Each year millions of women are gifted with relatively simple pregnancies. Marked only by a growing belly, they are able to go about their everyday lives with little to no major disruptions. Those nine months unfold at the same rate as any other calendar month and culminate with the joyous arrival of a newborn. But alongside every normal pregnancy is one deemed high-risk, one that can make a finite amount of time feel infinite and turn a woman's world upside down. The cause of a questionable symptom or the conclusion of a routine visit can instill the greatest fear within a woman, the fear of losing her baby. That fear can manifest itself into anger and depression when that same woman is given the prescription of

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bed rest, a term that can only be defined by doctors but accurately described by women who have done it. Twelve Times Two is a mother's personal testimony of experiencing and surviving three months of bed rest for each of her two children. Follow the author as she provides week-by-week and day-by-day accounts of what life is really like from the confines of a bed. Most importantly, discover her ultimate source of strength and inspiration that carried her through the long days and nights and gave her journey purpose and meaning.

From the author of the award-winning blog Snarky Mommy comes a book that will make every woman

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who has ever been pregnant pee with laughter (not that that's hard). Wearing her highest heels and hottest pregnancy jeans, Amy Sprenger marches into her doctor's office, beverage in hand, ready to finally see whether her baby is a boy or a girl. Sure, sure, this appointment is supposed to be about checking the health of the baby, but everyone who's ever been there knows it's really about looking for what lays, or doesn't lay, between the legs. So when the doctor tells her she has an incompetent cervix, Amy becomes immediately offended on behalf of her reproductive organs. Is that just a politically correct way of saying her cervix sucks? Unfortunately, as she's soon to learn, it's a lot more than that. The only

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way to keep that baby from falling out on the sidewalk (probably in front of Starbucks) is for her doctor to stitch her cervix closed and for Amy to stay in bed for the next four months. Four months that are carefully detailed in this "memoir." A memoir that, while basically true, has been embellished with Amy's signature brand of humor and hilarity. With more time off than a castoff contestant on "The Bachelor," Amy takes pen to paper and settles in for the ride. But instead of sitting around eating bonbons, she's popping hypertension drugs to stave off preterm labor. And complications? Oh, she's got your complications. She's gut-rehabbing her house. Her mother moves in to care for her. Her husband takes a

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"mancation" while she's stuck in the hospital. And every time she has a contraction, she's convinced it's The Big One. Living by the adage that laughter is the best medicine, Amy fumbles her way through a series of sometimes serious and usually embarrassing situations. And just to be clear, using a bedpan qualifies as both serious and embarrassing. "Amy Sprenger's foray into factual fiction is a hilarious (and sometimes poignant) look at high-risk pregnancy from her view at the end of the bed. Sprenger offers a fresh and funny voice that readers will love!" -- New York Times bestselling author Jen Lancaster

An award-winning social scientist uses economic tools

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to challenges and popular misconceptions about pregnancy to counsel women on how to navigate contradictory and extreme abstinence-style advice to promote empowerment, reduce risks and enable practical choices.

More pregnancies are considered high-risk than ever before. As many as 30 percent fall into this category due to complicating factors that include:

#1 New Release in Pediatric Emergencies — High-Risk Pregnancy Guide Inspiring parenting memoir: Twin-to-Twin is one twenty-nine-year-old mother's harrowing and inspiring adventure through a high-risk twin

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pregnancy. But this isn't only a book about pregnancy. It's also an inspirational story to which all women can relate, especially when confronting any type of adversity. A crisis when expecting: One minute Crystal was sitting at a candlelight dinner in Paris with her husband. The next she was back home in Houston, sitting in her Ob-Gyn's office concerned that she was having a second miscarriage. That wasn't the news he delivered. Instead, she found out she was pregnant with twins! Since Crystal and her husband Ed already had a two-year-old daughter, Abigail, she couldn't imagine why mothering twins would be all that different. But, after a family vacation at the beach, she finds out that her twins have a life

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threatening condition called Twin-to-Twin Transfusion Syndrome. That means that Baby B is transfusing blood (disproportionately) to Baby A. A pregnancy book about facing adversity: Her OB says that Crystal is too high risk to let out of his sight, so he sends her to the 5th floor of the Houston Medical Center for the duration of her pregnancy. Sitting alone in her hospital bed, Crystal wonders how she is going to pass the next few weeks, away from her husband and precious daughter. She soon finds out as she embarks on an emotional rollercoaster—from late night emergency ultrasounds to hospital baby blessings, sprinkled with comic relief from nurses and hospital staff. A riveting true story: Twin-to-Twin is a raw and

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Inspirational story filled with tenderness, vulnerability and humor. It chronicles the wildest, most terrifying and challenging year of Crystal's life, which is also the most beautiful and eye-opening. Her hope is that it will bring strength to other women dealing with their own personal trials and tragedies, so they can also triumph. Benefits from reading Twin-to-Twin: Share the experience of a high-risk twin pregnancy Gain valuable insight Be inspired

Complete with advice on coping with such problems as multiple pregnancy and cesarean delivery--plus a special chapter for fathers--this helpful book is packed with comprehensive information and reassurance for

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women who develop problems during their
pregnancies.

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