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THE NEW PCNGUIDE.COM

MINNEAPOLIS (March 24, 2016) – PCNGuide.com, the companion website to *Pregnancy, Childbirth, and the Newborn*, has been completed redesigned and updated to coincide with new edition of the bestselling pregnancy book!

Pregnancy, Childbirth, and the Newborn (softcover, \$19.99, on-sale March 29, 2016) by Penny Simkin, PT; Janet Whalley, RN, IBCLC; Ann Keppler, RN, MN; Janelle Durham, MSW, ICCE, LCCE; and April Bolding, PT, DPT, CD, CCE is one of the most trusted pregnancy guides on the market, with more than **1,400,000 copies** sold! Now completely updated, this award-winning* guide provides expectant couples with valuable information to help make informed choices about pregnancy, birth, the postpartum period, and newborn care.

PCNGuide.com supplements the book with:

- Helpful forms, worksheets, and checklists directly related to book topics
- Recommended readings, links, and resources
- Additional information and guidelines that expand on book chapters
- All available in a convenient PDF format and organized by pregnancy stages

The new, 5th edition of *Pregnancy, Childbirth, and the Newborn* presents the most up-to-date and research-based information, including; cesarean prevention, childbirth for women over forty, gestational diabetes, recommended weight gain, hypertension, elective inductions, practical baby care, breastfeeding information and challenges, pain medications, building a healthy microbiome, and the latest nutrition and fitness guidelines.

“Women can only make informed choices when they’re able to get comprehensive information on the many decisions that come up during pregnancy, labor, birth, and the postpartum period. This book provides such information. I heartily recommend it to all pregnant women!”

—Ina May Gaskin, author of *Ina May’s guide to Childbirth*,
Ina May’s guide to Breastfeeding, and *Spiritual Midwifery*

About the Authors: *Penny Simkin*, a physical therapist who has been a childbirth educator and doula since 1968, trains childbirth educators, doulas, and doula-trainers and frequently conducts workshops for doctors, nurses, and other medical professionals. *Janet Whalley*, a registered nurse and lactation consultant, has been a childbirth educator since 1975. *Ann Keppler*, a registered nurse, parish nurse, and lactation specialist, has taught childbirth classes and new-parent classes since 1975. *Janelle Durham*, a social worker who has worked with new parents since 1993, is a birth doula, childbirth educator, and lactation educator. *April Bolding* has a doctorate in physical therapy and is a childbirth educator, birth doula, water fitness instructor, and author.

To request a copy of *Pregnancy Childbirth and the Newborn* or to schedule an interview with the authors, please contact Thomas Nelson at 800-388-2232, ext. 109, or email tnelson@meadowbrookpress.com.

*Mom’s Choice Awards Gold Award Winner, iParenting Media Awards Best Products Winner, Mom’s Choice Awards Gold Award Winner, Living Now Book Awards Bronze Award Winner, National Parenting Publications Awards (NAPPA) Gold Award Winner, USABookNews.com Best Books Award Winner, ForeWord Magazine Book of the Year Awards Finalist

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