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**TAKE CONTROL OF YOUR PREGNANCY WITH
PREGNANCY, CHILDBIRTH, AND THE NEWBORN**

MINNEAPOLIS (December 21, 2015) – *Pregnancy, Childbirth, and the Newborn: The Complete Guide* (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 already one of the bestselling pregnancy books 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.

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.

For example, most expectant women know they need to avoid alcohol, tobacco, and drugs. But in the latest edition of *Pregnancy, Childbirth, and the Newborn* they will find an expanded list of nutritional and environmental do's and don'ts to help increase the odds of having a healthy baby.

This book is based on the importance of active participation in every aspect of the reader's care. It allows parents to make informed choices and communicate their questions, needs, and preferences, to help ensure maximum safety for themselves and their baby, and enhance their satisfaction with the birth experience.

Redesigned to be reader-friendly and accessible, this new edition contains more photos, illustrations, and boxed features that highlight important information. Readers can also find additional maternity care information at www.PCNGuide.com, as well as helpful forms and worksheets.

“Throw away your ‘what to expect’ guide! This book is what every mom-to-be needs.”
—Marjorie Greenfield, MD; author of *The Working Woman's Pregnancy Book*

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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