



What to Expect Before You're Expecting

By Heidi Murkoff



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Announcing the prequel. From Heidi Murkoff, author of America's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive?the first step in *What to Expect: What to Expect Before You're Expecting*.

An estimated 11 million couples in the U.S. are currently trying to conceive, and medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide wanna-be moms and dads step-by-step through the preconception (and conception) process than Heidi Murkoff?

It's all here. Everything couples need to know before sperm and egg meet up. Packed with the same kind of reassuring, empathetic, and practical information and advice and tips that readers have come to expect from *What to Expect*, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxers). How to pinpoint ovulation, time lovemaking, keep on-demand sex sexy, and separate conception fact (it takes the average couple up to 12 months to make a baby) from myth (position matters). Plus, when to seek help and the latest on fertility treatments?from Clomid and IVF to surrogacy and more. Complete with a fill-in fertility journal to keep track of the babymaking adventure and special tips throughout for hopeful dads. Next step? *What to Expect When You're Expecting*, of course.



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Editorial Review

Amazon.com Review

Book Description

More and more couples are planning for conception, not only for financial and lifestyle reasons, but in response to recent recommendations from the medical community. In the same fresh, contemporary voice that has made the 4th edition of *What to Expect When You're Expecting* so successful, Heidi Murkoff explains the whys and wherefores of getting your body ready for pregnancy, including pregnancy prep for both moms and dads to be. *Before You're Expecting* is filled with information on exercise, diet, pinpointing ovulation, lifestyle, workplace, and insurance changes you'll want to consider, and how to keep your relationship strong when you're focused on baby making all the time. There are tips for older couples; when to look for help from a fertility specialist--including the latest on fertility drugs and procedures--plus a complete fertility planner.

Read Heidi Murkoff's Introduction to *What to Expect Before You're Expecting*



Pregnancy, as you probably know, is nine months long (or 38 weeks from conception, if you're really serious about keeping count). And if you've ever been pregnant before, you probably think that's plenty long enough. But is nine months really long enough? Does that time-honored baby-making timetable really stand up to the latest obstetrical science?

According to more and more research--and more and more experts (including the Centers for Disease Control, American College of Obstetricians and Gynecologists, and the American College of Pediatrics)--the answer is maybe not. That traditional nine-month figure is being challenged by a surprising new suggestion: It's time to add more months to pregnancy.

That's right, more months. At least three more months, in fact, for a full year (or even more) of baby making. But before you panic (three extra months of not seeing my feet? Of passing on the sushi? Of waiting to hold that bundle of joy?), here's what you need to know: Those extra months aren't meant to be spent being pregnant, they're meant to be spent getting ready to be pregnant.

Before you're expecting--and before you even begin trying to expect--is the best time to get both your bodies into tip-top baby-making shape. And that's why I've written *What to Expect Before You're Expecting*--a complete, step-by-step preconception plan to help you and your partner prep for pregnancy. Whether you're hoping to fill your nest for the first time or the fourth (or more!), a little conception know-how--which lifestyle adjustments you should make now (cut back on caffeine and cocktails) and which you can hold off on (get your sushi while you can!); which foods are fertility-friendly and which are fertility busters (say yes to yams and oysters, so long to saturated fats); how extra weight can weigh on your fertility and his; how to track fertility and pinpoint ovulation--can help you fill that nest faster. What's more, the right preconception protocol can help ensure a healthier and more comfortable pregnancy (think less morning sickness, a lowered risk of premature delivery and gestational diabetes) and a healthier bundle of baby. And the plan doesn't end when you're finished with the prepping. It covers baby-making how-to's, do's, and don'ts--everything you need to know about conception sex (from timing, to logistics, to positions, and more).

Whether you've begun your conception campaign already or you're just starting to think about getting pregnant, it's never too late--or too early--to start optimizing your preconception profile, giving the baby of your dreams the healthiest possible start in life. So put time on your side, and add a few months to your baby-making calendar. More pregnancy, as it turns out, is more.

From Publishers Weekly

Pregnancy guru Murkoff (*What to Expect When You're Expecting*) explains that a healthy pregnancy actually begins long before sperm and egg meet. In fact, she suggests that couples add at least three months to the requisite nine in order to prepare both their bodies for the best outcome. Backed by research and expert advice, Murkoff and Mazel present a preconception program that includes tips on what to eat (and not eat), how to maintain a healthy weight and advice about preconception medical care, such as having a physical and dental checkup. The text points out that dads are vitally important to pre-pregnancy health, with warnings that heavy drinking and smoking can damage or reduce sperm, as can certain sports such as spinning, cycling or heavy workouts. (Shaded boxes throughout the text address the ways in which men can contribute to baby-to-be's successful arrival.) The text also covers fertility issues, clearly explaining the biology of baby making and outlining the options available to couples who are facing conception problems. Readers who like to think ahead will also benefit from a detailed fertility planner, which includes a fertility chart to track ovulation and space to record various pre-baby appointments and information. Couples who are trying to conceive will find plenty of useful ideas to consider and implement in the months preceding their baby's debut. (*May*)

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From the Back Cover

Expecting to Expect? Plan Ahead.

Everything you need to know before you're expecting to help you prepare for the healthiest possible pregnancy and the healthiest possible baby. Filled with practical tips, empathetic advice, and savvy strategies all designed to help you get that baby of your dreams on board faster. How to get your bodies into tip-top baby-making shape. Which foods feed fertility. Which lifestyle habits to quit and which to cultivate. How to have sex for conception success (from timing to positions to logistics). And when to seek fertility help. There's even a fertility planner to help you keep track of your conception adventure.

Answers to all your baby-making questions:

- How can I tell when I'm ovulating if my cycles aren't regular?
- Should we be having sex everyday? Every other day? Three times a day?
- I've heard certain sex positions can help you conceive? true?
- I'm overweight? does that affect my chances of getting pregnant?
- Can certain foods help you get pregnant?
- I'm 37. Does that mean I'll have a harder time getting pregnant?
- How long should we keep trying to conceive before we get some help?

Users Review

From reader reviews:

Allen Brown:

The book What to Expect Before You're Expecting can give more knowledge and information about everything you want. Exactly why must we leave a very important thing like a book What to Expect Before You're Expecting? A few of you have a different opinion about e-book. But one aim that will book can give many data for us. It is absolutely proper. Right now, try to closer with the book. Knowledge or data that you take for that, you could give for each other; you can share all of these. Book What to Expect Before You're Expecting has simple shape nevertheless, you know: it has great and large function for you. You can appearance the enormous world by start and read a guide. So it is very wonderful.

Steven Parrish:

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Emma O'Neill:

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Michael Sheridan:

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