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Inside this guidebook, we are going to explore everything that you need to know, week-by-week, for your first pregnancy. Some of the topics that we will look at in this guidebook include:

*How to pick out an OB-GYN for your pregnancy.*

*The right nutrition for your pregnancy.*

*Things to do and things to avoid when you are pregnant.*

*What to expect during each stage of your pregnancy, from week four to week forty.*

*How to prepare for the hospital.*

*The different stages of labor and how to prepare for them.*

*How to prepare for a c-section and what happens during it.*

*What to expect during recovery after giving birth.*

*Common tests the doctor and medical staff will perform on your baby.*

When you are experiencing your first pregnancy and you need help preparing and knowing what to expect, make sure to check out this guidebook to help you get ready!

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