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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.

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