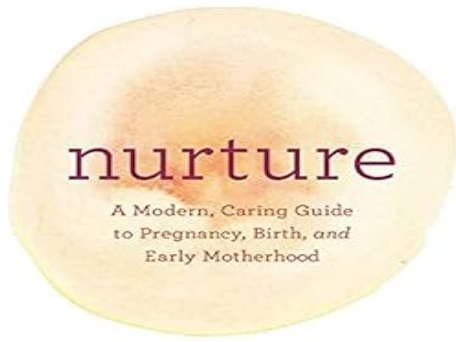


Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body By Erica Chidi It's fantastic: It has a month by month guide to pregnancy Each month has supplements you should take and recipes with those supplements The end of the book has suggestions on what to buy and it helped me find a breast pump that everyone 1452152632 Highly recommend this book for expecting mothers. But after that I kept coming back to relevant sections as our pregnancy went on and it felt like having a knowledgeable 1452152632 I can't say enough good things about this book! I highly recommend to all pregnant women (especially first time mamas). Catherine McCord founder of Weelicious and One PotatoA comprehensive and judgement free pregnancy companion: Nurture is the only all in one pregnancy and birthing book for modern mothers to be and their partners who want an integrative approach. Includes supportive self care and mindfulness exercises trimester specific holistic remedies nourishing foods and recipes for every month of pregnancy and expert tips for every birth environment. Covers dozens of important topics that every modern mom needs to know including fetal development making choices for a hospital home or birth center birth the basics of breastfeeding tips on what to expect postpartum and. Nurture is an all inclusive pregnancy and birthing guide that gives soon to be mothers and their partners the information they need to make decisions feel confident and enjoy the beauty of creating new life. Nurture: A Modern Guide to Pregnancy Birth Early Motherhood—and Trusting Yourself and Your Body I'm about halfway through this book (and currently 25 weeks pregnant) and am not sure I will finish it because every time I pick it up and start reading I find myself frustrated or annoyed by something that it said and I put it down again. The fact that it is embraced and practiced by some of the best medical 1452152632 I chose this book over all others because of the positive reviews but I also liked that it was written by a POC and I actually really ended up liking this book! Mainly that Erica walks you through every stage included charts (i. what to put in your hospital delivery bag) 1452152632 Full disclosure I didn't finish this book but in the face of overwhelmingly positive reviews wanted to add some detail for people trying to decide if it's right for them. Overall the book 1452152632 I have nothing but great things to say about this book! I'm pregnant for the first time and through this book Erica has done an excellent job of educating me on what my body is going through/will go through: When I first purchased this in the first trimester I skimmed it and was sort of unimpressed, It really helps you from beginning to the end when preparing for labor. You don't know what you don't know.

And this book gave me so much confidence and 1452152632 Erica is the Co founder and CEO of LOOM. In her work as both a doula and health educator she has helped women around the world deepen their self care and advocate for their sexual and reproductive health: She has been featured in Women's Health Vogue Goop Glamour The Cut Marie Claire and : You have no idea the mountain and rollercoaster you're about to embark on but Nurture somehow gives you a peek in and gives you essential information to help ground you. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula, Nurture covers everything from the beginning months of pregnancy to the baby's first weeks: More than 40 charming and helpful illustrations charts and lists can be found throughout, Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co founder and CEO of Loom in Los Angeles CA, She began her work in San Francisco volunteering as a doula within the prison system working with pregnant inmates: She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health Vogue Goop The Cut and Marie Claire. I bought it on the glowing 1452152632 I delivered at UCSF one of the preeminent women's hospitals in the country, The nurses doctor and midwife who helped with my delivery utilized MANY of the techniques described in this book, I read up to about month 2 then skimmed and decided to give up, She incorporates both the science of what's happening and will 1452152632



ERICA CHIDI COHEN
Birth • Postpartum Doula

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I loved this book. What a gift to new and expecting moms.