



## Required Reading: Pregnancy and Baby

Naturally, pregnancy and the first year with baby is a time of endless questions. With literally thousands of titles for expectant parents on the bookstore shelves, what's a Modern Mom-To-Be to do? Below are our top picks of where to turn for good advice:

☐ [What to Expect When You're Expecting](#)

The ultimate guide to everything pregnancy, broken down in a month by-month format.

☐ [The Pregnancy Journal; A Day-To-Day Guide to a Healthy and Happy Pregnancy](#)

This spiral bound daily journal offers insight to what's going on with you and baby each day and provides room to record your own notes.

☐ [The Expectant Father](#)

Armin Brott's guide for dads-to-be uses the perfect mixture of facts and humor to help men understand what is going on with their pregnant partners.

☐ [The Baby Book](#)

Dr. William Sears' bible to everything you need to know about your baby.