



# **From the Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide to Pregnancy, Birth, and Becoming a Parent**

*Rebecca Odes, Ceridwen Morris*

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## **From the Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide to Pregnancy, Birth, and Becoming a Parent** Rebecca Odes, Ceridwen Morris

Drawing on the experiences of hundreds of real parents and the expertise of doctors, midwives and other birth and baby pros, this indispensable resource is filled with the most accurate and up-to-date information about having and caring for a baby, including:

### Decisions, Decisions:

A judgment-free breakdown of every major choice, including prenatal testing, natural vs. medical childbirth, circumcision, breast or bottle feeding, and work/life options

### The Endless No:

What not to eat, take, and do when you're pregnant-get the real facts behind the prohibitions

### I Want My Life Back:

Anxiety, regret, ambivalence, and other rarely discussed postpartum emotions

### Parents and partners:

A look beyond the one-size-fits-all approach to family, with strategies for minimizing perfect-parent pressure and managing your real-life relationships through the changes

### Sorting Through the Voices:

A user-friendly guide to the dueling gurus, trendy techniques, and conflicting theories that confuse new parents

A forward-thinking book that includes a wide range of voices and approaches, *From the Hips* reflects the many ways of being pregnant and parenting without suggesting that there is one right way.

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