



Also out on 25<sup>th</sup> May is the 2<sup>nd</sup> edition of the best-selling **Rough Guide to Pregnancy and Birth** by Kaz Cook (Rough Guides, £9.99).

Giving you the up-to-date lowdown on pregnancy, birth and coping when you first get home, the **Rough Guide to Pregnancy and Birth** contains no bossy-boot rules, just the sanest, wittiest advice you'll ever get (and lots of cartoons).

Follow what's happening to you and your baby week by week with Kaz's tell-it-like-it-is pregnancy diary as well as:

- How to prepare for pregnancy and your baby
- Crying, eating, weeing and working
- Blokes, bosoms and busybodies
- Nausea and other 'side effects'
- Choosing how and where you give birth
- Other books you should read
- What tests are like and what they're for
- Stretch marks, maternity and baby clothes
- NCT classes, baby names and how to be rude to complete strangers
- Childbirth and pain relief
- What to expect in Hospital
- Breastfeeding for beginners
- What it's like with a newborn baby

### **AUTHOR NOTES**

Kaz Cooke is an author, cartoonist and mum. She does not live in a rustic French farmhouse with a frightfully artistic husband, and what's more there appears to be some mashed banana in her hair.

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