

Being Pregnant Together

Christa Nieuwboer

A pregnancy is an enormous adventure. There is of course the astonishment, the result of a deep-felt love. But there is also the feeling that the whole world has suddenly turned upside down. What about fatigue and anxieties, what about the feeling that you and your partner are facing different expectations?

Being Pregnant Together not only guides you through the nine months prior to your baby's birth but also through the nine months following the happy event. The book offers an insight into everything you absolutely need to know about pregnancy and budding parenthood. How does a baby develop? What is healthy nourishment? How do you cope with childbirth?

The book is unique in the sense that it describes in a sympathising but above all practical way how pregnancy and parenthood may influence your relationship. It looks constructively at doubts, lack of sleep, sex, irritations, division of tasks, work and care combination and de-pregnancy. As *Being Pregnant Together* deals with the perspective of both partners on an equal footing, it is the ideal preparation for one of life's greatest challenges.

Christa Nieuwboer, herself the mother of twins, specializes in parenthood coaching.

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