Preface ix

PART 1 STRATEGIC PLANNING (BEFORE CONCEPTION) 1
1. Are You Ready for Change? 3
2. Caring for Yourself before Pregnancy 13
3. Pre-Prenatal Care 20

PART 2 MERGERS AND ACQUISITIONS (GETTING PREGNANT) 25
4. Trying to Get Pregnant 27
5. When Nature Isn’t Working 38

PART 3 ADAPTING TO CHANGE (THROUGH WEEK 13) 49
6. Pregnant! 51
7. Your Little Embryo 58
8. Experiences of Pregnancy, On and Off the Job 67
10. Life Changes 95
11. Buyer’s Guide: How to Choose a Doctor or Midwife 111
12. Prenatal Appointments 130

PART 4 GOING PUBLIC (WEEKS 14–26) 141
13. You and Your Baby-to-Be 143
14. Your Changing Body 156
15. Your Lifestyle 169
16. Communication at Work 179
17. Decision Points: Second Trimester Prenatal Testing 190
18. Looking Ahead to Your Baby’s Birth 202

PART 5 DOUBLE-DIGIT GROWTH (WEEK 27 UNTIL BIRTH) 215
19. Getting Bigger 217
20. Your Very Pregnant Life 233