

# Contents

Preface ix

## **PART 1 STRATEGIC PLANNING (BEFORE CONCEPTION) I**

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
9. Pregnancy's Effects on Work, and Work's Effects on Pregnancy 78
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

- 21. Medical Care 240
- 22. Life on the Job 249
- 23. Arranging for Maternity Leave 261
- 24. Labor Negotiations: “Birth Plans” and Planning for Birth 272
- 25. Getting Ready for the Baby 289
- 26. Going Overdue and Other Reasons for Labor Induction 301

**PART 6 EXIT STRATEGY (THE DAY OF BIRTH) 309**

- 27. Pre-Labor and Early Labor 311
- 28. The Emotional and Physical Stages of Labor 317
- 29. Comfort Measures 328
- 30. Hospital Routines 346
- 31. The Birth of Your Baby 354
- 32. Cesarean Section and Other Operations 362
- 33. Your Newborn 376

**PART 7 A SEA CHANGE (PARENTHOOD) 383**

- 34. The First Few Days 385
- 35. Crawling Up the Learning Curve 400
- 36. Maternity Leave and the Return to Work 415
- 37. Birth Control and Other Topics for Your Postnatal Checkup 432
- 38. Breastfeeding and Work 445
- 39. Finding Your Balance: Advice from Mothers 465

**APPENDIX A: Pre-Pregnancy Resources 485**

**APPENDIX B: Additional Information for Pregnant Moms 507**

Recommended Reading 541

Acknowledgments 547

Index 549