



# **I'm Having A Baby!:: Well Rounded Perspectives (What Now?)**

*MD, Christine Traxler, MD, Elizabeth Heller*

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Whether thinking about having a baby or already expecting, the process of getting ready for a new member of the family is a big deal and a big milestone in anyone's life. Lesson Ladder has released a simple, user-friendly book to provide the reassurance and support that new parents need, plus the most important, must know information for pregnancy and childbirth. Written by an experienced family practice physician, this book features professional medical expertise and personal, parental stories integrated throughout. 10 month-by-month core chapters make it easy to chart your progression and ensure that you're not skipping any important steps along the way! Our book also includes important guiding chapters on Preparing for Pregnancy, Ensuring a Healthy Pregnancy, Labor and Delivery, Caring for Your Newborn, and Beginning Your Journey as New Parents.

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