

# Tips For Selecting The Right *Pregnancy* Books



Consider research-based books by experts for authentic information.

Pick a book that covers diverse topics such as nutrition, exercise, and fetal development.

Go through reader and critic reviews to assess the content's quality.



Ensure the book uses jargon-free and simple language for easy understanding.

Select a book that presents information through tables and pictures for easy understanding.

Choose a book that doubles up as a journal for recording pregnancy milestones.

