

Consider research-based books by experts for authentic information.

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

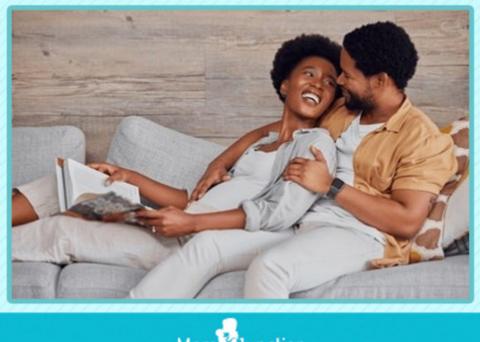
Go through reader and critic reviews to assess the content's quality.



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.



Mom Junction

Source: https://www.momjunction.com/articles/_00/