



# Bump: How to Make, Grow and Birth a Baby

*Kate Evans*

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## **Bump: How to Make, Grow and Birth a Baby** Kate Evans

Kate Evans, celebrated author of the breastfeeding bestseller, *The Food of Love*, acclaimed cartoonist, and mother, turns her attention to the joys and pains of growing a baby. Evans deftly handles the physical and emotional changes that come with being pregnant, looking at the practicalities of every stage as well as the challenges that may arise. Her no-nonsense, quirky, and accessible text is illustrated throughout with detailed artwork to guide the reader through the intricacies of human reproduction, whilst her customary laugh-out-loud cartoons demystify the complexities of pregnancy and birth.

The book includes:

- a graphic guide to conception
- practical help for those trying to conceive
- early pregnancy advice
- stop telling me what to do
- food, glorious food
- the call of the duvet
- engaging with the professionals
- abortion rights and wrongs
- miscarriage support
- screening and scans
- are you ready to have a baby?
- the physical preparations
- ripening and readying
- waiting well past your due date
- the art of birth: labor
- push it real good
- the Caesarean section

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