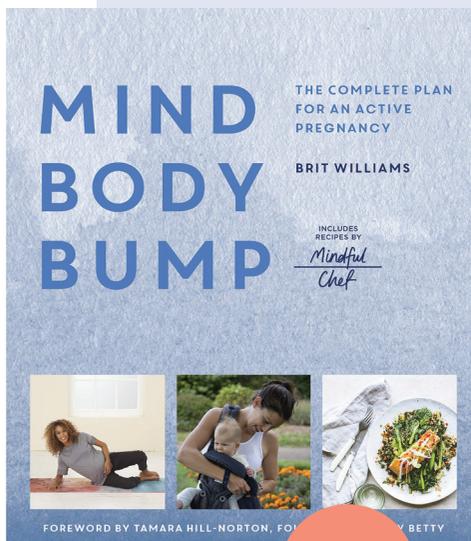


Read yourself ready

BB'S PICK OF THE LATEST PARENTING BOOKS AND AUDIO BOOKS



EDITOR'S PICK

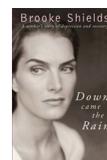
MIND BODY BUMP Brit Williams

With a foreword from Tamara Hill-Norton, founder of Sweaty Betty and recipes from Mindful Chef, this training plan keeps you active all through your pregnancy and is beneficial for you and your baby. Keeping active can help to calm some of the less 'glowing' aspects of pregnancy, help with your labour and aid postnatal recovery. Brit, one of London's most popular personal trainers, provides month-by-month workouts to help keep your body supple; they can be adapted whatever your fitness level. You can do these exercises at home, in the park or at the gym and you don't need lots of expensive equipment - for many, you can just use your own bodyweight. There are tips on mental health, sleep and nutrition, and as a new Mummy herself, Brit knows what she's talking about!

£16.99 [Waterstones](#)

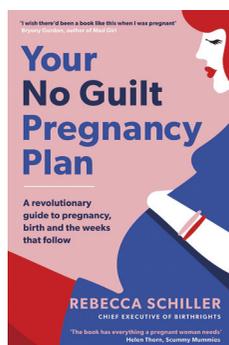
BOOKS FOR POSTNATAL DEPRESSION

If, after the birth, you find that you are experiencing low moods, these books may help.



DOWN WITH THE RAIN

As a book or audiobook, this brutally honest account by actress Brooke Shields talks about her crippling postnatal depression, its impact on her relationships and life as a mother, and how she overcame it using talking therapies and medication. £6.99

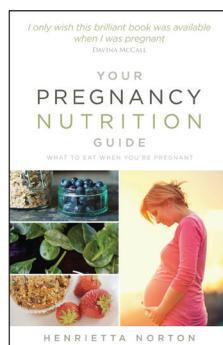


YOUR NO-GUILT PREGNANCY PLAN

Katharine Graves

This definitive guide from conception to the first weeks with your newborn puts you in control. It covers the changes taking place in your relationships, to your body and all aspects of your life. There are tips to help you make your unique birthplan that's flexible, plus it has a great combination of facts and helpful anecdotes.

£14.99 [Waterstones](#)

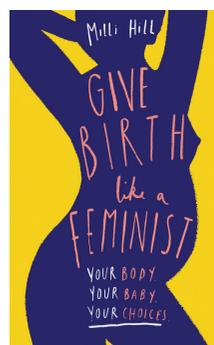


YOUR PREGNANCY NUTRITION GUIDE

Henrietta Norton

Henrietta offers practical advice on what to eat before, during and after pregnancy. There's advice on what supplements to take, how to get a healthy diet and which nutrients are important to take at which stage. Symptoms like morning sickness and fatigue are covered and there are meal planners for each trimester.

£8.99 [Wild Nutrition](#)

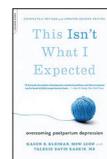


GIVE BIRTH LIKE A FEMINIST

Milli Hill

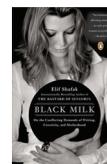
This is the "Lean In" for birth, written by the founder of the Positive Birth Movement. This thought provoking book encourages women to take control of their own birth experience. Milli encourages women to stand and deliver, not lie back and think of England! She insists that birth should not be left off lists about female power.

£12.48 [Amazon.co.uk](#)



THIS ISN'T WHAT I EXPECTED

This book gives a compassionate view of depression for the 400,000 women who suffer each year. It has information on overcoming unhelpful thoughts, how medical and therapy treatments can help, and how to improve self-esteem. £13.99



BLACK MILK

Elif Shafak is an award-winning writer who never expected to experience postnatal depression. This account talks about her acknowledgement that as humans, we have different voices inside and how she overcame eight months of postpartum struggles to feel like herself again. £10.99