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Contact: Tina Nocera
(973) 667-9347
Tina@parentalwisdom.com

REAL QUESTIONS WITH REAL ANSWERS FOR MOMS-TO-BE

Honest and true-to-life book dealing with issues facing expectant Moms receives parenting seal of approval

Nutley, New Jersey. (July 17, 2006). "I'm pregnant, now what?" worries an anxious first-time expectant mom. **Pregnancy Q&A** (Meadowbrook Press) by Trish Booth helps mothers-to-be deal with what to expect instead of what to fear. The book's straightforward approach is why it was honored with the Good Parenting Seal from Parental Wisdom, a patented parenting website that recognizes parents as the real experts in knowing their children best. The book provides quick easy-to-understand answers to the most frequently asked questions by parents-to-be plus some.

Relax is what nationally known childbirth educator and author Trish Booth says to first-time expectant mothers. "This is *your* pregnancy, not something that's just happening to you," she continues. "So make it your own."

Booth developed the concept based on 30 years of experience as a doula and childbirth educator. **Pregnancy Q&A** avoids medical jargon and creating concern over unlikely medical complications that can needlessly alarm the average expectant mother. In addition to telling parents what not to do, the book focuses on reassuring parents-to-be that there's much they *can* do to help bring a healthy baby into the world. From eating right to playing games with their unborn child, the book helps parents embrace their new status. Best of all the book deals with all these questions in everyday language everyone can relate too.

The book includes helpful answers to questions like "What do I do if I need calcium but I hate milk?" and "I eat out a lot. How can I keep from gaining more weight than I should?" With nearly one third of women beginning their pregnancies already overweight or obese the book's nutrition-related questions are particularly timely and important. Among the 400 questions in **Pregnancy Q&A** are:

- I haven't had any morning sickness, yet I know I'm pregnant. Is this normal?
- Why do I have to pee all the time?
- I had a lot to drink on the night I got pregnant. Did that harm my baby?
- Can I use a hot tub or sauna?
- Can I continue to color my hair while I'm pregnant?

Pregnancy Q&A is available for \$10.00 nationwide wherever books are sold or online at www.meadowbrookpress.com.

About the Good Parenting^{cm} Seal

Evaluated by parents, the Seal is awarded to books and media that address parenting issues, and are found to be clear, helpful and actionable. The Seal exists to resolve the issue of parents with limited time and money to sort through the over thirty thousand books, millions of websites and other media when researching advice on raising children. Parental Wisdom has been awarded the Good Parenting certification mark by the U.S. Patent office. For more information visit www.parentalwisdom.com and click on the Good Parenting^{cm} Seal.

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