Top 10 books to read while pregnant
Being pregnant is an exciting time with a steep learning curve.

There is so much to learn when you’re bringing a baby into the world - that’s why we here at Huggies have put together a list of the top 10 books to read when you are pregnant. These books will take you from conception to birth, and beyond.

1. ‘Up the duff’ - Kaz Cooke

2. ‘What to expect when you’re expecting’ - Heidi E Murkoff & Sharon Mazel

3. ‘Having a baby’ - Carol Fallows

4. ‘Real food for mother and baby’ - Nina Planck

5. ‘Feeding the bump’ - Lisa Neal

6. ‘Sleep deprived no more’ - Jodi A Mindell

7. ‘Exercising for 2’ - Lisa Westlake

8. ‘40 weeks+: the essential pregnancy organiser’ - Dani Rasmussen

9. ‘Pregnancy: how to enjoy it’ - gurgles.com

10. What to expect when you’re expected: a foetus’s guide to the first three trimesters - David Javerbaum
Up the duff

Touted as being the “real” guide to pregnancy, this book is written from a personal perspective and includes a diary of experiences.

‘Up the duff’ covers everything you’ll need to know about pregnancy, and possibly some things you don’t need to know... but at the very least, you’ll get a good laugh out of them. Colourful and quirky illustrations match the often hilarious but always informative approach to body changes, diet, cravings, and milestones.

What to expect when you’re expecting

What did you expect? That we’d leave this veritable bible of pregnancy do’s and don’ts off the list?

This is the book that has helped entire generations through pregnancy and with constant updates (like the ever-expanding Q&A section) it just keeps getting better. Covering practical concerns such as “baby-proofing” your home, to the physical bodily changes, to mood swings and sex drive, this book is definitely one to read.
**Having a baby**

With a fantastic mix of very sound advice, inspirational stories, and beautiful photographs, this book is an Australian bestseller.

‘Having a baby’ includes a week-by-week guide to pregnancy, essential equipment, tips for birthing strategies, and more. If you are determined to make your baby’s birth the most positive experience possible, this book is a must have.

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**Real food for mother and baby**

We’ve all heard about “eating for two” during pregnancy, but the truth is that the average pregnant woman only requires 200-300 extra calories.

Fluctuating hormones can result in all sorts of cravings, so it’s important to get the best nutrition possible. With this comprehensive and clearly written guide, half the battle is won. Find out about eating natural, tasty foods while you are pregnant and preparing healthy meals for your child once they are on solids.
Feeding the bump

Whether you are trying to conceive, you have a baby to feed, or you’re anywhere in between, this book will help you to make the best diet decisions.

With a wealth of information on the changes in nutritional requirements from fertility, to pregnancy, to the time after birth when your body is recovering, this is the ultimate guide to nutritional balance. There are also some great tips for common complaints, like morning sickness and heartburn.

Sleep deprived no more: From pregnancy to early motherhood - helping you and your baby sleep through the night

This book is just as thorough as the very long title suggests.

This easy-to-navigate book explores the different problems many expectant mothers have getting to sleep, during each trimester. With some practical ideas for the best ways to deal with insomnia, restless leg syndrome, sleep apnoea and more, this book is a great way to start getting a good night’s sleep.
Exercising for 2

An active lifestyle is a big part of staying healthy for yourself and for your baby. This book guides you through some pregnancy-safe exercises.

Written by a physiotherapist and fitness instructor, the gentle workout tips in this guide are useful for all pregnant women. From boosting energy levels, easing back pain, and strengthening the pelvic floor, this is a must read for health and mobility during pregnancy.

40 weeks+: the essential pregnancy organiser

Some things require a little organisation and having a baby is definitely one of them.

This journal-sized book is an excellent way to keep indispensible pregnancy information on hand at all times. Full of tabbed checklists and bulleted facts, this is a no-nonsense compendium that will help you to make decisions and stick to plans.
Pregnancy: how to enjoy it

Taking information from pregnancy experts and personal experiences from mums, this book celebrates the pleasures of being pregnant.

‘Pregnancy: how to enjoy it’ takes the reader through each stage of pregnancy and development, covering the highs and lows of being pregnant and how to make the best of every moment. This is commonsense advice from people who have seen and been through it all.

What to expect when you’re expected: a foetus’s guide to the first three trimesters

Written from the point of view of an unborn child, this is an entertaining look at the milestones of pregnancy from a whole new perspective.

Exploring life in the womb, the mechanics of breastfeeding, and much more, this book builds character and takes the reader on a journey, with an amusing look at conception, pregnancy and *spoiler alert* birth.
We really hope you have enjoyed our Huggies® Top 10 books to read while pregnant eBook. For more great books on pregnancy, check out the Huggies Bookclub.