

Monitor | books

Book club

Each month, you rate the pregnancy and baby reads. Find out how to be a reviewer at askamum.co.uk/bookreviewer

BOOK OF THE MONTH

DO CHOCOLATE LOVERS HAVE SWEETER BABIES?

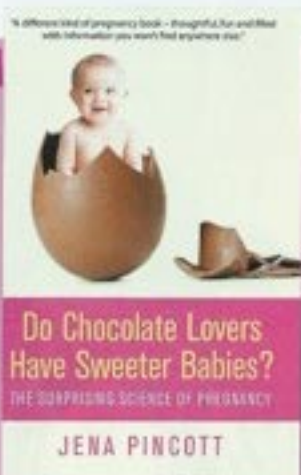
Jena Pincott (£12.99, Souvenir Press Ltd)



Joanna Brooks, 27, from Cambridgeshire, is 14 weeks pregnant

A fun take on the traditional pregnancy book, this surprised me with lots of unusual information. Split into nine chapters, it covers everything from old wives' tales and quirky observations to serious science, and each chapter has smaller subsections to address specific questions.

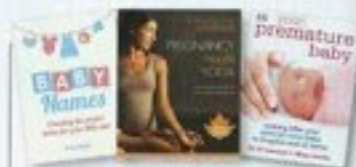
The author is a science writer, and I like that what you're reading is based on fact. One of the most interesting things is that your unborn baby can dream based on his impression of the world he senses but can't see – I love imagining my little one doing that. The only negative really is I'd have liked



to see some pictures in the book – it has such a fun tone that some illustrations would have added to it.

Although it's quite pricey, it's a great read that I'd definitely recommend. It really gives you an understanding about what's happening to you, both physically and psychologically.

TOP TIP Pregnancy makes you more able to read people. Researchers think this may be an evolutionary adaptation to make us more alert, so we can protect our baby!



Our top picks

Baby Names

Emily Meyer (£3.99, Summersdale)

This pocket-sized book contains lists based on famous figures in different careers – there's an illustrator list, one for comedians, monarchs and so on – to give you fab inspiration in a format we've never seen in a name book before. The text is pink or blue to indicate gender suitability, too. Perfect for the commute.

Pregnancy Health Yoga

Tara Lee & Mary Attwood (£12.99, Watkins)

This easy-to-follow guide comes with a DVD and clear illustrations, so you don't have to be a yoga expert to benefit from it. It aims to help prevent pregnancy discomfort, as well as giving you labour-coping techniques and advice for getting back in shape after birth.

Your Premature Baby

Dr Su Laurent & Maya Isaacs (£9.99, Dording Kindersley)

This thorough and useful book looks at the issues surrounding premature birth, including what to expect in the neonatal unit and taking your baby home for the first time. Great advice from experts as well as parents.

QUICK QUICK

Askamum.co.uk's Sally Griffith shares her pick of the best on the web for pregnancy and birth this month



Introduce your baby to Shakespeare with Baby Lit's mini versions of classics, such as *Romeo & Juliet*. From £5.95.



We love these unisex rights by Slugs + Snails, £10 a pair. Choose from boat, mushroom and rocket prints. Cuten!



The Perfect Ways Poncho, £95 – a super soft blend of cashmere, silk and wool – can be worn as a shrug or wrap for discreet breastfeeding.