

PSYCHOLOGS

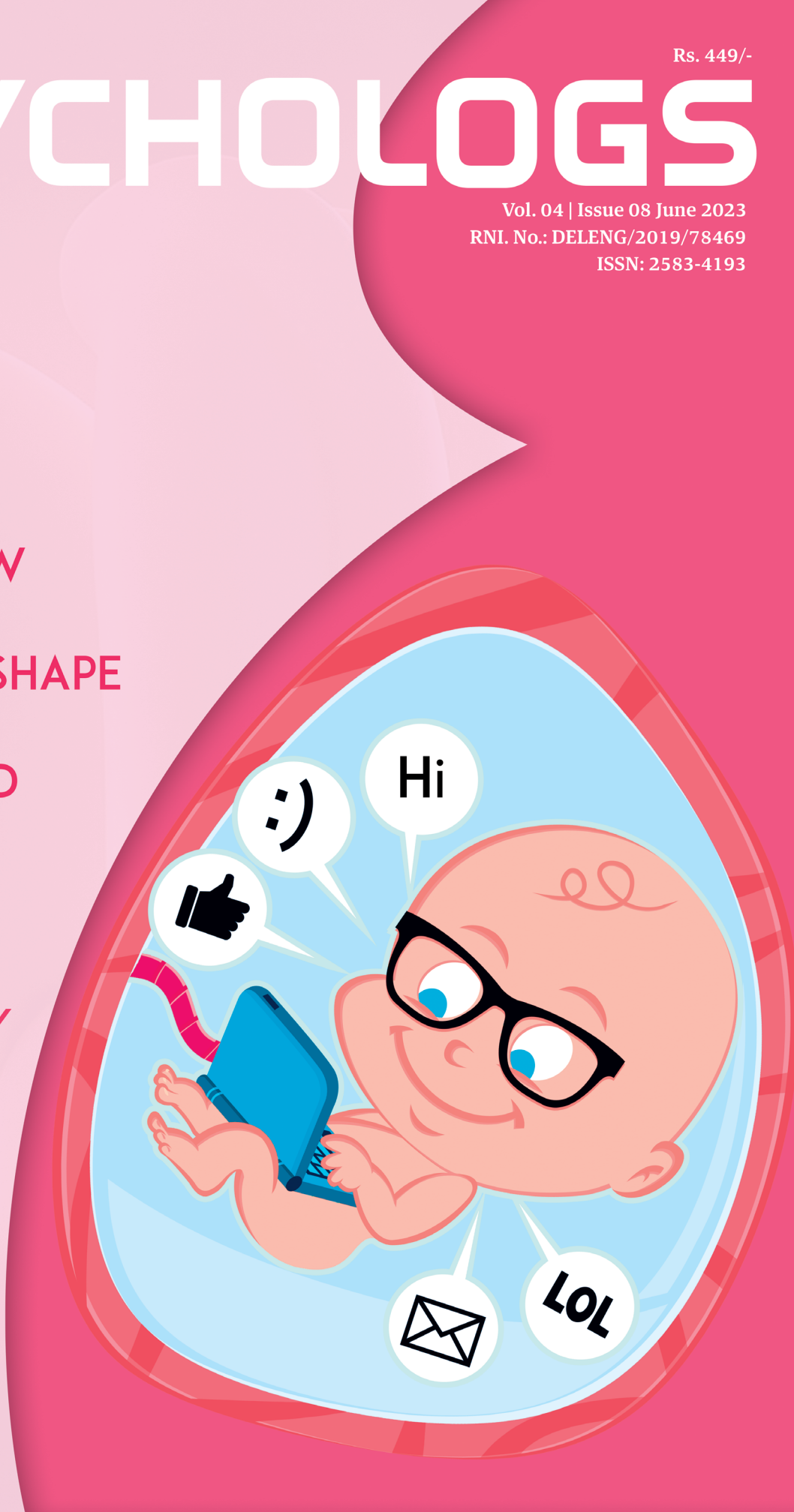
www.psychologs.com



Vol. 04 | Issue 08 June 2023
RNI. No.: DELENG/2019/78469
ISSN: 2583-4193

**LOVE'S DUAL
NATURE: HOW
ROMANTIC
HORMONES SHAPE
THE PATH TO
PARENTHOOD**

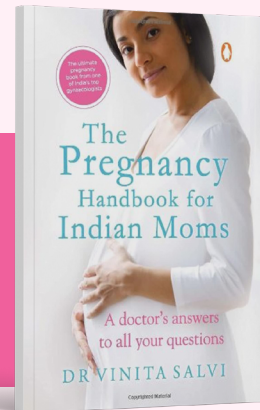
**IS
PERSONALITY
DECISIVE IN
THE
PRENATAL
PERIOD ?**



Editor's Choice

The Pregnancy Handbook For Indian Moms: A Doctor's Answers To All Your Questions

Dr. Vinita Salvi ▶



Book Review

It's a valuable and comprehensive resource that specifically caters to the needs and concerns of expectant Indian mothers. With her expertise as a practising gynaecologist, Dr. Salvi addresses a wide range of pregnancy-related topics, providing reliable information and guidance to help mothers confidently navigate their pregnancy journey.

One of the book's strengths is its culturally sensitive approach, acknowledging the unique challenges and traditions that Indian women experience during pregnancy. Dr. Salvi understands the importance of cultural factors, such as dietary preferences, religious practices, and traditional rituals, and incorporates them into her advice. This makes the book particularly relevant and relatable for Indian mothers seeking pregnancy information that aligns with their cultural background.

The book covers various aspects of pregnancy, from preconception to postpartum care, ensuring readers have a comprehensive understanding of the entire process. It addresses common concerns such as diet and nutrition, exercise, prenatal tests, labour, delivery, and breastfeeding. Each topic is explained clearly and concisely, making it easy for readers to

follow and absorb the information.

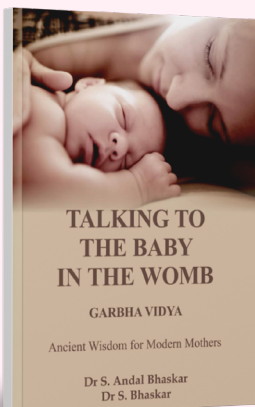
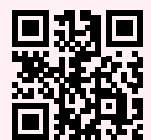
Dr. Salvi's writing style is accessible and reader-friendly. She explains in a language that medical professionals and expectant mothers without medical backgrounds easily understand. Complex medical terms are explained, and technical information is presented in an informative yet approachable way.

One noteworthy aspect of this book is the emphasis on the importance of a healthy lifestyle during pregnancy. Dr. Salvi provides practical tips and suggestions on maintaining a balanced diet, staying physically active, and managing common discomforts. She also dispels myths and misconceptions surrounding pregnancy in the Indian context, empowering mothers to make informed decisions.

While the book covers a wide range of topics, some readers might find that certain subjects could benefit from more in-depth exploration. Additionally, while the focus is on Indian cultural practices, it would have been beneficial to include a broader perspective to cater to the diversity within the Indian population.



Obtain a book, read it, and scan the QR code provided below.



Talking to the baby in the Womb - Garbha Vidya: Ancient Wisdom for Modern Mothers

"Talking to the Baby in the Womb - Garbha Vidya: Ancient Wisdom for Modern Mothers" by Dr. Andal Bhaskar is a thought-provoking and insightful book that explores the ancient practice of Garbha Vidya and its relevance in modern times. Drawing from traditional Indian wisdom, Dr. Bhaskar offers expectant mothers a unique approach to connecting with their unborn child and nurturing a strong bond during

pregnancy.

Dr. Bhaskar introduces the concept of Garbha Vidya, an ancient practice that encourages mothers to talk, sing, and share positive affirmations with their unborn babies. She highlights the belief that these interactions can profoundly impact the baby's overall well-being and

future development.

The book not only explores the philosophical and spiritual aspects of Garbha Vidya but also provides practical guidance on how to implement this practice in daily life.

Dr. Bhaskar offers various techniques, exercises, and meditations that help mothers establish a deep and meaningful connection with their babies. She also provides insights into maintaining a positive mindset, practising self-care, and cultivating a peaceful environment during pregnancy.

While the book's focus on Garbha Vidya and its cultural context is a significant strength, readers unfamiliar with Indian traditions may find certain concepts unfamiliar or challenging to relate to. However, the underlying message of fostering a deep connection between mother and baby through communication is universally relevant and applicable.

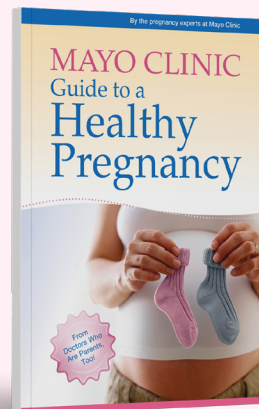


Obtain a book, read it, and scan the QR code provided below.



The Mayo Clinic Guide to a Healthy Pregnancy by the pregnancy experts at Mayo Clinic

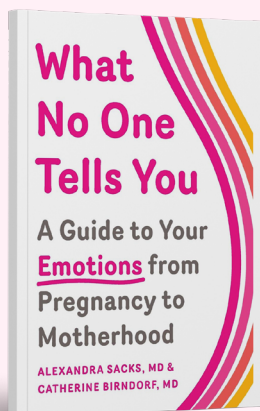
"The Mayo Clinic Guide to a Healthy Pregnancy" is an exceptional resource for expectant mothers, providing a comprehensive and reliable guide to navigating the pregnancy journey. Authored by the experts at Mayo Clinic, a renowned medical institution, this book offers evidence-based information, practical advice, and reassuring support for women throughout their pregnancy. Its comprehensive nature, evidence-based approach, and supportive tone make it an invaluable companion throughout pregnancy. Whether seeking guidance on prenatal care, nutrition, or childbirth preparation, this book offers trustworthy information that empowers women to make informed decisions and achieve a healthy and positive pregnancy experience.



Obtain a book, read it, and scan the QR code provided below.



What No One Tells You: A Guide to Your Emotions from Pregnancy to Motherhood by Alexandra Sacks and Catherine Birndorf



In "What No One Tells You: A Guide to Your Emotions from Pregnancy to Motherhood," Alexandra Sacks and Catherine Birndorf provide a compassionate and insightful exploration of the emotional journey women experience from pregnancy through the early stages of motherhood. As the author is a reproductive psychiatrist, this book offers a well-rounded perspective on the psychological challenges faced by women during this transformative period.

The author's approach is refreshing, as they validate and normalize the wide range of emotions that women may encounter throughout their reproductive journey. From the anticipation and joy of pregnancy to the anxieties and mood swings during the postpartum period, Sacks and Birndorf shed light on the emotional rollercoaster many women experience but rarely discuss openly. By sharing personal anecdotes and the stories of their patients, they create an atmosphere of empathy and understanding, assuring readers that they are not alone in their emotional struggles.

One of the book's strengths is its comprehensive coverage of the emotional aspects of pregnancy and motherhood. The authors address various topics, including the complexities of body image, the impact of hormonal changes, the challenges of transitioning into motherhood, and the importance of self-care. They offer practical advice and coping strategies to help women navigate these emotional challenges and seek the support they need.



Obtain a book, read it, and scan the QR code provided below.

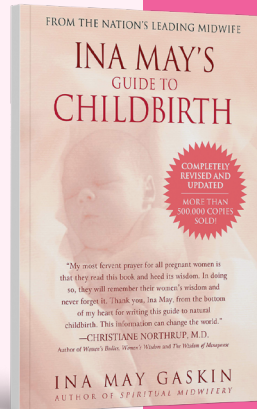


Ina May's Guide to Childbirth

One of the standout features of this book is the heartfelt and captivating birth stories shared by Gaskin and the women under her care. These stories portray a diverse range of childbirth experiences, from unmedicated home births to hospital births, and highlight the incredible strength of women during labour. By sharing these empowering narratives, Gaskin instils confidence and trust in a woman's ability to give birth naturally.

The book delves into childbirth's physiological and emotional aspects, demystifying the process and empowering women with knowledge. Gaskin provides comprehensive information about prenatal care, labour, pain management techniques, and the critical role of emotional support during childbirth. Her emphasis on the mind-body connection and the power of relaxation techniques helps women approach childbirth with a positive mindset.

One of the book's greatest strengths lies in Gaskin's ability to counter the fear and anxiety often associated with childbirth. She addresses common concerns and dispels myths, replacing them with evidence-based information and personal experiences. Her approach encourages women to trust their bodies and instincts, fostering empowerment and control over their birthing experiences.



Obtain a book, read it, and scan the QR code provided below.



First Time Dad: Pregnancy Handbook for Dads-To-Be

"First Time Dad: Pregnancy Handbook for Dads-To-Be" by Steven Bell and Ava Burke is an informative and accessible guide tailored to expectant fathers. This book is a valuable resource for men navigating the exciting and often overwhelming journey of becoming a first-time dad.

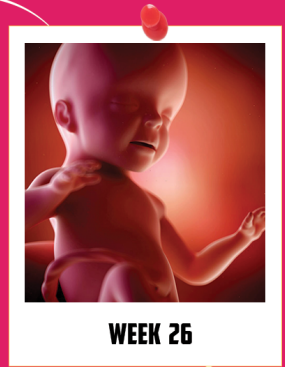
"First Time Dad" encourages active involvement and communication between the father and the mother. It emphasizes the importance of being present and supportive throughout the pregnancy, fostering a strong bond between the couple. The book also addresses the challenges and changes in the relationship dynamics, providing insights and strategies for maintaining a healthy partnership during this transformative time.



Obtain a book, read it, and scan the QR code provided above.



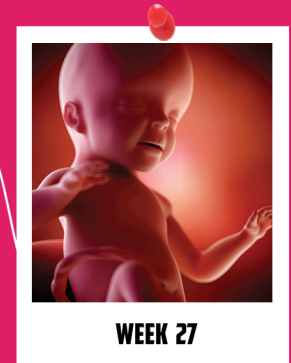
Stages of Pregnancy



Your baby is now inhaling and exhaling amniotic fluid, which helps develop their lungs. These breathing movements are good practice for that first breath of air at birth.

Your baby is the size of a bunch of scallions.

Stages of Pregnancy



The final week of your second trimester draws near, A regular sleep and wake schedule, your baby adheres, Their active brain, a hub of activity and growth, Lungs still developing, yet with medical aid, they may show their worth.

Your baby is the size of a head of cauliflower.