Edited by prominent obstetricians in KK Women’s and Children’s Hospital, the largest maternity hospital in Singapore with about 12,000 babies delivered each year, this book provides a comprehensive and informative look at pregnancy and childcare.

The text covers topics ranging from pre-pregnancy care, pregnancy care, and actual delivery to baby care. It also addresses common questions like, "What are the pre-pregnancy vaccinations that I need?", "Is it safe to dye, re-bond or perm my hair when I am pregnant?", and “Are Chinese herbs and TCM safe for pregnancy?” Written by a diverse team of contributors, this easy-to-read book (replete with illustrations) is highly recommended for the lay person and busy career mums-to-be who are preparing for the arrival of their newborns.