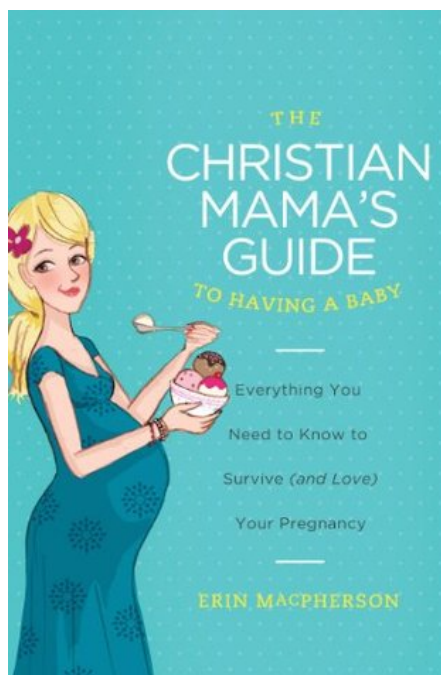




The Christian Mama's Guide to Having a Baby: Everything You Need to Know to Survive (and Love) Your Pregnancy (Christian Mama's Guide Series)

Erin MacPherson

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You're pregnant. You thought you'd be glowing.

Instead, you're glistening with sweat, reeling from nausea and (worst of all) you can't get your favorite jeans buttoned. You're irritable, nervous, bloated and to be perfectly honest, a bit annoyed that it takes nine whole months to grow a baby. Couldn't God have speeded up the process a bit—say, two or three weeks? To top it all off, everyone at church keeps gushing about how ecstatic you must be to be pregnant and what a blessing it is. And, while you are ecstatic about the baby, this pregnancy thing is a whole different story.

Think you're going to need some help keeping a godly attitude while figuring out this whole pregnancy thing? Here's one Christian mama's take on everything pregnancy—from stretch marks to weight gain to labor and delivery. Full of helpful tips (how exactly do you quell that not-just-in-the-morning sickness) and amusing anecdotes (are you saying everyone doesn't crave peanut butter and olive sandwiches?), The Christian Mama's Guide to Having a Baby has the advice you want to hear (and some you don't).

And at the end of nine months, we promise you, you really will be glowing.

The Christian Mama's Guide to Having a Baby: Everything You Need to Know to Survive (and Love) Your Pregnancy (Christian Mama's Guide Series) Details

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From Reader Review The Christian Mama's Guide to Having a Baby: Everything You Need to Know to Survive (and Love) Your Pregnancy (Christian Mama's Guide Series) for online ebook

Abbie Riddle says

Expecting that first bundle of joy? Wondering what this who pregnancy thing is really going to be like? Maybe you are feeling a little overwhelmed, anxious even terrified from all the horror stories of 36 hour labors and emergency c-sections. This is the book that needs to find its way into your hands. Light-hearted and conversational, Erin has written a book that will be an easy read as you prop your tired feet up.

I wish this had been in my pile of "must-reads" when I became pregnant with my first child over 12 years ago. Instead, I found myself pouring over "What to Expect While Your Expecting" (the clinical and practical book of pregnancy - which I still find myself reading everytime I get pregnant - and I am on child 6 now) and a pile of "how to parent" books that left me feeling a tiny bit overwhelmed.

I really appreciated that Erin offered unbiased advice and information on every topic. So this book is not to preachy on breastfeeding or bottle-feeding or any other topic. That is what makes this book a universal fit. I also like how she references several opinions (with book titles and authors - if you want to purchase the additional books) without showing a preference to one or the other, but rather she points out the positives and negatives in each.

This is the first of four in the 'Christian Mama's Guide' series, this author has tackled mothering all the way to grade school years. As a mom I have found that this journey of motherhood can sometimes feel a little isolated. This book brings this season into perspective and allows a tired mom to laugh a little. A mother will find that she is not alone and will be able to giggle as she relates to the topic or laugh out loud at some of the things she has not yet gone through. Life is better with a little laughter and this will add just that to your life.

I do want to close with the fact that Erin has put in tons of practical advice as well and suggestions. Absolutely a must for the next shower you attend - just tuck it into the diaper cake your making or tape it to that package of diapers you bought. You will bring smiles to the new mother-to be.

Thank you Thomas Nelson and Erin Macpherson for this review copy. I appreciate it so much and cannot wait to recommend it to others.

Jennifer Caples says

I woke up the other morning feeling awful and down about myself and my pregnancy, of course I looked up christian pregnancy books in hope some faith inspired books may help. I'm skeptical of most christian books; I am a firm believer but most attempt to gloss over the bad things and focus only on God and saving us. It's a wonderful message and reminder but NOT helpful when I am crying because I feel too fat and pregnant...

This book was very funny, witty, and just what I needed! I felt better within about 10 minutes of reading it simply because the way she describes pregnancy, the good, the bad, and the ugly, is so easy to relate to and down-to-earth. She even named the type of first trimester nausea I had, Ravenausea. I thought I was the only pregnant woman who would suddenly get so hungry I wanted to puke! Apparently not, and that was nice to hear! Enough gushing, I loved this book and highly recommend any woman in any stage of pregnancy read

this book. Even if you're past your first trimester like me, it is hilarious to look back on how awful it was and laugh at the upcoming disasters. She even did a great job describing labor, I'm still afraid of it but I will have some things to look back on and laugh at when I am screaming at hubby for doing this to me ;P

Miranda Sherman says

As a Mom of four I have definitely spent a lot of time pregnant and reading through pregnancy books as if they were my daily instructions on how to simply survive pregnancy. First time Moms search frantically for the perfect book spending hundreds of dollars and often times left with a heaping pile of unanswered questions and tattered pages.

The Christian Mama's Guide to Having A Baby by Erin MacPherson was a breath of fresh air. The book is filled with real life advice by an experienced real life Mom! The author, Erin, states in her forward that this book lacks medical jargon, and she holds true to that. When you are reading through the pages you get the feeling that you are at your Sunday fellowship potluck chatting around a table with your friends and pregnancy pro Erin MacPherson.

Each chapter is filled with tips, secrets and advice you will need in order to survive your pregnancy. Topics covered range from diet and exercise while pregnant, your body during the different weeks and trimesters, preparing for nursery and baby and even what to expect during your OB visits and the delivery room, all from a friendly view.

One of my favorite things about this book was the personal connection. The mounds of pregnancy books I have read in the past are all very technical and medically fact based, reading almost like a pre-med text book. While all of that medical information is great, it really would have been nice to have some advice from an unbiased woman that has experience in the pregnancy department.

I highly recommend for all expectant Moms, first timers or not this book gives you a whole new perspective on pregnancy and reading materials. This would also make an amazing congratulatory gift for friends and family that have just shared the amazing news!

Rachel Brand says

I had mixed feelings about this book when I was reading it. I loved how honest the author was about her own mistakes and struggles during her pregnancy, from trying to overdo things to indulging all her cravings. I definitely appreciated the down-to-earth approach of just sharing her own experience, rather than trying to project an ideal, perfect way to approach pregnancy. It felt like a friend telling her story, rather than an expert. So if you're looking for an expert, medical book on pregnancy, this isn't it.

There were some parts of this book that I didn't appreciate so much. It was incredibly patronising towards husbands and treated them as if they couldn't understand anything that was going with their wives during pregnancy and needed to be herded along like sheep. I've only come across a few books (thankfully) that treat men like this, and I'm not a big fan of it. My husband might not be reading every pregnancy book that comes into our house, but he enjoys finding out how our baby is growing each week, he doesn't complain when I feel too sick to make his lunch before he goes to work, and he helps me research things when I'm worried about some weird symptom. Sometimes I need to ask him to do something (help with chores because I'm too tired, get some ginger biscuits from the shop across the road because that's all I can keep

down) but I don't patronise him. Maybe I'm just blessed with a miracle husband, but I don't believe that all men are as dense about pregnancy as the ones in this book. We should encourage men to be more involved, not make fun of them.

I think I need to read some of this book again. I read it when I was only about 4 or 5 weeks along in my pregnancy (date read is approx, I can't remember exactly when I read this book!), and at that point I had all day nausea that I dealt with by drinking lots of peppermint tea and sucking on mints whenever I had to walk somewhere, and kept biscuits in my handbag in case I got hungry as that seemed to make my nausea worse. Totally easy to cope with! Thus I couldn't relate to the really long chapter on actual, physical morning sickness in this book. I remember thinking that, while it was probably wonderful for the women who actually did throw up when they were pregnant, it was pretty irrelevant to those who just felt sick or didn't feel anything at all (like my mum, lucky woman). However, I'm now nearing week 13 and have been experiencing full blown morning sickness since week 8 and would probably find this chapter more relevant now!

Since I'm British, all the stuff about medical visits and labour was pretty irrelevant. It's interesting to find out what happens in the US, but most of it is completely different from what my experience has been and will be. (We only see doctors if something is wrong, so a midwife guides you through your pregnancy. We have multiple medical forms of pain relief besides epidurals. We're encouraged to leave hospital as soon as we feel ready. No nurseries in hospitals. And so on).

While there were parts of this book that I didn't relate to (spending hundreds of dollars on take-out burritos because of intense cravings being one of them!) I appreciated the down-to-earth, honest look at this woman's pregnancy. I might go back to this book at some point now that I'm further along in my pregnancy. The tone and style probably aren't for everyone, but it was a nice, unstressful intro. to pregnancy for me!

Aisha Oaktree says

This book is great for those not seeking the medical jargon of most of the pregnancy books out there. It's written by a lay (non medical degree or medical field professional i.e not a nurse/midwife/doctor) person, a simple mother who was pregnant and wanted a little Christian fellowship while she was pregnant, finding none she decided to fill in the blanks herself and wrote a book for the other women who were like her.

Now being in the medical field I know she lacking a whole lot of necessary information, she does have her sister fill in some information about diet, I do wish she had some more information, but this is more for the spiritual aspect than the medical one. If your looking for more medical information try "Pregnancy Week by Week", or "What to Expect When Your Expecting", but for the spiritual pieces this is a good book.

Her witty banter makes me love this book even more. I found myself laughing while reading her stories of each of her pregnancies and she gives great advice especially when she notes that you should run everything by your birth professional. I loved that she didn't judge or make it her business to make you feel like you had to go to one professional over the other. I liked that she advocated that mothers take care of themselves and that she advised them to allow things to start to slip so they can get used to it when they are mothers of toddlers.

It's a great book filled with lots of good stories & lots of little prayer sections along with great verses from the Bible.

I highly suggest this book to any Christian Mama getting ready for her first baby.

Elaine says

Title: The Christian Mama's Guide to Having a Baby.

Author: Erin MacPherson

Genre: Christian, Nonfiction, Pregnancy, Guide, How-To, Self-Help, Humorous.

Plot: With a hilarious sense of humor and a wonderful easy-going style of writing, Mrs. MacPherson takes you on a fun-filled journey through pregnancy and helps you navigate this most fulfilling and often unpleasant phase in life. She also gives you pointers on how to draw closer to God during your pregnancy, especially on days when you're too sick to do anything besides moan and throw up.

With a detailed chapter on what to expect during each trimester, followed by equally detailed yet not at all boring chapters on baby gear, maternity clothes, exercising during pregnancy, morning sickness and how to eat healthfully when you're carving junk food, this book is definitely one of the keepers you'll want on hand to answer a lot of your pregnancy questions. It walks you through the doctor/midwife's office, explains some of the tests they do, gives you an in-depth look at the actual birth of the baby {which is probably the most stressful of the whole nine-month journey}, and covers breast-feeding as well, which can be a pretty tricky thing for new moms to learn. It also has tips for pregnancy sex and a chapter written by husbands of pregnant women for husbands of pregnant women. I made my husband read that chapter and he said he really liked it, and that the big difference between it and other books I've shoved into his hands is that it was written by actual guys.

There are also wonderful little sections in each chapter with Bible verses and a prayer to help you along in your daily meditation on God's word while pregnant. The chapter on food is very deliciously detailed so I recommend you take the advice in the opening paragraph and get a snack before reading it.

Likes/Dislikes: I've read maybe close to half a dozen pregnancy books in the last several months as my own personal homework {ya never know when this knowledge will come in handy!}, and this book is, by far, the most fun of the lot. It also addresses the emotional side of pregnancy a lot better than the other books did. On top of that, it's Christian and has tips for drawing closer to God during pregnancy – something the other books definitely didn't dig into. It was written in a hilarious easy-to-relate-to style that flowed really well and made sense. There wasn't all that medical jargon to confuse and wade through. The only issues I had with it are pretty minor; in the food chapter it lists canola oil as being good to take when pregnant. It is, in fact, not at all healthy for you. Also, it described the various options open to women when it comes time to give birth {which is a good thing}, putting stress on having an epidural and also saying that when the nurses whisk your newborn baby off to test it and give it shots, it's a good thing. Now, I have nothing against epidurals {I just don't particularly want to take one because it's a big needle that gets poked into your spine and could cause a lot of damage if they poked it wrong}, but I don't agree with the tests and shots on the little newborn. That's me personally. I really liked that the author was such a huge fan of breastfeeding. In all, I highly recommend this book to any expectant {or hoping to be expectant} moms. I will personally be keeping it close on hand when I have my first baby.

Rating: PG-16 and up, mainly for content. It's about having babies after all.

Date Report Written: April 1st, 2013.

I received a copy of this book from the publishers in exchange for an honest review. I was not required to write a positive review. The opinions expressed in the above review are my own.

Ashley Bowman says

While it wasn't for me, I think some people may benefit from reading this. I really appreciated the encouraging scripture woven throughout. However, I think in an attempt to be humble and have a relatable voice, she came across as unknowledgeable and flighty. I may recommend it for first time moms looking for a place to start, but as a third time mom I think I just need to stick with self-knowledge when it comes to pregnancy instead of reading books about it.

Margaret Chind says

When it comes to the pregnancy books, I've read most of them. From the epic What to Expect When You're Expecting (hated it) to the very medical resourceful Your Pregnancy Week by Week and Your Pregnancy for the Father-to-Be: Everything Dads Need to Know about Pregnancy, Childbirth and Getting Ready for a New Baby and even some colorful ones like The Complete Illustrated Pregnancy Companion: A Week-by-Week Guide to Everything You Need To Do for a Healthy Pregnancy. And a good dozen or so others. The Christian Mama's Guide to Having a Baby is simliar and completely unique. This is a girl friend's guide to telling it straight (from her direct point of view and her sisters' and her friends'). It is resourceful and fun and informative. I would not necessarily make this your only pregnancy guide, but this is an awesome one and a great place to start.

*Note after reading them all... I highly suggest the Glade B. Curtis Your Pregnancy Series with any books relevant to you and perhaps The Complete Illustrated Pregnancy Companion in addition to this one.

Thanks to the author for providing an ARC for review through FIRST Wild Card Tours.

Dusty Shell says

This book is different from many of the well known pregnancy guides on the market because it is a more personal take on carrying a baby than medical advice and jargon. In fact, Erin MacPherson makes it very clear in the beginning that she is not a medical professional and while she does cover some medical topics in the book, she wants to ensure that the readers know that most of the book is based on her own personal pregnancy experiences. This sets the book off on a I'm-chatting-with-my-girlfriend tone rather than a clinical I'm-asking-my-healthcare-provider-questions tone. I did enjoy her honest and comical rhetoric on pregnancy.

On the other hand, it was glaringly obvious to me that the author and I share different views on parenting and other things. There are several blanket statements in the book in the vein of "ALL pregnant women experience or do XYZ." This simply isn't true as any woman who has had more than one child or has friends that have had multiple children can attest to the fact that every pregnancy is different. There were also a few biased tones towards a few subjects that are near and dear to me like nipple confusion in an infant, allowing your baby to go to the hospital nursery, cosleeping, elective inductions, being routinely cut vaginally during labor, using Castor oil to try to self induce, and vaccinations(just to name a few).

Pregnant women are hormonal. That is a fact. I cry at the drop of a hat these days. I sometimes overreact to simple things because I am not perfect. I didn't enjoy, however, the implications in the book that because of these raging hormones, pregnant women are given a free reign to treat their husbands like slaves or else they will have to answer to the wrath of the prego, or that pregnant women have a "trump card" over anyone because they carried a baby. Sure, the author briefly mentioned a time or two that it really isn't okay to behave this way and that you should go to the Lord in prayer when you are feeling overwhelmed, but those mentions seemed (to me) to be overshadowed by the "if you pregnant wife says X, do it or manipulate her into thinking your idea was HER idea." I don't think that shows a good healthy Christian marriage at all.

One of the tips in the "Christian Daddy's Guide" section of the book actually says, "Keep your mouth shut when it comes to morning sickness. And breastfeeding. And pain relief in labor. And in general when you're talking about pregnancy." While this is all said tongue in cheek, I think we need to be diligent in upholding that the Bible says to respect our husbands. We are also to show grace. So while our husbands may be clueless in some aspects of childbirth because they are not women, if they are genuinely trying to help us out of love, then snipping at them because they don't understand is wrong. Pregnancy doesn't give us license to mistreat those around us, especially our loved ones.

Whew. With all that said, do I think this is a bad book? No. There are many good points in it that could really help a first time mom. It's good to know that it's okay if your carefully laid birth plans get suddenly adjusted. It's good to know about all the little and sometimes gross things that will happen to your body during pregnancy and labor. It's good to know that breastfeeding can be HARD and under sleep deprivation, you may lose your patience. Yes, even with a newborn. It's especially good to be reminded that even during pregnancy, we can lean on God to get us through and guide us.

This is one of those books that will be good for some and not for others. It was an easy read and I completed it in just a few days even while homeschooling and tending to my other three children while being pregnant myself. The author seems to be trying to honestly and sincerely relate to her readers which is always a bonus for me when choosing a book to read. I'd recommend it, but with a heads up that it may not be for everyone.

Krys (Krys Reads) says

Via Black 'n Write Reviews

So, I did it. I was excited when I received this book in the mail and I couldn't wait for my opportunity to read it. Needless to say I finished it quickly. Ms. MacPherson made this book a very easy read, not only is this book equipped with an index but with a lot of great tips and tid-bits that any new mom should know (or at least consider). The Christian Mama's Guide... is great because you don't really need to be a Christian to enjoy the book, just skip the few bible verses and you have a run-of-the-mill self-help parenting book, but I'd suggest you don't because you might skip out on a funny excerpt as Erin gives you a glimpse of her own experiences as well as those of her dearest mummy-friends.

Although I'm not planning to start a family any time soon there were things mentioned that I wouldn't have even thought of, but this book loaded with a lot of great insight, and trials and errors the author has made, and not to mention all those scary moments you never expect but wind up experiencing them.

Some dos and don'ts. Some checklists. Some how-tos. All neatly laid out in a chapter per trimester sequence and the "after-party" when you get to bring baby home and the traumas that go with it. And not only that is the extra resources the author is great about including!

I would definitely recommend this to anybody, even a wannabe-pregnant-mum, for a great read as this will definitely keep your mind occupied with more than the nausea-inflicting first trimester pangs. Or perhaps a

great baby shower gift? I'm not a professional gifter by any means but from one reader to another, I'd be happier receiving a not-so-generic "how-to have a baby" book than eating cake... Just saying.

Rachel Wheeler says

For what this book is, (a pregnancy guide simply written by a Christian woman...no medical jargon or fluff) I found it informative and at times humorous. It gives an overall smattering of information to prepare you for pregnancy or keep you informed on what to expect next if you're already pregnant.

My few complaints: I felt like the author contradicted herself to some extent on some of her views. Refusing ever to drink ONE glass of wine her entire pregnancy because of the dangers of alcohol on an unborn child but then caring very little (if at all) about what she was eating and how THAT would effect her unborn child didn't make much sense to me. In addition, her disregard for exercise during pregnancy and at least trying to stay healthy turned me off. Some of the time, it felt like she was blatantly setting a poor example while mocking those who would make exercise and healthy eating habits a major part of their pregnancy. I understand she had rough pregnancies (major morning sickness)...but that doesn't make being careless or rolling her eyes at fit mothers-to-be okay.

Otherwise, this book was enjoyable and down-to-earth.

Chloe says

I really liked this book! I discovered it on my Kindle in the last 2 weeks of my pregnancy, but its short so I read it anyway. It's definitely not a book that you will learn a lot of facts or research, but it is one that will make you feel more normal in all of the things you experience and think during pregnancy. There were some things that are portrayed as universally true that actually aren't, and there's a few jokes at her husband's expense, but taken with a grain of salt, this book is wonderful. It has a Christian element and some references to turning to God and/or scripture to get you through the hard times, but that is definitely not the emphasis. The emphasis is a real-life, relatable walk through pregnancy, childbirth, and the first few days with a new baby. I have bought the Christian Mama's Guide to the First Year and will read that one next.

Amanda says

I don't know why I buy a new pregnancy book every time I get pregnant. I mean, this is my 6th baby after all and I'm been pregnant more times than that. I should just write my own ;)

The "Christian" bit in the title is what suckered me in this time. I have oodles and oodles of pregnancy books, but I've never before encountered one that dealt with pregnancy from a Christian perspective. I am enjoying the reminders to rely on God, and to be thankful etc etc. It is definitely refreshing in the pregnancy-book-world sense!

To me, this felt like it was in a similar vein to "The Girlfriend's Guide.." (even in title!) but with a bit less sass and a slightly more open mind, and as I mentioned already, a definite focus on God.

The author has 2 children of her own, and experience writing for a parenting website.

For me, this wavered between a 3 and a 4, but since I can't give it a 3.5, I'll stick with the 4. I suspect first time mama's will enjoy and get more out of this book than I did.

Cherish says

I found this to be very original. It was nice to read a pregnancy book without a bunch of medical terms. Loved her honesty and her humor. Found her to be a bit discouraging at times.

Quezia La Banca says

Maravilhosoooo!!! Recomendo muito para as gravidinhas de plantão ♥?
