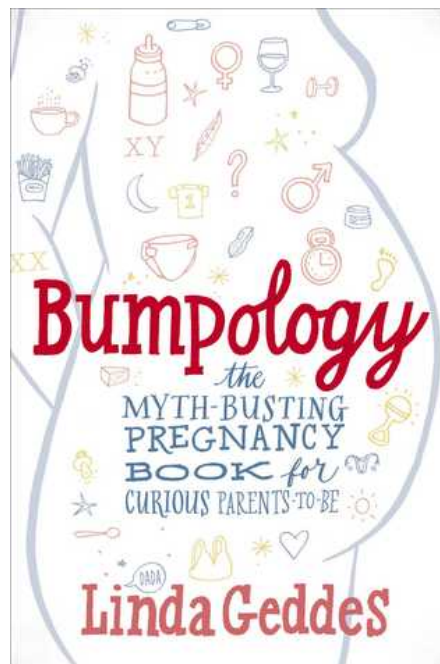




Bumpology: The Myth-Busting Pregnancy Book for Curious Parents-To-Be

Linda Geddes

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From award-winning science journalist Linda Geddes, a fascinating and practical companion for expectant parents that makes sense of conflicting advice about pregnancy, birth, and raising babies.

Can I eat peanuts during pregnancy?

Do unborn babies dream?

Can men get pregnancy symptoms too?

How much do babies remember?

How can I get my baby to sleep through the night?

The moment she discovers she's pregnant, every woman suddenly has a million questions about the life that's developing inside her. Linda Geddes was no different, except that as a journalist writing for *New Scientist* magazine she had access to the most up-to-date scientific research. What began as a personal quest to find the truth behind headlines and information that didn't patronize or confuse is now a brilliant new book. In *Bumpology*, Geddes discusses the latest research on every topic that expectant parents encounter, from first pregnancy symptoms to pregnancy diet, the right birth plan, and a baby's first year.

Bumpology: The Myth-Busting Pregnancy Book for Curious Parents-To-Be Details

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Author : Linda Geddes

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From Reader Review Bumpology: The Myth-Busting Pregnancy Book for Curious Parents-To-Be for online ebook

Chelsea says

an enjoyable and informative presentation of nearly any question moms/parents-to-be wonder or hear at one time or another during pregnancy or their child's early infancy.

I felt the author was unbiased and presented research based information to answer questions about pregnancy and parenting.

Leonie says

This book was being promoted/reviewed in the early stages of my own pregnancy and it immediately struck a chord with me. To have some of the many pregnancy myths, that were swirling around everything I read and everyone I spoke to, debunked (or confirmed) seemed wonderfully timely.

Geddes uses actual science to talk about all the things you worry about while carrying and raising children, in fact, the book began its gestation in the form of a regular blog for the New Scientist; something I didn't realise at the time.

I would recommend this book to anyone currently pregnant as well as their partners. The subjects are quirky and interesting and the writing immensely readable. It was a nice distraction to all the other information coming at you while pregnant.

Alicia says

I've been meaning to read this book for months. So when I finally found some time to sit down and work my way through it, I was excited to jump around to those questions I've been mulling over and see what advice this book gave.

However, it wasn't quite what I was hoping for. Many of the answers gave me more questions than a definitive answer. Most, if not all, offered conflicting studies and their results.

My overall opinion? This book reads much like "What to expect when you're expecting," in the sense that included study after study with not-so-clear results, and way more information than I was ready for. And most of the information seemed like worst-case scenarios, not the norm. Not exactly what a first-time mama is ready to hear quite yet. Overall, fantastic idea for a book. But for now, I'll stick to reading a few other doctor-recommended resources and lighter reads.

nomadreader (Carrie D-L) says

(originally published at <http://nomadreader.blogspot.com>)

The basics: Linda Geddes, a British author and journalist, wrote the *New Scientist* column entitled Bumpology. It now continues on her website.

My thoughts: Since the moment I found out I was pregnant, I've eagerly explored the non-traditional pregnancy books. I'm more interested in the how and why than in the strict, traditional rules. I'm more interested in exploring the experiences of real pregnant women than the advice of the experts. I'm most interested in learning about pregnancy across the globe, so *Bumpology* was right up my alley. I'm continuously startled at the differences between the pregnancy and birth experiences in the U.S. and Europe (and Australia): "Around 58 percent of U.S. women have an epidural, while in the UK, it is closer to 20 percent."

Much of what I read in the early sections of *Bumpology* I had already learned in Emily Oster's excellent *Expecting Better: Why the Conventional Pregnancy Wisdom is Wrong--and What You Really Need to Know* (review coming next week.) I won't fault *Bumpology* for that, as there need to be more sources, particularly for U.S. women, exploring the truth behind the rules we're given without evidence. Still, what reading these two books close together made clear is that while many of the ideas are the same, the two authors take dramatically different approaches. Different readers will have different preferences.

Bumpology is essentially a collection of Bumpology columns. One big pro to this approach is the breadth of topics covered. *Bumpology* begins with pregnancy, continues with birth, and ends with babies. I will definitely pick it up to re-read those sections when the time comes. One big con, however, was how little information was included about some topics. With 150 sections in just over 300 pages, very little is explored in depth. For some topics, the amount of information was just right, but for others, I wanted more. I wish Geddes would have expanded some columns. I also wish she would have done some more revising for this U.S. edition of the book. While I welcomed her British perspective, there were numerous opportunities to play up different policies and results.

The verdict: There's a lot of good information in *Bumpology*, but it left me wanting more of many vignettes and less of others. As a reading experience, it was uneven, but as a resource to refer to as I get closer to birth, and as my baby grows after s/he is born, I think it will prove a helpful one.

Rating: 3.5 out of 5

Eliis Sarapuu says

Easyreading :)

Rebecca says

Part of my criteria on the ever-growing list of "Things to Do Before Baby Gets Here" is read several books on the topic. And there are PLENTY to choose from. From the tired, old What to Expect When You're Expecting to the completely useless and not-as-funny-as-I'd-hoped Belly Laughs by Jenny McCarthy. But in the sea of doctors, moms, and celebrities' books that claim they have all the answers for you, I managed to find this little nugget.

Linda Geddes is an award-winning British journalist who writes on the science behind certain topics and in her latest book, she turns her eye on pregnancy and newborns. The book is laid out in the format of a FAQ page. Questions that have been lingering in your pregnant brain and others that you never thought to ask.

Questions about your bump and your body, how your man may react, and all sorts of fascinating information about your newborn. It's non-preachy, helps eliminate fact from myth, and was way more enjoyable to read than its competitors. Definitely recommend if you or your loved one is expecting!

Kathleen Cobcroft says

Excellent, easy to read book with bite-sized answers to common questions and debunking of pregnancy and baby care myths, the difference with this book is that the author is a science writer and she cites studies to support whether something is true, unlikely, or unproven. She also mentions if there were particular problems with the study or the way it was reported to make something seem much more dangerous than it really is.

I'd recommend this to anyone looking for facts amongst all the dodgy advice that gets distributed to pregnant women.

Brianna Walsh says

This was one of Mike's picks for pregnancy books...probably because it includes about 40 pages at the back of references to scientific articles. The format of the book is question and answer...and each answer is easy to read and at the same time cites actual research. You'll be amazed at what has been studied. I just read questions, 'Does skin-to-skin contact really soothe my baby?' and 'How to babies go from breathing nothing to breathing air'? I love reading through this book...at first I just flipped through and read random questions, and now I'm going back to read it all in order..just about the start the 'Baby Bodies' chapter. If you want to know more about pregnancy, babies in the womb, newborns from an academic perspective, but without falling asleep reading lots and lots of dense papers, consider this book! I highly recommend this book!!

Kathleen Sullivan says

Most of these mythbusters I knew and some were illuminating, others I think the verdict is still out on but still quite a good synthesis on what we now know - although I have read recent articles in NYT and NPR online that contradict some of these, so I think the science is still evolving. A fun book to read in early pregnancy.

Cass says

This was a fun book to race through, gathering interesting tidbits and skipping over things that didn't apply to me or interest me.

I enjoyed her scientific tone and what seemed to be well-researched content. However, I enjoyed "Expecting Better" much more...just as scientific but more conversational and anecdotal. I read pretty much that whole book while I more skimmed this one.

Chelsea says

I loved the concept of this book! As pregnant moms, we are told so many things about what we should and shouldn't do, and many of them contradict! Whom are we to believe?

"Don't go in a hot tub. Don't give them a bottle, they'll have nipple confusion. Do this to help your child sleep through the night." Well this lady went right to the research to answer these questions. She creates a watered down version of what the research says to give us a better idea of what is correct. I liked this because she was able to show the validity (are you going to trust a study with only 26 people involved?) and reliability (have other people been able to recreate the same results?).

Here are some of the things I found interesting that I learned from her book:

#1 gender prediction wives' tales- the most accurate is women's intuition 71 percent of the time. Ramsey's theory had 97 percent accuracy though was never published in a peer reviewed journal and another group tried to replicate it and found no convincing evidence.

#2 Will lying on my back hurt my baby? No published evidence- lying on back and right side does compress a large vein which could cause dizziness to the mother, but this occurs even when not pregnant. To be safe, after 20 weeks avoid prolonged lying on back.

#3 Does perineal massage work? 5 minutes 1-2 times per week = slightly less possibility of stitches/episiotomy, though tearing was the same.

#4 what can reduce labor pain? For sure: epidural, gas and air. Maybe work: water birth, relaxation, acupuncture, massage. Insufficient evidence: hypnosis, sterile water injection, aromatherapy, TENS, bio feedback, and opioid drugs.

#5 does an epidural make a c-section more likely? No, but second stage of labor may be longer. 90 percent of women who received an epidural were pleased with decision later.

#6 will delaying cord clamping benefit my baby? Yes so long as jaundice treatment is readily available.

#7 are reusable diapers really greener than disposable? Only if you have a full load, wash at 120-140 degrees fahrenheit in an energy efficient machine, and leave them to dry naturally. On health of baby skin, little good quality evidence available.

There is a lot more information, but you'll have to read a book to get that. The one research I questioned was about colic. She only mentioned medical colic problems and didn't mention the "fourth trimester." But I guess it's hard to read the research on everything!

Erika RS says

This book was something of a mixed bag.

On the positive side, it was full of interesting information, and it was fact based.

If the book had a takeaway, it was that a lot of the things parents stress over have little real impact. This makes sense. When there actually is compelling evidence, then there's not much to debate.

Geddes frequently used relative risk to make it easier to assess the impact of different choices during pregnancy and early parenting. I liked her way of saying "what this means is that X parents would have to change behavior Y to result in 1 improved outcome". This sort of perspective made it clear that, for the most part, the relative risk of the two options was not worth stressing over.

What I didn't like about the book is that it ended up being a set of unconnected factoids. There was nothing to tie everything together. After reading Expecting Better I really felt that I had gained information that

would help me make more informed decisions about the birth experience I wanted. After reading this book, I felt more ready for a trivia contest.

The other thing I disliked was that Geddes would sometimes jump from what a study actually said to broader conclusions, even though she criticized other studies for doing the same thing. She didn't do this too often, but often enough to be annoying.

Overall, this was an interesting book but not what I would recommend if you wanted to learn about pregnancy, birth, or infants.

Shelly Donaghey says

Every parent-to-be has about a million questions they want to have answered about babies, pregnancy, birth and what follows. There are about a million places to look for answers and there are seemingly a million answers to every question, and more often than not those answers contradict each other.

When Linda Geddes, a journalist who writes about biology, medicine and technology, became pregnant, she too had questions that either went unanswered or left her with many other questions, so she decided to cut through the BS, research on her own and compile a through list of 150 questions with complete, easy to read and clear answers.

She succeeded in removing contradictions and leaving behind the reasons for morning sickness, what to eat, should you have a drink or two, breast milk and sleeping, what is a normal baby and what about growth charts and do men change when there is a baby and just about anything else you might think of. Answers are practical and the reasons for those answers are explained, thereby knocking down many, many myths about the entire having a baby event.

Plus it is written in a fun, light hearted manner, and there is a complete listing of the questions at the beginning plus a glossary and complete notes at the end.

I wish I had had this book back in the day but now that I have it I am going to pass it on to my son and daughter-in-law who are currently expecting. This answer book will take some of the worry out of their pregnancy and help the two of them during the first several months of being first time parents.

Congratulations to them, all three.

I won this book through Goodreads.

Jen Hayton says

I personally didn't enjoy this book, it just didn't engage me to keep reading, in fact I didn't get to the end at all. Yes very informative and the writer uses previous studies to make statements and comments about each topic, so you can feel assured that she is well informed on the topic and provides some good facts and research info. Although a book about pregnancy and factual info, I really wanted to be engaged and excited but it just seemed a chore for me to finish. I expect there are better pregnancy books out there.

Lexi says

Enjoyable, clear, allows you to reach your own conclusions. Would recommend this to anyone wanting to take a balanced approach and make their own plans rather than following a 'formula'! Linda has come under

a lot of criticism for 'encouraging women to drink in pregnancy' which just shows how people don't read or misunderstand scientific reporting' in fact she says there is little evidence showing small amounts of alcohol harm, in part due to a lack of reliable studies. However she at no point advises you what to do, and it is clear from her language there is still some risk. Great book!
