

Contents

Introduction

1. The basics of pregnancy.....	3
2. Fetal growth and changes in the mother's body.....	5
(For each stage of the pregnancy)	
3. About regular medical examinations	7
4. Life during pregnancy	11
5. Clothes during pregnancy	23
6. Problems during pregnancy	27
7. Care of the breasts	31
8. Preparing for childbirth	35
9. Preparation of baby goods	39
10.The signs of imminent childbirth	41
11. Each stage of the delivery	43
12. Postnatal life restorative exercises	45
restoring health after childbirth	49
family planning after childbirth	53
13. Other matters.....	55



はじめに...

1. 妊娠の仕組み.....	4
2. 妊娠の経過（母体の変化と胎児の発育）.....	6
3. 定期健康診査について（妊婦健診）.....	8
4. 妊娠中の生活.....	12
5. 妊娠中の衣服.....	24
6. 妊娠中の異常.....	28
7. 乳房の手入れ.....	32
8. 出産の準備.....	36
9. 赤ちゃん用品の準備.....	40
10. お産の兆候.....	42
11. 分娩の経過.....	44
12. 分娩後の生活 産褥体操.....	46
産後の健康作り.....	50
産後の家族計画.....	54
13. その他.....	56