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Your Plus-Size Pregnancy

by Brette McWhorter Sember with Dr. Bruce D. Rodgers
(Barricade Books, 2005)

Larger women face unique frustrations when they get pregnant, from a woeful lack of maternity clothes cut to fit a body that's more ample all over to books that imply being overweight virtually guarantees dire medical consequences. It's true that weight matters in pregnancy. However, it's also true that half of all American women wear a size 14 and up, and most of them will eventually have babies.

Brette McWhorter Sember, an experienced parenting writer who's a plus-size mom herself, has teamed up with Bruce D. Rodgers, M.D., director of Maternal-Fetal Medicine at Children's Hospital in Buffalo, N.Y., to write a matter-of-fact guide to full-figured fertility. *Your Plus-Size Pregnancy* addresses issues like pregnancy weight gain and breastfeeding for the plus-size mom, offers tips on finding health care providers who don't automatically treat curvier women as walking health risks, and even offers resources for finding nursing bras and baby carriers that fit.