

# Popular pregnancy books for expectant parents

First and foremost—congratulations!

If you're expecting, you may be looking for trusted books to guide you through this exciting transition. First Things First partnered with the public library to compile a list of popular pregnancy reads.

Many are available through libraries in print and digital formats.

Check your [local branch](#) for availability.



Scan for more information, services and resources.

## What to Expect When You're Expecting

Heidi Murkoff

A classic, week-by-week guide to pregnancy and the go-to resource for many parents since 1984.

**WHY READ IT:**

A comprehensive choice if you're only picking one book.

## Expecting Better

Emily Oster

Uses data and research to challenge common pregnancy advice and support informed decision-making.

**WHY READ IT:**

Ideal for parents who appreciate evidence-based analysis.

## Bumpin': The Modern Guide to Pregnancy

Leslie Schrock

A modern, candid take on pregnancy, blending personal experience with practical guidance.

**WHY READ IT:**

Warm, relatable, and grounded in current practices.

## The Expectant Father

Armin A. Brott and Jennifer Ash Rudick

A month-by-month guide to pregnancy from a dad's perspective.

**WHY READ IT:**

Great for first-time or highly involved dads.

## The Whole 9 Months

Jennifer Lang, MD, and Dana Angelo White

A week-by-week nutrition guide with simple recipes and meal plans.

**WHY READ IT:**

Perfect for parents focused on healthy eating during pregnancy.

## Why Did No One Tell Me This?

Natalie Hailes

An honest, approachable guide that addresses common fears and misconceptions.

**WHY READ IT:**

An easy, illustrated resource for practical advice.

## Nurture

Erica Chidi

Encourages trust in your body while offering tips, remedies and recipes.

**WHY READ IT:**

A calm, holistic approach to pregnancy.

## The Birth Partner

Penny Simkin

Covers late pregnancy, labor and early newborn care for support partners.

**WHY READ IT:**

Essential for spouses, doulas or anyone supporting a birth.

## Like a Mother

Angela Garbes

Explores the science and cultural expectations of pregnancy through a feminist lens.

**WHY READ IT:**

Thoughtful, myth-busting and research-informed.

Note: These books reflect a range of research, perspectives and experiences. Always consult your healthcare provider to ensure information is safe and appropriate for you and your baby.

