



**OUR BODIES
OURSELVES**

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New Publication in Spanish

De Camino a la Maternidad – the Spanish edition of *Journey to Parenthood*, by the Childbirth Connection – is now available for free download at:

<http://www.ourbodiesourselves.org/programs/lhi/maternidad.asp>



We are pleased to announce the completion of the Spanish language version of *Journey to Parenthood: Your Guide Through Pregnancy, Birth & Beyond*, written by the Childbirth Connection in New York City: www.childbirthconnection.org. Like the English edition, this 68-page book is geared to childbearing women and their families, who will find it helpful to use either independently or with health educators and maternity care providers. The guide helps families make informed choices about pregnancy and childbirth, and covers such topics as prenatal care, fetal development, nutrition and lifestyle, diagnostic tests, breast-feeding, labor and birth, postpartum care, and newborn health. Boxes, lists of questions, and an accessible format enhance this unique resource in Spanish.

Single print copies may be purchased at \$7.00 each (plus \$3.00 postage) from the address above. A limited number of free copies are available to institutions serving low-income Latino communities. Send requests to: office@bwhbc.org.