



# Your Guide to Pregnancy and Birth

## CONGRATULATIONS!

McLaren Port Huron's Miriam F. Acheson Family Birthplace provides education and information as you progress through your pregnancy. Our *Guide to Pregnancy and Birth* follows along with you as you go through your prenatal appointments, routine tests, labor, delivery, caring for and feeding your baby, and your baby's care with their own doctor.

These booklets are available on our website at [www.mclaren.org/phfbp](http://www.mclaren.org/phfbp) or by scanning the QR code below.



If you don't have access to a computer, you can request a paper copy of books 1 and 2 by calling 810-989-3445. Just leave your name and address and they will be mailed to you.