

Experts in Maternal Care and High-Risk Pregnancy Release Stuck in Bed: The Pregnancy Bed Rest Book

Maternal care and high-risk pregnancy experts Jennifer Degl & Angela Davids release Stuck in Bed, a picture book for children whose mothers are on bed rest

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/EINPresswire.com/ -- Experts in Maternal Care and High-Risk Pregnancy Release [Stuck in Bed](#): The pregnancy bed rest picture book for kids ... and moms

In recognition of World [Maternal Mental Health Awareness Week](#) (April 30 - May 6) and just in time for Mother's Day, maternal care and high-risk pregnancy experts Jennifer Degl and Angela Davids have released Stuck in Bed, a picture book for children whose mothers are coping with bed rest or restricted activity, due to a high-risk pregnancy. Celebrate Maternal Health Awareness Week and Mother's Day with Stuck in Bed's launch by:



Entering HERE: <http://www.rafflecopter.com/rafl/display/b1ebbb962/?> (April 25 - May 2) to win one of 5 copies of Stuck in Bed

Joining Jen for live reading and chat on April 25th at 3 PM EST: www.facebook.com/jenniferdeg1

Joining Angela for live reading and chat on April 25th at 7 PM EST:

www.facebook.com/keepemcookin

Purchasing Stuck in Bed on Amazon here: <http://amzn.to/2H5JJYS>

Stuck in Bed is a story about a boy whose mother is on bed rest, and it weaves positive and practical tips for moms throughout, making it an uplifting and emotionally supportive resource for women on bed rest or who have been advised to restrict their activity during pregnancy. Maternal care experts Jennifer Degl, Founder of [Speaking for Moms and Babies, Inc.](#), and Angela Davids, Founder of the high-risk pregnancy website KeepEmCookin.com, are the co-authors.

“While high-risk expectant mothers are monitored by health care providers, there is still a lack of emotional support for moms who are prescribed bed rest,” explains Degl. “Much of the time they are by themselves at home or in a hospital bed, feeling very isolated. Stuck in Bed let’s them know they aren’t alone and gives them a tool to help explain their bed rest to a younger child.”

Given that the U.S. preterm birth rate is 9.8 percent of all deliveries, Stuck in Bed is a valuable and in-demand resource as about 1 million U.S. women are prescribed bed rest each year in order to reduce the likelihood of a premature delivery. Bed rest is prescribed for many serious conditions, including preterm labor, short cervix, premature rupture of membranes, preeclampsia, and several placental

disorders, making Stuck in Bed an invaluable tool for obstetricians, maternal-fetal medicine specialists, social workers and psychologists who work in maternal care. Mental health professionals who work with young children experiencing stress related to their mother being on bed rest can also benefit by using Stuck in Bed as a tool for discussion.

“Stuck in Bed helps kids and moms adjust to their new reality,” adds Davids. “We want to show high-risk mothers how they can still be the best moms ever in the eyes of their children. We teach them how to make the most of their time together and guide them in talking to their children about bed rest in a positive way.”

The Stuck in Bed co-authors are available for press interviews and bookstore engagements. Wholesale opportunities are available to health care providers and organizations in the maternal care field. Email info@stuckinbedbook.com for more information. Stuck in Bed is a collaborative partner of Better Postpartum and is a partner in The Blue Dot Project's Maternal Mental Health Awareness Week. Speaking for Moms and Babies, Inc. and KeepEmCookin.com are members of the Premie Parent Alliance. Learn more at StuckInBedBook.com.

About Stuck in Bed

Stuck in Bed is a picture book about pregnancy bed-rest from a young boy's perspective. Kids ask a lot of questions, and Stuck in Bed's mom answers her son's questions with optimism and excitement. She reassures her son that although things will be different for a little while, the two of them can have a lot of fun in the meantime! Moms having a high-risk pregnancy can also use some reassurance, so Stuck in Bed includes tips for being a fantastic mom, even when stuck in bed. Moms are also shown how to make the most of time together with their children and guides them in talking to children about bed rest in a positive way. Learn more and participate in free giveaways and live-chats on Facebook and Twitter and email info@stuckinbedbook.com for more information or visit: <http://www.stuckinbedbook.com/> and purchase the book at <http://amzn.to/2H5JJYS>.

About the Authors

Jennifer Degl is the founder of Speaking for Moms & Babies, Inc., that advocates for maternal and neonatal health by sharing the parent voice, and is the author of another book called From Hope to Joy: A Memoir of a Mother's Determination and Her Micro Preemie's Struggle to Beat the Odds. She endured 6 weeks of both home and hospital bed rest, due to a life-threatening case of placenta accreta, while her youngest child was just 3 years old and he had a difficult time understanding what was happening. Jennifer has since become an advocate in maternal and neonatal health care and spends her free time speaking about maternal and neonatal health at events both locally, nationally and on Capitol Hill. Jennifer is a high school science teacher and lives in New York with her husband and four children. To learn more, please visit [Speakings for Moms and Babies.com](http://SpeakingsforMomsandBabies.com)

Angela Davids is the creator of KeepEmCookin.com, an educational website and online support group for women who are experiencing a high-risk pregnancy or who are at risk of delivering prematurely. She spent a total of 21 weeks on bedrest during her two pregnancies. She faced multiple complications, but ultimately delivered her daughter at 39 weeks and her son at 39 weeks and 3 days. Her favorite part of running KeepEmCookin.com is reading the many success stories she hears from members. She can say with confidence, "Anything is possible." Visit KeepEmCookin.com to connect with other women on bed rest.

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