



**Baby on Board**  
**9-Month Pregnancy Journal and Guide**  
Lara Pollero  
Illustrated by Alice Iuri

**ISBN** 9788854419537  
**Publisher** White Star  
**Binding** Diary  
**Territory** World excluding USA & Canada; India non-exclusive; Italy non-exclusive  
**Size** 220 mm x 170 mm  
**Pages** 160 Pages  
**Name of series** VIVIDA  
**Price** £12.49

- A day-by-day diary for self-expression, monitoring, and planning
- A guide with important prenatal information presented during the weeks and months when they are most relevant
- A wealth of tips created with the supervision of experts
- A souvenir to keep and share indefinitely
- Price does not include VAT

**Baby on Board** is both a day-by-day diary and a pregnancy guide, rich with practical information, advice, stories, and space to keep track of everything and feel supported, from conception to delivery. Pregnancy journals are not only a way to track the passing of time, but also the opportunity to create a personalised souvenir, immortalising a life-changing 9-month journey. **Baby on Board** features quirky, but accurate, humour, engaging graphics, and spaces for self-reflection. It offers:

- A full page for each week of pregnancy
- A double page at the end of each month, for recording & tracking prenatal milestones-from maternal weight gain to fetal growth
- Tips on attitude, exercise, behaviour, and nutrition
- 24 in-depth boxes on important issues and misconceptions about pregnancy
- Charming & humorous illustrations with questions and space for personal reflection.

**Lara Pollero** is a ghostwriter of children's books, translator of nonfiction, and collaborator for major Italian publishing houses. As a mother of twins herself, she was able to create content based on personal experience, complemented by contributions of specialised experts. **Alice Iuri** trained as an illustrator and graphic designer at luac in Venice. Since 2016 she has been part of WorldofDot studio, designing covers and creating illustrations for Italian publishers and magazines.

