



Mother and Baby Expert's Ultimate Guide to Pregnancy, Birth and Early Parenthood

Alina Charcinski

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Unleash your inner expert!

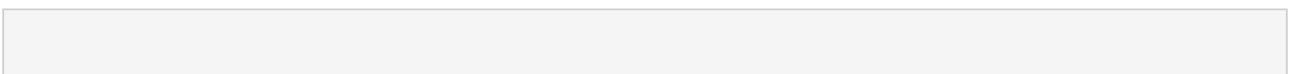
"Mother and Baby Expert's Ultimate Guide to Pregnancy, Birth and Early Parenthood" will empower you with both emotional and practical advice on raising happy families. Divided into EXPECTING, PREPARING, DELIVERING, NURTURING, ADJUSTING, GROWING, and LIVING chapters, it covers everything from pre-conceptions and sex, through money saving and healthy living tips, to growing baby love & care and success at school.

Don't have your baby without it!

Avoid many pitfalls that many first time mothers face unnecessary - learn how to:

- curb overspending
- tackle birth fears
- enjoy shorter labour
- monitor your weight gain
- master breastfeeding
- become a pro poo detector
- resolve crying reasons
- teach your baby to self-soothe
- evade sleep problems
- defuse toddler tantrums
- keep them safe and healthy
- enjoy each moment as they come
- support, teach and mentor your children
- accomplish a balanced family life and work

Discover how to achieve work/life balance to be there for your child, to love and support them to become happy and contented little independent person, ready to conquer the world. So go on, unleash your inner expert and enjoy the journey, and make the best decisions you can along the way.



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Linda Amato:

The reason? Because this Mother and Baby Expert's Ultimate Guide to Pregnancy, Birth and Early Parenthood is an unordinary book that the inside of the guide waiting for you to snap this but latter it will jolt you with the secret this inside. Reading this book next to it was fantastic author who have write the book in such remarkable way makes the content inside easier to understand, entertaining means but still convey the meaning totally. So, it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking way. So, still want to hesitate having that book? If I were you I will go to the publication store hurriedly.

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