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PREGNANCY CHILDBIRTH AND THE NEWBORN

the complete guide

Penny Simkin, PT • Janet Whalley, RN, IBCLC • Ann Keppler, RN, MN
Janelle Durham, MSW, ICCE, LCCE • April Bolding, PT, DPT, CD, CCE
of Parent Trust for Washington Children

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to help You can worry less about getting pregnant pregnancy or the labor process by reading this book Knowledge is a powerful tool for so many things in life and having a baby is no different Most of the fear and worry surrounding having a child stems from not knowing what to expect While each pregnancy is different there are some things that you can be prepared for just in case they were to happen In this book we will cover those things and more You will learn How to know if you are ready to have baby The first signs of pregnancy What types of things you are going to need for your baby What to expect during your first second and third trimester How to get emotionally ready for your baby Different options for labor What to expect if you are having multiple babies How to be prepared for your baby s first day at home The importance of breastfeeding How to know if your baby is feeding enough Health concerns that might appear in your newborn Health concerns that mom needs to keep an eye out for Ten essential points about pregnancy that all potential moms need to know And much more Once you read this book you will know just about everything you can learn about being pregnant You might not be able to prepare for everything but you won t be able to say that you don t know anything about being pregnant Having a baby is a big step in anybody s life and it should not be taken lightly It is not something you should rush into and it is better to be prepared before you get pregnant than be surprised by the pregnancy Get rid of a lot of the anxiety that you may have concerning pregnancy by learning more about it If you really would like to have a child or at least learn more about the process getting this book will help you with that While you will come to realize that there may never be a perfect time you will realize that you sometimes have to make the time right Don t wait any longer Scroll up and click the buy now button right now

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