



Pregnancy (Pregnancy, Baby's First Year, Newborn)

Kayla McCormick

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A book that teaches you to embrace MOTHERHOOD!

Are you planning to conceive or expecting a baby? Is this your first child and you are worried about your pregnancy? Do you want to know the do's and don'ts of pregnancy? When you will read *Pregnancy: Childbirth, Motherhood and Nutrition-Everything You NEED to Know When Having a Baby*, you'll learn to prepare yourself for the newborn during and after the pregnancy:

- Prenatal Care
- What to Eat
- Exercise During Pregnancy
- Pregnancy By Trimester
- Labor
- Postnatal Care
- *and* Looking After a Newborn

*This book introduces you to motherhood, the pain and joy of "pregnancy" and "childbirth". You will explore the complexity of being pregnant and how to take care of yourself and your newborn before, during and after your pregnancy!! **Pregnancy: Childbirth, Motherhood and Nutrition-Everything You NEED to Know When Having a Baby** is your crucial guide to become a mother and handle pregnancy well!* With this vital book, you'll learn all about prenatal and postnatal care from essential nutritional requirements before conceiving to lists of proteins-vitamins-minerals needed in the diet, foods that should be taken in moderation and foods that should be avoided, pregnancy exercises to follow along with its warnings, a deeper look inside the pregnancy tri-semester, indications of labor and preparations for childbirth, information about natural birth and C-section, handling a newborn and managing the physical changes after childbirth like contractions, vaginal soreness and discharge, urinary problems, bowel movements, and much more!! **So what are you waiting for? – Get your copy of *Pregnancy: Childbirth, Motherhood and Nutrition-Everything You NEED to Know When Having a Baby* right away and start preparing yourself for a successful pregnancy, childbirth, and the new baby! Happy reading and Good Luck!**

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