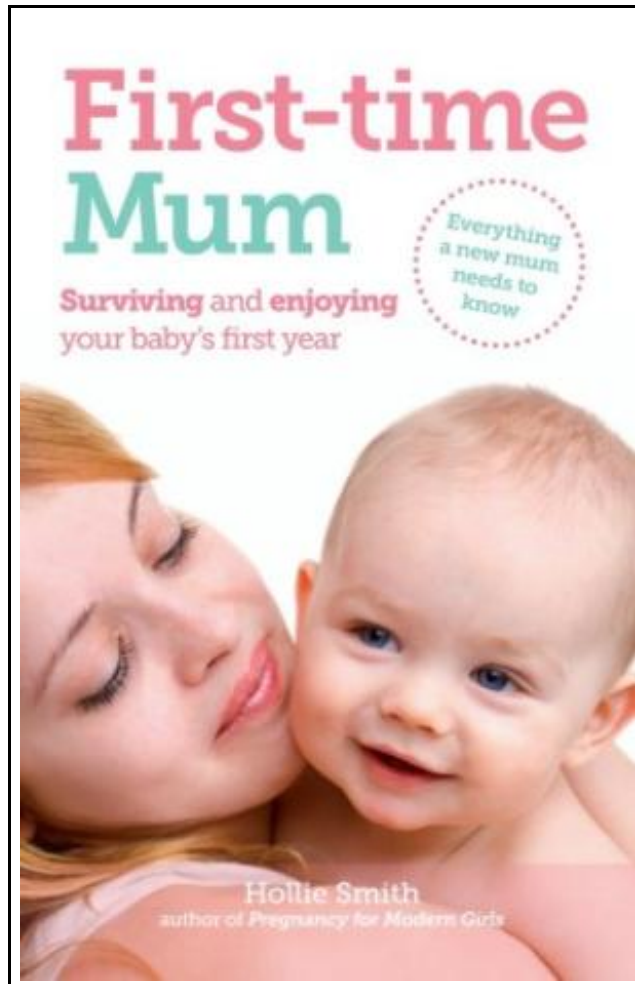


First-Time Mum: Surviving and Enjoying Your Baby's First Year



Filesize: 7.08 MB

Reviews

This ebook could be worthy of a read through, and far better than other. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this publication to learn.

(Stefan Von)

FIRST-TIME MUM: SURVIVING AND ENJOYING YOUR BABY'S FIRST YEAR



Crimson Publishing. Paperback. Book Condition: new. BRAND NEW, First-Time Mum: Surviving and Enjoying Your Baby's First Year, Hollie Smith, Why won't my baby stop crying? Will I ever lose this baby weight? How can I get a decent night's sleep? Who am I - Help?! A new baby doesn't come with an instruction manual but it feels like it should! It can be utterly terrifying when you bring your baby home for the first time, and nothing quite prepares you for the joys (and sometimes, horrors!) yet to come. First-time Mum addresses all your worries and gives you the practical advice you need to start coping wonderfully with a new bundle of life at home, including advice on how to: * Bond and play with your baby (the fun bits) * Cope with tiredness and feeling like the living dead * Identify your baby's cries and stop tears * Feed your baby and make sure he/she is happy and healthy * Adapt and cope with life at home and the (sometimes) dreaded return to work! * Understand your emotions and the change in mum/dad relationships.



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