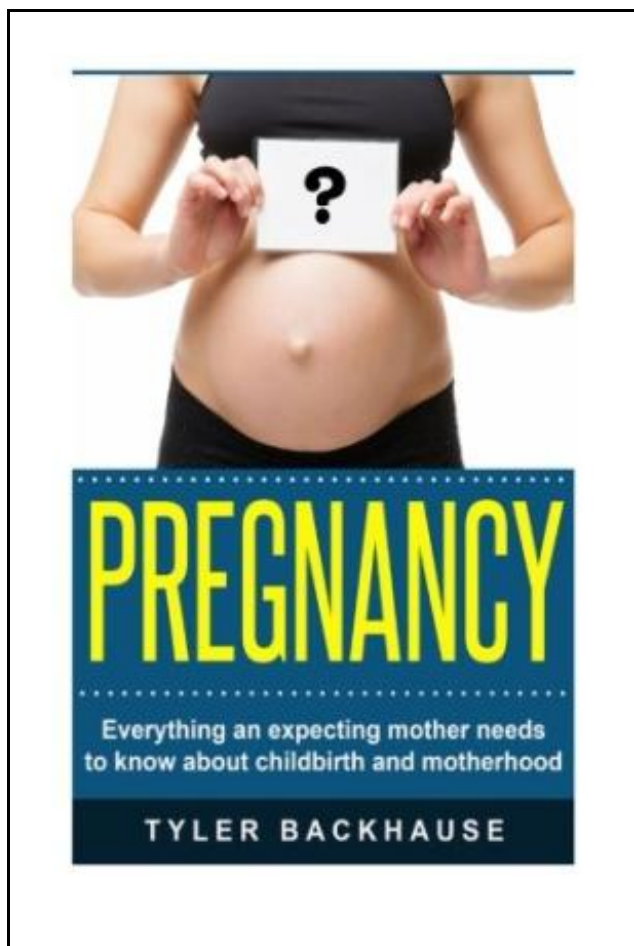# Pregnancy: Everything an Expecting Mother Needs to Know about Childbirth and Motherhood

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PREGNANCY: EVERYTHING AN EXPECTING MOTHER NEEDS TO KNOW ABOUT CHILDBIRTH AND MOTHERHOOD

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Pregnancy can be a scary yet exciting feeling at the same time. There are many questions and concerns that soon to be mothers address on a daily basis but where do they get their answers from? There is no better way to prepare yourself for what lies ahead than reading. Individuals have been kind enough to share their knowledge and experience with us so why not take advantage of that? Pregnancy: Everything an expecting mother needs to know about childbirth and motherhood was written to help ease some of these questions and concerns. Here is what you can expect from this book: Foods to eat and to avoid while pregnant. Dealing with your body s changes. The benefits of exercising while pregnant. Taking care of your newborn baby. Getting to know and understand the behaviors of your baby Safety measures you should take to ensure your baby is safe Did you know that proper nutrition during pregnancy is essential for your baby s growth and development? You should consume at least 300 more calories daily than you did before you became pregnant. This should include foods that are rich in all the essential nutrients for your body and your baby s development. The recommended daily requirements include 2 servings of fruit, 11 servings of grains and bread, 4 servings of dairy products, 4 servings of vegetables and 3 servings of protein foods. This is just some of the information you will learn in this book so what are you waiting for? Download and enjoy.

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