



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

*Alina Charcinski*

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**Unleash your inner expert!**

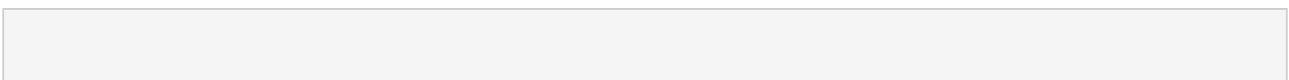
"Mother and Baby Expert's Ultimate Guide to Pregnancy, Birth and Early Parenthood" will empower you with both emotional and practical advice on raising happy families. Divided into EXPECTING, PREPARING, DELIVERING, NURTURING, ADJUSTING, GROWING, and LIVING chapters, it covers everything from pre-conceptions 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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