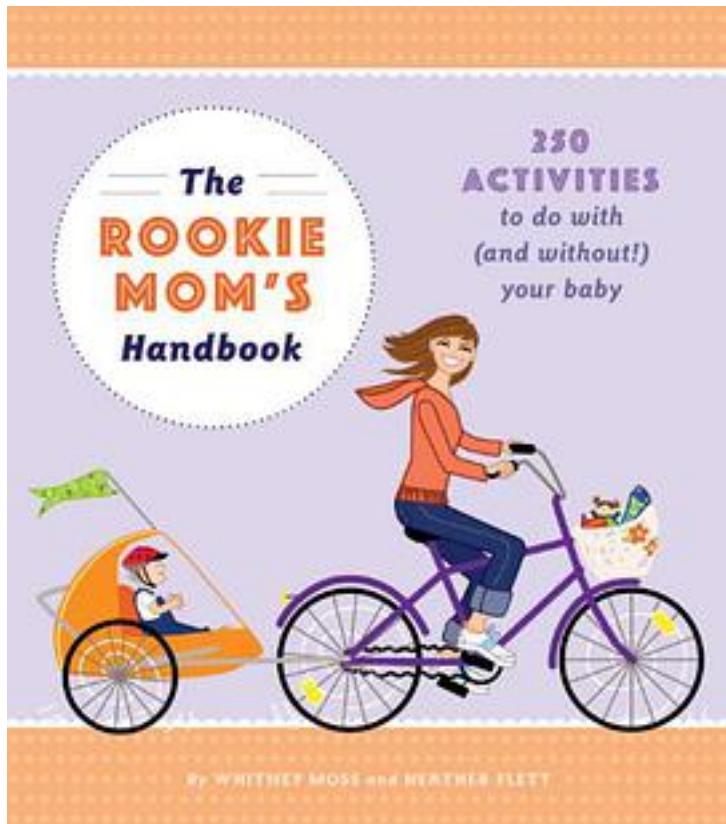


# The Rookie Moms' Handbook



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出版者:

出版时间:2008-2

装帧:

isbn:9781594742194

This handbook is the first ever to offer activities designed exclusively for new mums. Here are 250 enjoyable activities to help new mums maintain a sense of individuality and boost their confidence about leaving the house, socialising, and doing things they like to do, all with baby in tow. Written in a lively, friendly tone and illustrated throughout with cute artwork, "The Rookie Mom's Handbook" is the perfect gift or resource to remind new mums that there's more to life than dirty nappies and 3 a.m.

feedings.

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