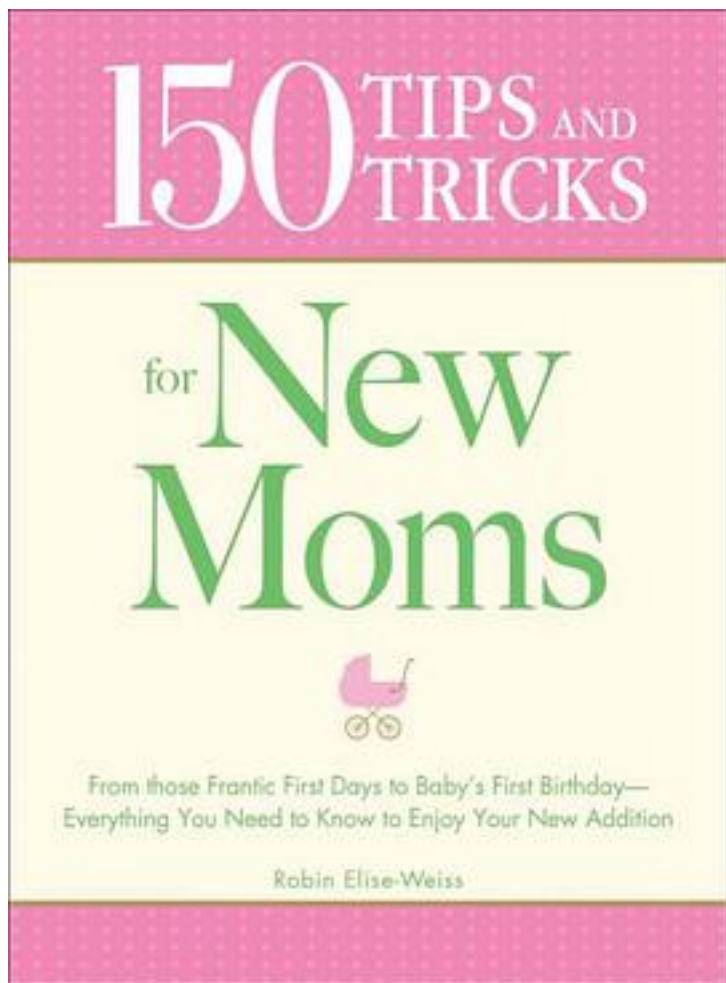


# 150 Tips and Tricks for New Moms



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Coming home from the hospital with a baby is a life-changing event. As new mums walk through their front doors with baby in hand, countless questions run through

their heads. How will my life change? How will our lifestyle have to change? How will my baby react to his/her new home and family? How will this affect my relationship with my husband, other children, and my own parents? The worries and wondering can be endless. What new mothers need is a simple, straight-forward, clear guide to help get them through the first year. From establishing a sleeping and eating schedule to loosong the baby weight, "150 Tips and Tricks for New Mothers" is a valuable resource to help them every step of the way.

作者介绍:

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