



First-time Mum: Surviving and Enjoying your baby's first year

Hollie Smith

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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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Darren Billups:

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Anna Rangel:

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Ann Conley:

Often the book First-time Mum: Surviving and Enjoying your baby's first year has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was written by the very famous author. The author makes some research ahead of write this book. This specific book very easy to read you may get the point easily after reading this book.

Willie Briggs:

The book untitled First-time Mum: Surviving and Enjoying your baby's first year contain a lot of information on this. The writer explains her idea with easy approach. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read this. The book was written by famous author. The author will bring you in the new age of literary works. It is easy to read this book because you can please read on your smart phone, or product, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and also order it. Have a nice examine.

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