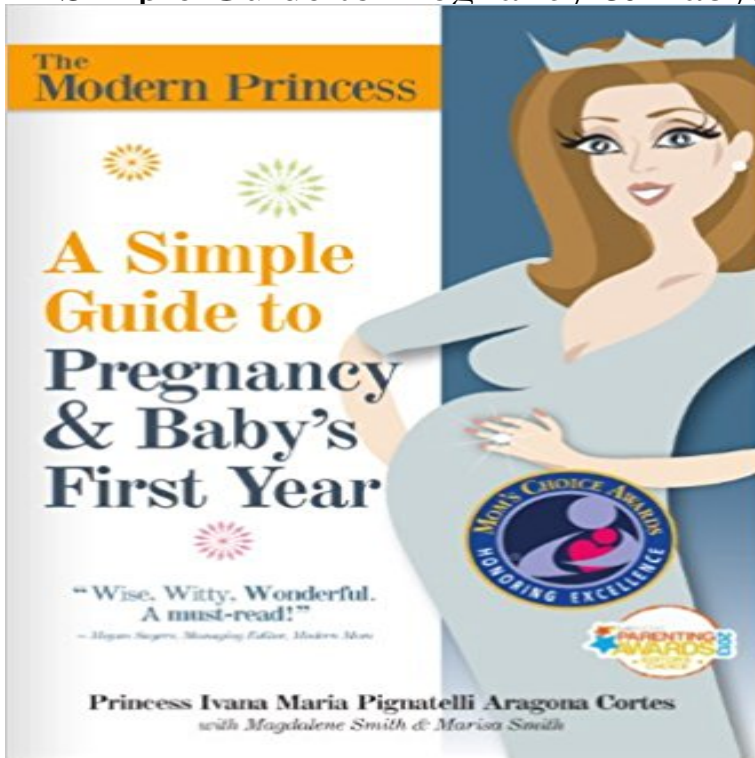


A Simple Guide to Pregnancy & Babys First Year



A Positive Approach to Pregnancy. Winner of Moms Choice Award in parenting. Winner of 2013 SheKnows Parenting Award & Editors Choice Every new mom deserves the royal treatment. As soon as that plus sign first appears (whether long-awaited or a total surprise!), your life becomes a whirlwind of advice, expectations, and uncertainties. Never fear, your award winning guide to happily ever after is here! A Simple Guide to Pregnancy & Babys First Year is like your best friend whos been there before: this book will make you laugh, while giving you the real answers and seasoned solutions that all new moms are looking for. Simple steps to better health and happiness for you and baby Solutions for each trimester, including how to ace the worry factor Nutrition guidelines that are good for you and your budget Checklists on the essentials from nursery to hospital bag and baby gear A month-by-month guide to developmental milestones for babys first year Quick & Easy tips for breastfeeding, sleep training and going back to work Much, much more! As the editor of a parenting website, I receive countless e-mails from women who are completely overwhelmed by all the books, research and well-intentioned advice given to pregnant moms. Its truly information overload. Thats what makes A Simple Guide such a refreshing readit has everything new moms need to know, and none of the fluff. From managing pregnancy mood swings to tips for returning to work, Ivana shares practical advice in a way thats sure to inspire confidence. Wise, witty and wonderfulthis book is a must-read for any mom-to-be! ~Megan Sayers, Managing Editor, Modern Mom I wish Id had this book for all of my pregnancies. The advice make you feel confident, and the Quick & Easy tips are lifesavers. ~Jennifer Underwood, family CEO, mother of four This book does an

excellent job of addressing the many questions a new mom may have during an uncertain and overwhelming time. A valuable resource for any new mother!
~Dr. Bess Raker, pediatrician and co-founder of Beverly Hills Pediatrics. A real-life Cinderella, Ivana came from modest means and met her Italian Prince Charming while on scholarship at Pepperdine. Together, they have two children under the age of five. Ivana is a hands-on working mom with a Masters in Education. Her popular blog, Princess Ivana The Modern Princess, blends humor, practical advice, and lifestyle tips on the essentials. She is regularly featured on Modern Mom. For more information visit www.princessivana.com

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