



150 Tips and Tricks for New Moms: From those Frantic First Days to Baby's First Birthday - Everything You Need to Know to Enjoy Your New Addition

Robin Elise Weiss

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Coming home from the hospital with a baby is a life-changing event. As new moms walk through their front doors with baby in hand, they enter a whole new wonderful--but often overwhelming--reality. New mothers need a simple, straightforward, clear guide to answer all the questions that come up when they welcome their new baby into the world. Offering tips, tricks, and secrets to get through the first year, new moms learn how to:

- Plan for life postpartum
- Care for baby and the family
- Ease the family into a new reality
- Deal with mood swings and depression
- Recover a sense of self

This book provides issue-specific relief for new moms who need simple solutions and need them fast. From establishing a sleeping and eating schedule to losing the baby weight, this is the essential guide to finding balance in a new day-to-day reality--and enjoying the first year with baby!

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