

Download Pregnancy The Ultimate Pregnancy Handbook For First Time Moms

Oh, pregnancy! It can be such an exciting and wonderful time and it can also be really difficult (just being honest here). Between the nausea, your ever changing body, and crazy hormones, pregnancy is a wild ride to say the least. 1st and 2nd Trimester Mamas NEED this! The Bump Smart Nesting Planner is a wonderful option for all expecting mothers, but it is especially perfect for those who've found us in their first and second trimesters.. Just imagine having a stress-free baby shower, relief that not a single must-have was left off your registry, and knowledge that you have the ultimate nursery ready for your baby. Labor Doula. You are required to read a minimum of five (5) books in addition to the CAPPA Labor Doula Manual, The Understanding Birth, and The Understanding Breastfeeding booklets. Optimally, you should read at least one book from each section. Always check to make certain you are reading the most current edition of each book. General Reading (everyone must read): Image via Katie Hurley. Little kids spend a lot of time cuddling, hugging, kissing, and sitting on laps. They love to smother their parents and siblings with love, and they enjoy being in close proximity to others—sometimes even when those “others” are attempting to do personal things, like taking a shower!