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S01L80 - TANYA JADON

A gorgeous 9-month journal for a mother-to-be.

A Special daily Journal notebook Gift This Notebook Journal Gift Ideas is for Best Friends, Father, Mother, Uncle, Aunt, Brother, Sister, Husband,

Wife, Grandpa, Grandma, Father-in-law, Mother-in-law, Son-in-law, Stepfather, Stepmother, Player, Teacher, Student, Principal, Coworkers, Manager, Boss, Lady Boss, CEO, Salesman, Team Member, Men and Women, family... This logbook has it all...

It's perfect for personal and professional use. This conveniently sized logbook Make it work! It's small enough to throw in your bag or the glove box! Grab yours now!... A perfect book as a gift for family, friends, colleagues, Size... It is also user-friend-

ly and easy to fill out. Beautiful design for cover and interiors as well. Keep it always here on your book. Are you a new mom-to-be with a sense of humor who's looking for a planner and journal for your pregnancy? Or looking for a helpful and funny gift for a pregnant friend, wife, etc? This pregnancy journal includes everything a new mom-to-be needs... Our journal is a fun and easy way for every new mom to create a lifelong keepsake of the joys of pregnancy and motherhood. Check out the Product Page Details and the features: Product Page Details: -40 week Pregnancy Tracker - Thought... -Things that i notice... -First Ultrasound... -More Pregnancy Experiences To record... - Notes -Owner's Personal Details -And more details inside... Features: -A convenient 6x9 size -100 Pages -Premium Soft Cover -Bright White Interior Stock -Perfect Binding -high-quality cover -Awesome design cover -Perfect Size to Carry Anywhere Buy Now and Write ! Scroll to the top of this page and click the Add to Cart button. Know someone who loves to Write? Make them smile by getting them a copy too! Other Logs are available,

to find and view them, search for GOLSI PUBLISHING on Amazon. This Notebooks make wonderful gifts ideas for Everyone. Which gifts will you need soon? Buy now and have your gifts ready in advance. Notebook journal are the best Gift for Halloween christmas thanksgiving...

Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and memory book. Growing You is a place to celebrate and chronicle your pregnancy journey, reflecting on the growth, anticipation, and memories that you want to hold onto as a mother. This heirloom-quality book, created by the author of the popular baby book As You Grow, is designed with a timeless look and archival paper so that you can one day pass it along to your child. Growing You includes: Space to journal your feelings and experiences about pregnancy and your birth story A section to document your prenatal appointments and growth Writing prompts to record precious milestones such as baby showers and prepping your nursery Pages to document your baby's birth day Pocket folder for

sonogram photos, letters from loved ones, and other mementos And more! Special Features: Chic, gender-neutral design Elegant linen cover Acid-free and archival paper Generous trim size offers ample space for photos Lay-flat design created by a beautiful gold spiral binding allows you to easily write in the book This journal is perfect for moms-to-be as memory book, diary or for daily note taking. It can make a wonderful gift for a woman expecting twins to record all the wonderful experiences. Size at 6"x9" 110 pages White Paper, Lined Blank Cover Finish: Matte

Games, activities, and advice to get a first time mom to the big day Your first pregnancy probably has you feeling excited and maybe a little nervous. The First-Time Mom's Pregnancy Activity Book is a fun collection of 100 creative puzzles, exercises, writing prompts, and advice to support any first time mom and help you stay positive as you prepare for motherhood. Featuring everything from coloring book pages and crossword puzzles, to tips for diet, exercise, and preventing morning sickness, this guide for any first

time mom will keep you entertained, help you record how you feel, and give you the tools to take on parenthood with confidence and good humor. The First-Time Mom's Pregnancy Activity Book includes: More than a journal--Unlike a classic journal, the activities in this book are quick, light, and helpful, so you can do them anytime. Your ultimate companion--Lists and questions will get any first time mom started on things like finding a doctor or hospital, and what to ask your OBGYN. Fun for each trimester--This book is organized into three trimesters and includes a section on childbirth, so the activities and advice will progress along with your pregnancy right up until your baby has arrived. If you're a first time mom, this book gives you 100 ways to stay sane and get ready for your bundle of joy.

Journal Notebook To Write In. Lined, Ruled Journal 6inx9in 100 Pages Get yourself a journal to write in. Journal your thoughts, notes, and much more. Go to our Author page and check out our extensive range of journals with fantastic covers Keeping a Journal has many benefits Including Problem Solving Mental clarification In-

creasing Focus Enabling Self Discovery Reducing Stress And Many More! Get A Journal Today!

'Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions' Emma Bunton, co-founder of Kit and Kin Whether you are planning for a baby, just found out you are pregnant or well into your third trimester, this book will help you to feel confident, informed and inspired about your exciting journey ahead. Through years of work with families, Senior Midwife Marie Louise reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. As well as this, Marie Louise is renowned for bringing complex science to life. You'll discover fascinating facts that underpin everything you and your baby will go through, including - - How your nervous system is synced with your baby and why baby already knows a lot about you when they are born - The unique process your baby goes through to pass through the birth canal and how you work together in labour - Incredible facts about breast

milk Packed with the most up-to-date findings and expert insights, you'll find everything you need to prepare for motherhood and, most importantly, understand and appreciate just how amazing you and your baby both are!

This beautiful pregnancy journal is geared towards two mummies. The wording of the guided prompts and questions include both mummies in this wonderful experience. It is the perfect gift for the new mummies-to-be, or even for experienced moms who want a way to record their memories of each pregnancy as a keepsake for each of their children when they are older. This is the perfect keepsake gift to capture the memories of your pregnancy forever, so that you can all revisit it in years to come. This pregnancy memory journal contains prompts and questions to help you record everything about your pregnancy. The size 8.5" X 11" pages provide you with plenty of room to write your answers to the guided prompts. The cover is beautiful with a cute gender-neutral interior. Examples of the types of pages you will find inside this beautiful journal include: Pregnancy Journal Pages to record when you first

found out you were pregnant plus space to record Weeks 4 - 41 (just in case you're overdue!) of the pregnancy 3 journal pages to summarize each of your trimesters Space for both mummies to write "My First Love Letter to My Baby" Space for listing your Baby Name Ideas "Growing a Healthy Baby Meal Planner" Foods/Drinks to Avoid & Ones to Add to Your Shopping List BONUS: Exercise During Pregnancy - Questions that Need Answering Newborn Baby Shopping List Maternity Hospital Bag Checklist for pregnant mommy and her mommy partner Record of Our Prenatal Appointments Our Baby Shower My Sonogram Photos Fetal Movements Tracking Charts Our Birth Plan Nursery Room Ideas Our Family Tree (includes both mummies) Important Pre-Birth Questions & Considerations The Birth This journal makes a great gift or memory keepsake that the new mummies-to-be will treasure for years. Make the decision to record the memories of your pregnancy, and you will always be grateful that you did. This is something you can also share with your child in years to come.

This pregnancy journal is

a perfect way to capture all your thoughts, feelings & each and every memory while you're on this journey. Each page is guided and has prompts that include: I'm Pregnant - How I found out, my reaction, due date. My Birth Plan Ideas - Type of birth, who I want to take part in the delivery room, what is most important to me. Pregnancy Tracker - 40 weeks tracker of how you're feeling. Appointment Tracker - Date, time address, purpose (doctor, prenatal classes). Baby Shopping List - Checklist of all the baby items you'll need. Weight Tracker - Track your weight weekly. Prenatal Visits Tracker - Blood pressure, weight, baby's heart rate, summary of visit. First, Second & Third Trimester Photos - A place to put your baby bump pics. First, Second & Third Trimester Journal Pages - How you felt, favorite memories & moments, symptoms & cravings, energy, mood, sleep, to do list. My Baby Shower - Place for photos, games played, on the menu, highlights & memories, Place for gifts, name address & thank you sent. Nursery Planner - Color scheme, things to buy, furniture, decorative ideas. Baby Name Ideas - Top 3 favorite girl & boy

names & it's meanings, other possibilities. Hospital Checklist - To pack your bag & take with you: for me, for partner, for baby. Pregnancy Shopping List - Baby clothing, supplies, medication, furniture, toys .Fetal Movement Tracker - Daily track your baby's movement. Week By Week Journal Pages - Weekly reflections, what I want to remember most, what I'm most excited about, what I'm most nervous about, baby bump photo to see how much your belly has grown. Week By Week Dear Baby Journal Pages - What I want you to know. Ultrasound Photos - Photo, baby's length (inches long), weight, bpd, due date, notes. This is the most exciting and best experience of your life, whether you're a first time, new mom or this is not your first go around. You will want to write everything down in this notebook to look back on and always remember carrying your little one. Use it every day for writing your experiences. Also makes a great gift for moms. Keeping all your information in one spot has never been so easy. Make your memories last forever. This pregnancy journal will help you keep track of your own personal jour-

ney. Size is 8.5x11 inches, 104 pages, soft matte finish cover, white paper, paperback. Get one today We know that the time will fly by; as soon as you find out you are pregnant, and baby is born, they will soon be taking their first steps and calling you Mom. So why not document every day of your pregnancy with our helpful book! Inside you will find Pages To Document: Baby Due Date Mothers Details Fathers Details Professional & Personal Contact Details Pregnancy Story Birthing Plan Pregnancy Scans Prenatal Learning Logs Name Suggestions Pregnancy Milestones Weekly Pregnancy Diary Things To Buy Before The Birth Hospital Bag Checklist Birthing Story COVER 17.78 x 25.4 cm (7"x10") Small enough to carry in your handbag Glossy Paperback making it lightweight Please take a look in our Amazon store for similar items such as: Baby shower Guest Books, Baby Medical Record Books, Baby Daily Log Books and More

Our Story is a gift journal available in two beautiful designs - for my daughter and for my son - inspiring parents to capture the unique story of childhood, from early baby memories through to the eighteenth

year together.

My Pregnancy Journal: A Keepsake Book With Prompts You Can Record Your Pregnancy Memories, Perfect Gift For Special Mom Expecting A Baby This pregnancy planner / journal / diary is a perfect way to capture all your thoughts, feelings & each and every memory while you're on this journey. Each page is guided and has prompts that include: I'm Pregnant - How I found out, my reaction, due date. My Birth Plan Ideas - Type of birth, who I want to take part in the delivery room, what is most important to me. Pregnancy Tracker - 40 weeks tracker of how you're feeling. Appointment Tracker - Date, time address, purpose (doctor, prenatal classes). Baby Shopping List - Checklist of all the baby items you'll need. Weight Tracker - Track your weight weekly. Prenatal Visits Tracker - Blood pressure, weight, baby's heart rate, summary of visit. First, Second & Third Trimester Photos - A place to put your baby bump pics. First, Second & Third Trimester Journal Pages - How you felt, favorite memories & moments, symptoms & cravings, energy, mood, sleep, to do list. My Baby Shower - Place for

photos, games played, on the menu, highlights & memories, Place for gifts, name address & thank you sent. Nursery Planner - Color scheme, things to buy, furniture, decorative ideas. Baby Name Ideas - Top 3 favorite girl & boy names & it's meanings, other possibilities. Hospital Checklist - To pack your bag & take with you: for me, for partner, for baby. Pregnancy Shopping List - Baby clothing, supplies, medication, furniture, toys. Fetal Movement Tracker - Daily track your baby's movement. Week By Week Journal Pages - Weekly reflections, what I want to remember most. what I'm most excited about, what I'm most nervous about, baby bump photo to see how much your belly has grown. Week By Week Dear Baby Journal Pages - What I want you to know. Ultrasound Photos - Photo, baby's length (inches long), weight, bpd, due date, notes. This is the most exciting and best experience of your life, whether you're a first time, new mom or this is not your first go around. You will want to write everything down in this notebook to look back on and always remember carrying your little one. Use it every day for writing your

experiences. Also makes a great gift for moms. Keeping all your information in one spot has never been so easy. Make your memories last forever. This pregnancy journal will help you keep track of your own personal journey. Size is 8.5x11 inches, 100 pages, soft matte finish cover, white paper, paperback. Get one today!

An updated edition of the million-selling guide that accompanies you through the days, weeks, and months of your pregnancy. A modern classic translated into a dozen languages, The Pregnancy Journal provides daily entries that update you on your baby's development—as well as guiding you through the best health and nutrition decisions for both of you. With more than a million-and-half copies sold worldwide, this one-of-a-kind guide is the ultimate resource for today's expecting mother, now in its updated fourth edition.

Pregnant AF: My Pregnancy Planner + Journal Are you a new mom-to-be with a sense of humor who's looking for a planner and journal for your pregnancy.. all in one? Or looking for a helpful AND funny gift for a pregnant

friend, wife, etc? This pregnancy planner includes everything a new mom-to-be needs: Trackers Appointment Tracker - Pregnancy Weight Tracker - Prenatal Visits Tracker - Fetal Movement Tracker - Baby Shower Gifts Tracker - Trimester Trackers (plus space to post your Baby Bump progress pictures!) Checklists and Idea Pages Birth Plan Ideas - Baby Shopping List - Healthy Food Ideas Weekly Journal Pages (starting at Week 4): Space to paste a picture of your baby bump, record your thoughts, write a note to your baby each week and more! This planner/journal is sized 8.5" x 11" - just the right size to record all your thoughts and track your pregnancy! The internal pages are black/white/grey - perfect to use with colored pens and pencils and stickers!

♥♥♥♥ Pregnancy is a special time, it is nine months full of new impressions as well as physical and emotional changes.♥♥♥♥ This journal will accompany the mother-to-be in these experiences, becoming her confidant. There will be a place for descriptions of anxieties and emotions, memories, and the necessary practical information. Pregnancy journal will help you keep great

memories. Write down all the touching, sad, and joyful moments of pregnancy so that after years you can return to those moments. Journal is a great proposition for all future Moms. A diary kept throughout her pregnancy will help you remember every moment of her life so that nothing escapes your attention. A saved diary is a beautiful souvenir that you will be able to show your child when he or she grows up! What do you get? -"This PregnancyJournal Belongs to" page, -Appointments, -Pregnancy Journal pages from Week 1 to Week 40 (how I feel, to do list, questions to the midwife, I am grateful for, pregnancy cravings), - Shopping list, -Baby Shower members, -List what to bring to hospital, -Birth plan, -My Labor, - A letter to my baby, - Notes, A fantastic gift for a mom-to-be. 102 pages The size of the interior is 8.5 x 11 in

Pregnancy Journal - (You're the best Mom) Keepsake of the nine months of special time with pregnancy journal baby book. Recording all of your feeling of every moments, preparing & planning week by week before you get to meet your lovely baby. This Journal could be also used for the pregnancy

journals for first time moms.

Mum to Mum - Pass it on is a delightful and beautifully designed book which will make the perfect thoughtful gift to inspire and offer comfort to any new mother or mother-to-be to help her to embrace motherhood.

Capture the joy of pregnancy with your own keepsake journal Your first pregnancy is an exciting time filled with moments and milestones you'll want to remember forever. The First-Time Mom's Pregnancy Journal will help you record every precious memory as you prepare for the arrival of your little one. From finding out you're pregnant to the moment you hold your newborn for the first time, this pregnancy journal for first-time moms guides you in chronicling and celebrating your pregnancy journey through: Inspiring quotes and supportive journaling prompts Trimester-by-trimester checklists Space to plan your nursery and brainstorm baby names Scrapbook pages for sonograms, belly photos, and more Appointment tracker and organization tools Plus, you'll find prenatal size charts along with tips and suggestions for man-

aging your symptoms throughout this pregnancy journal. Start telling your pregnancy story today and create a baby journal you'll always treasure with The First-Time Mom's Pregnancy Journal.

Mom in the Mirror: Body Image, Beauty, and Life after Pregnancy is for every woman who has ever doubted herself or her self-worth after the birth of a child. Because most women spend much of their lives attempting to change their bodies, it's not surprising that the weight gain that comes along with pregnancy (and post-pregnancy), coupled with the challenges of parenting, only exacerbate issues with weight, body image, disordered eating, and self-esteem. Drawing on the wisdom of eating disorders expert Dr. Dena Cabrera, as well as the personal experiences of former anorexic Emily Wierenga, Mom in the Mirror is a physical, mental, emotional, and spiritual response to a female generation seeking its true identity in an appearance-based world. With chapters that deal with bruises from the past, misconceptions about pregnancy, life before and after children, marriage and motherhood, spiritual and physi-

cal nourishment, relationships with friends and family, and the changing role of a mother as her children age, it is a holistic approach to the age-old questions: Who am I, and why am I here? Comprising personal stories, expert advice, reflection questions, and helpful tools, this book is an inspiring read intended for women everywhere who want to restore a positive body image and to overcome the insecurities that arise when pregnancy is over and child-rearing begins.

Record your pregnancy journey in our handy journal, A unique from Bump to Birth Preparation Planner. Every pregnancy experience is uniquely different, hence we have tied to capture all experience with some helpful prompts. A Useful Gift For Women Mum To Be. Keep the memories alive!

A practical guide to creative journaling through pregnancy, birth and beyond.

This pregnancy journal is a perfect way to capture all your thoughts, feelings & each and every memory while you're on this journey. Each page is guided and has prompts that include: I'm Pregnant - How I found out, my reaction,

due date. My Birth Plan Ideas - Type of birth, who I want to take part in the delivery room, what is most important to me. Pregnancy Tracker - 40 weeks tracker of how you're feeling. Appointment Tracker - Date, time address, purpose (doctor, prenatal classes). Baby Shopping List - Checklist of all the baby items you'll need. Weight Tracker - Track your weight weekly. Prenatal Visits Tracker - Blood pressure, weight, baby's heart rate, summary of visit. First, Second & Third Trimester Photos - A place to put your baby bump pics. First, Second & Third Trimester Journal Pages - How you felt, favorite memories & moments, symptoms & cravings, energy, mood, sleep, to do list. My Baby Shower - Place for photos, games played, on the menu, highlights & memories, Place for gifts, name address & thank you sent. Nursery Planner - Color scheme, things to buy, furniture, decorative ideas. Baby Name Ideas - Top 3 favorite girl & boy names & it's meanings, other possibilities. Hospital Checklist - To pack your bag & take with you: for me, for partner, for baby. Pregnancy Shopping List - Baby clothing, supplies, medication, furni-

ture, toys. Fetal Movement Tracker - Daily track your baby's movement. Week By Week Journal Pages - Weekly reflections, what I want to remember most, what I'm most excited about, what I'm most nervous about, baby bump photo to see how much your belly has grown. Week By Week Dear Baby Journal Pages - What I want you to know. Ultrasound Photos - Photo, baby's length (inches long), weight, bpd, due date, notes. This is the most exciting and best experience of your life, whether you're a first time, new mom or this is not your first go around. You will want to write everything down in this notebook to look back on and always remember carrying your little one. Use it every day for writing your experiences. Also makes a great gift for moms. Keeping all your information in one spot has never been so easy. Make your memories last forever. This pregnancy journal will help you keep track of your own personal journey. Size is 8.5x11 inches, 104 pages, soft matte finish cover, white paper, paperback. Get one today The essential pregnancy guide for the modern woman The vast amount of information in encyclopedi-

a-sized pregnancy books for first-time moms can be overwhelming and anxiety inducing. The First-Time Mom's Pregnancy Handbook is different. Including need-to-know advice relevant to the majority of women and pregnancies. This week-by-week guide will prepare and empower you during pregnancy and beyond. In the world of pregnancy books for first-time moms, this one is a go-to. With weekly goals you can focus on, including nutrition and milestone trackers, questions for OB-GYNs or midwives, and tips on caring for your newborn, you'll be more than prepared for the big day. This standout among pregnancy books for first-time moms delivers: 40+ weekly milestones--From conception through the first few months of baby's life, set and accomplish goals based on your weekly priorities and needs. Baby and mom stats--Of all pregnancy books for first-time moms, this one offers a week-by-week run-down of your baby's development, symptoms you may be experiencing, major appointments, and more. Postpartum prep--Tips for focusing on your emotional health, healing your body after childbirth, taking care of your newborn, and thriving as a

new mother. When you're thinking about pregnancy books for first-time moms, think about this one.

Life is truly a miracle and "My Bump to Birth Diary" is the perfect Journal to celebrate and remember this special time before your baby is born. Whether you've just received the happy news, you're waiting to meet your bundle of joy any day now, it's important that you set the time aside to record your journey through pregnancy and parenthood. It's a story that you're definitely going to want to share with your little one someday! Don't forget to mark the best moments that take your breath away of every week of pregnancy: the first reactions to the new, the first kick, listening to your child's heartbeat or finding out the baby's gender! The best part? This planner becomes a memory book to look back on long after your baby is grown. This Journal is the place to keep your treasured memories and all the fleeting little moments for the future - all in the delicate, beautifully cute design where you'll be able to record all the important things that happen during pregnancy and all the information that will interest your child in

future like: ✓ The first moment where you knew that you'll become a mother. ✓ All important information about the parents. ✓ The Baby Bump progression photos. ✓ Motivational and beautifully designed quotes that you can meditate every trimester of your pregnancy. ✓ Keep a list of all the cute (and embarrassing) baby names you had in mind. ✓ Customizable checklist of your packing to your hospital for the Mom and Baby. ✓ All important information and first memories of the New-Born Baby just after giving Birth. Pregnancy just happens to be a time when women are faced with physical and emotional stress, forgetfulness, anxiety... therefore journaling can have a positive impact on this period of your life. "My Bump to Birth Diary" Journal is designed in a way that requires a very low commitment from the pregnant women but still efficient to record all the concise information in one place without unnecessary and repetitive questions and exaggerated number of pages that make the journal look bigger and heavier and that can easily boring and discouraging the new mom to keep writing her diaries. Here are some

benefits of "My Bump to Birth Diary" Journal: ♥ Journaling can be a stress management tool. ♥ Journaling can boost your memory. ♥ Journaling can be helpful in managing anxiety or depression. ♥ Journal is a bonding mom to her baby for a lifetime, it will be a witness of the sacred connexion of motherhood with all strong feelings throughout the memories you recorded. ♥ Journal is simply a memory 'time-capsule' of your favourite pregnancy and birth moments. pregnancy gifts for first time moms, gifts for mom, new mom gifts, pregnant mom gifts, mom to be gifts, gifts for new mom, best gifts for new mom, best gifts for new moms, pregnancy gifts for first time moms, gifts for new moms, new mom gifts ideas, first time mom gift, first time mom gift, gift for new mom, new mom gift, mom gift ideas, praying through your pregnancy, new mom gift ideas, gifts for busy moms, gifts for new mom's, best gifts for new moms, best new mom gifts, best gifts for busy moms, christmas gifts for new moms, single mom gift, gifts for new moms relaxation, gag gifts for mom, pregnancy journal book, from pea to pumpkin a pregnancy journal,

pea to pumpkin baby journal, pregnancy planner and organizer, pregnancy calendar of baby development

Ann Oakley is a pioneer in the field of sociological research. In this classic re-issue, she interviewed 60 women to find out what it's really like to have a baby. Covering pregnancy, birth and child care, she relies on the stories mothers tell to discuss whether and why women want to become pregnant, how they imagine motherhood to be, the experience of birth, post-natal depression, feeding and caring routines and the challenges for the domestic division of labour and to fathers. She shows that most women are unprepared for the birth or the work of caring for a baby, but also for the joys that a baby can bring. As topical today as the day it was written, this important book was the first to examine first-time motherhood in the words of those experiencing it, and it continues to influence generations of researchers today.

Covers the full range of healthy weight gain and pregnancy nutrition, identifying specifically what and what not to eat, explaining how to return to

pre-pregnancy weight, addressing special needs, and outlining safe exercise options. Original.

This beautiful pregnancy journal, with a cute teddy-bear interior (also be sure to check the back cover to see how cute it also is!), is the perfect gift for the new mom-to-be, or even for the experienced mom who wants a way to record her memories of each pregnancy as a keepsake for each of her children when they are older. This is the perfect keepsake gift to capture your memories of your pregnancy forever, so that you can revisit it in years to come. This pregnancy memory journal contains prompts and questions to help you record everything about your pregnancy. The size 8.5" X 11" pages provide you with plenty of room to write your answers to the guided prompts. Examples of the types of pages you will find inside this beautiful journal include: Pregnancy Journal Pages to record when you first found out you were pregnant plus space to record Weeks 4 - 41 (just in case you're overdue!) of the pregnancy 3 journal pages to summarize each of your trimesters Space to write "My First Love Letter to My Baby" Space for

listing your Baby Name Ideas "Growing a Healthy Baby Meal Planner" Foods/Drinks to Avoid & Ones to Add to Your Shopping List Exercise During Pregnancy - Questions that Need Answering Newborn Baby Shopping List Maternity Hospital Bag Checklist Record of My Prenatal Appointments My Baby Shower My Sonogram Photos My Fetal Movements Tracking Charts My Birth Plan My Nursery Room Ideas My Family Tree Important Pre-Birth Questions & Considerations The Birth This journal makes a great gift or memory keepsake that the new mommy-to-be will treasure for years. Make the decision to record the memories of your pregnancy, and you will always be grateful that you did. This is something you can also share with your child in years to come.

In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. Sacred Pregnancy was written to help the pregnant woman journey

within herself to prepare for the birth of her baby. Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, Sacred Pregnancy also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, Sacred Pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a large sec-

tion on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one." —Fit Pregnancy magazine For more information, visit the Sacred Pregnancy website. From the Trade Paperback edition.

Never forget a moment of your exciting journey into motherhood. It may not feel like it now, but those 40-odd weeks of being pregnant and the early months with your precious newborn will go past so quickly. With this keepsake journal from bestselling author and midwife Clemmie Hooper, you can capture the highs, lows and everything in-between so you'll never forget a moment. Whether it's recording where and when you first found out, how you and your partner felt seeing your baby at the first hospital scan, what happened the first night you spent with your newborn or noting down the many amazing firsts with your new baby, this beautifully illustrated journal will give you the space you need to record all the special memories. With Clemmie's reassuring advice and prompts to help you delve into your feelings and experiences, let this be your most treasured souvenir to look

back on in years to come. A Blank Book Journal or Diary to keep thoughts and ideas. Bound paperback book with 150 grayscale lined and numbered pages to fill any way you want. Book opens easily for comfortable writing with ample margins for extra notations or doodling. Perfect for bullet journaling. Art on cover is Mother and Baby by Jessie Wilcox Smith.

Keep track of everything during your pregnancy with this Pregnancy Journal! Features Matte Wraparound Artwork on Cover and a Spot to Write Your Name on First Page. Covers each week of your 40 weeks & an overview for each trimester. Includes Sections for: Due Date How You Found Out Yours & Others Reactions Entire Birth Plan Appointment Tracker Baby Shopping List Healthy Food Ideas Spots for Photos Letters to Your Baby To-Do Lists Notes & More! The PERFECT gift for the expecting mama in your life! 8.5" x 11" and has 100 Pages

Write (and remember) your first-time mommyhood story The first person you told. The first weird craving you had. The first time you saw your baby. Becoming a mom is filled with firsts

that you're going to want to remember--and with this journal, you'll chronicle every meaningful milestone and memory of your pregnancy. The First-Time Mom's Pregnancy Journal is your trimester-by-trimester guide to capture everything from finding out you were pregnant to holding your newborn. With writing prompts, checklists, activities and more, this book is a fun and easy way for every new mama to create a life-long keepsake of the joys of pregnancy and motherhood. The First-Time Mom's Pregnancy Journal includes: First-time mom firsts--Remember the special moments of every month with questions to guide your journaling. Plus, space for freestyle entries allows you to create your very own pregnancy journal prompts. Handy guidance--Keep track of your prenatal appointments and stay organized with trimester checklists--this pregnancy journal has you covered with all of the essential todos to get ready for baby. Fun activities--Daydream about the nursery, brainstorm baby names, scrapbook sonograms, and so much more. You only experience your first once---capture every moment with The First-Time Mom's

Pregnancy Journal.

Capture the unique story of your pregnancy with this stylish pregnancy journal. Relax and unwind as you write down your feelings, hopes and dreams for the future arrival. The journal is packed with helpful prompts, week-by-week development updates and useful tips and resources to aid you in the truly magical transition from bump to baby. And it's just the right size to slip in your handbag - ideal when waiting for hospital appointments! With stunning designs throughout, this beautiful journal is the perfect gift for any mum-to-be!

This Pregnancy Planner journal is the perfect planner for expecting moms. Record all your activities from doctor appointments, daily nutrition, to jotting down notes to the baby. This book will help you organize every aspect of your pregnancy. Features: birth plan, prenatal visits, meal planner, bump to baby- weekly prompts and more.

Mariam is only fifteen when she is sent to Kabul to marry Rasheed. Nearly two decades later, a friendship grows between Mariam and a local teenager, Laila, as strong as the ties between mother and

daughter. When the Taliban take over, life becomes a desperate struggle against starvation, brutality and fear. Yet love can move a person to act in unexpected ways, and lead them to overcome the most daunting obstacles with a startling heroism.

Everything you wanted to know but were too embarrassed to ask - a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mummy Best Baby and Toddler Gear Awards 2017 Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about - straight from the midwife's mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit.

Capture all those special moments as your baby grows Put in Photos and write about your child's journey

Bump to Birthday - a beau-

tifully designed, colour illustrated, combined pregnancy and first year baby journal - will inspire any parent-to-be to capture the unique story of the journey of pregnancy and baby's precious first year. Journey to motherhood with this inspiring, informative week-by-week Pregnancy Journal! You'll find ample space throughout to record your feelings and impressions through

40 weeks and beyond. The journal also includes concise, time-targeted information about pregnancy. Learn what's happening to your baby and your body, week by week! Throughout: Quotations about pregnancy from celebrities, writers, health care professionals, and others. The ideal companion to help light the path and preserve the wonder as you move to-

ward motherhood! Beautiful cloth-covered volume. Includes a matching ribbon bookmark to keep your place. Inside back cover pocket expands to hold appointment cards, notes, and more. Sturdy bookbound-style hardcover binding. Archival/acid-free paper helps preserve your pregnancy memories. Journal measures 6-1/4" wide x 8-1/4" high. 208 pages.