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Lire des ebooks **Bientôt maman, 6e édition Olivia Toja PDF, ePub, mobi**, Une nouvelle édition du guide indispensable pour toutes les jeunes mamans ! Nouvelle charte graphique de la collection "Ma p'tite famille".

L'arrivée d'un bébé est merveilleuse, magique, inoubliable ! Mais devenir maman n'est pas toujours évident. Pour faire face à toutes les situations, des infos, des astuces, des tests, des témoignages ainsi que les précieux conseils du Dr Regottaz, pédiatre.

Vous apprendrez comment :

préparer l'arrivée à la maternité (votre valise, le trousseau de Bébé...),

se remettre de l'accouchement,

demander de l'aide à son entourage sans se laisser envahir,

endormir Bébé,

faire face aux pleurs, aux cris, à toutes les maladies et aux bobos du petit ange,

gérer son nouveau rôle de mère (maman mais femme surtout !),

retrouver sa ligne, une vie sociale, son intimité avec son homme

Pour TOUT connaître sur TOUT (des soins apportés à son bébé dès la maternité aux démarches administratives), *Maman débutante* vous délivre le mode d'emploi !

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