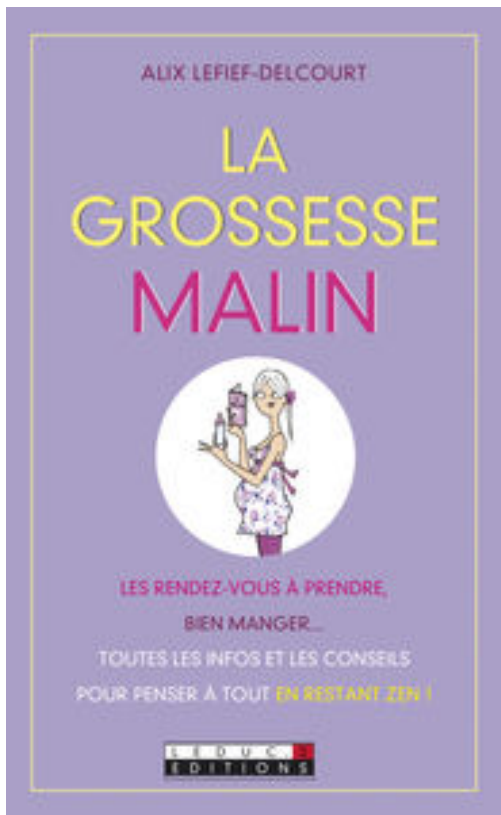


Lire Des Ebooks La Grossesse Malin Alix Lefief-Delcourt PDF, EPub, Mobi



Lire des ebooks La grossesse malin Alix Lefief-Delcourt PDF, ePub, mobi, Pour toutes les petites et grandes questions de la grossesse, une future maman a besoin de réponses concrètes et vraiment pratiques. Alors un petit guide qu'on glisse dans le sac à main pour s'y reporter n'importe quand, ça c'est malin !

Vous trouverez dans *La grossesse malin* :

Vos pense-bête de future maman : vos rendez-vous médicaux et les démarches administratives incontournables, les décisions à prendre avant la naissance (Connaître le sexe ou pas ? Choisir la crèche, une nounou ou prendre un congé parental ?)...Tout y est !

Des astuces pour bien manger et prendre soin de vous : les aliments à privilégier (et les interdits !), les bons réflexes pour éviter les vergetures ou soigner les petits bobos en douceur...

Et bien sûr, tout savoir pour être prête le jour J : la liste des choses à apporter à la maternité, les signes annonceurs de l'accouchement, les conseils pour bien préparer le retour à la maison, etc.

TOUTES LES DÉMARCHES INDISPENSABLES MAIS AUSSI DES CONSEILS MALINS POUR QUE VOUS RESTIEZ BELLE, EN BONNE SANTÉ ET EN FORME EN ATTENDANT BÉBÉ !

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