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Lire des ebooks Maman débutante, 7e édition Olivia Toja PDF, ePub, mobi, Nouvelle charte graphique de la collection "Ma p'tite famille". Tous les trucs et astuces pour bien s'occuper de bébé !

L'arrivée d'un bébé est merveilleuse, magique, inoubliable... Mais devenir maman n'est pas toujours évident. Pour TOUT connaître sur TOUT (des soins apportés à son bébé dès la maternité jusqu'aux démarches administratives), *Maman débutante* vous délivre le mode d'emploi !

Pour faire face à toutes les situations, des infos, des astuces, des tests, des témoignages ainsi que les précieux conseils du docteur Regottaz, pédiatre depuis plus de 30 ans.

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 (par Bellemaman, etc.),
- faire face aux pleurs, aux cris, à toutes les maladies et aux bobos du petit ange,
- endormir Bébé,
- gérer son nouveau rôle de mère (maman mais femme surtout !),
- retrouver sa ligne, une vie sociale, son intimité avec son homme...

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