

50 THINGS
TO DO

Before You **DELIVER**

**THE FIRST-TIME MOM'S
PREGNANCY GUIDE**

for Your *Baby*
Your *Body*
and Your *Sanity*

JILL KRAUSE

Foreword by
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Jill Krause

50 Things to Do Before You Deliver: The First Time Moms Pregnancy Guide



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Centered on what's most significant to expecting moms, *50 Things to Do Before You Deliver* narrows the vast field of pregnancy suggestions to 50 particular, proactive steps for self-confidence and satisfaction before baby arrives. Voiced with honesty, humor, and encouragement from a mom who's been there, *50 Things you can do Before You Deliver* offers: 50 trimester-by-trimester tasks covering only the most important things expectant moms need to focus on; Relevant, innovative tips for using tech to monitor, document, and find out about pregnancy; Judgment-free guidance from various other moms, OB-GYNs, and midwives?including guest contributions from Amy Morrison of the blog *Pregnant Poultry*, and Bryn Hunt Palmer of *The Birth Hour* podcast; There are countless pregnancy books for first-time moms out there?but *50 Things to Do Before You Deliver* is normally a practical lead which will empower and prepare you during pregnancy and beyond. While your body is doing the important work of growing your child, *50 Things to Do Before You Deliver* nails down exactly what to do to get ready for your little one's big debut. Unlike other pregnancy books for first time moms, this book includes only what's necessary and helpful, and leaves out the rest. Compiled by Jill Krause?creator of the award-winning pregnancy blog, *Baby Rabies*, and mother of four? *50 Things to Do Before You Deliver* hands moms-to-be with actionable information and tools that are actually useful. First-time moms have plenty to be grateful for ?and plenty to be worried about.



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The type of Empowering Pregnancy Publication Every Woman Needs! Five Stars fast deliver and good book fun read Fun, easy read. Great book, interesting but doesn't bog you down with a great deal of medical information. Best for couples to read together Would highly recommend!. It'll empower you to handle those remarks from strangers and unsolicited information in addition to figuring out what your goals are for your pregnancy, delivery, and marriage in this chapter you will ever have. I couldn't actually make it through the 1st third of this publication before returning it in disgust. Generalized feel-good junk I really like logic and organization, so the idea of a checklist for my first pregnancy sounded absolutely ideal. Jill Krause did an outstanding job on this adorable book - it's an absolute must have to treat yourself or your pregnant loved one with! Given this, I can just speak for the initial little bit, but that was all feel-good generalized junk. Also, as a physician, I was disturbed at the suggestions that obese females should discover an OB who says weight is not very a risk in being pregnant -- it absolutely is and finding someone who will lie to you about this is positively foolish.. In the event that you really want answers, facts, statistics, etc. I desire it acquired existed when I was a first-time mom, because the casual, chatty tone is a much more helpful tactic compared to the scary, worst-case-scenario assistance in many pregnancy books. When you're pregnant, so much has gone out of your control that having a list of 50 actions you can take, plan, or think about is an excellent way to feel just like you're along with everything. Put this publication on your own registry or give it to the new mom you know! Meh This book provided some generic information that was good to know but it was all top level. It could raise an issue as something to consider but then let you know nothing further. This is an adorable book filled with great advice., do NOT go with this book. Love this book Love this book! Light hearted! Lots of great information, suggestions and advice and also some humor to maintain it interesting! Highly recommend! This is absolutely the perfect gift for a newly pregnant friend or family member! It's fun (significantly, everyone should know about the padscicle before they are frantically googling for relief! I remember becoming terrified by the medical feeling of all the things that could go wrong thanks to books like "What to Expect When Expecting" - but this book keeps it easy going and helps to simplicity that continuous feeling of be concerned! I'm 4 a few months pregnant and am fifty percent way through the publication. The book found its way to perfect condition and on the anticipated date. Unhappy =(i ordered this reserve for my twin sister and there was writting in it Light reading Not really what I needed in terms of important info, I came across some good tips but I did so not experience identified with much of the in there. Makes a great "bump box" gift Bought it as a gift for my daughter. A few of the factors were guidelines others. Perfect gift for first-time parents!) but also bursting with real down to earth details from multiple assets!not really much. I'll be passing it on to new Mommy friends! Persons who've been through pregnancy Love the stories... It gives a lot of different perspectives



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