

YOUR Pregnancy

BEAUTIFUL NURSERY IDEAS
& BABY SHOWER GIFTS

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C-SECTIONS EXPLAINED

FROM LEAD UP
TO GOING HOME

WHAT KIND OF MOM WILL YOU BE?

QUIZ ON p60

PLACENTA PROBLEMS EXPLAINED

BUDGET FOR BABY

 YOUR
SECOND
PREGNANCY

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THINGS TO DO
BEFORE BABY
ARRIVES

TIRED
ALL THE
TIME?
SLEEP TIPS

FOCUS ON NUTRITION

FRESH SUMMER RECIPES
WHY YOU SHOULDN'T
EAT FOR TWO
SUPERFOODS FOR
EVERY TRIMESTER

WHAT ARE THE CHANCES?! TWINS PREGNANT TOGETHER

