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A factual, educational publication to help you make informed decisions about your pregnancy, birth and parenting experiences

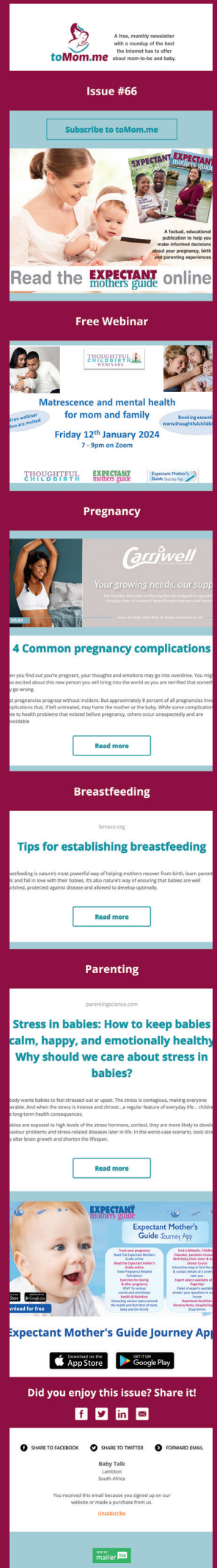
Read the **EXPECTANT** mothers guide online



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toMom.me
A free, monthly newsletter with a roundup of the best the internet has to offer about mom-to-be and baby.

Issue #66

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Free Webinar

Matrescence and mental health for mom and family
Friday 12th January 2024
7 - 9pm on Zoom

Pregnancy

4 Common pregnancy complications

Breastfeeding

Tips for establishing breastfeeding

Parenting

Stress in babies: How to keep babies calm, happy, and emotionally healthy

Why should we care about stress in babies?

Read more

Expectant Mother's Guide Journey App

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To Momme

I'm really excited to come and meet
you: I've heard your voice and I've felt
your touch; now I'm looking forward
to seeing your face!

But before I come, I want to make sure
you're ready for me. There is loads of
information out there on the internet
about me, but you need to make sure
that you're learning the right stuff!

So I've organised some friends to get all
the best info together, just for you.
They'll even email it to you every
month, for free!

Momme, please sign up and make sure
that you're ready for me!

Love you lots,
Baby



Scan to sign up or go to <http://toMom.me>