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checklist! – EM family vlogs (#66)

**Top 5 Pregnancy Books for
Preparing for Birth | What to
READ to Learn HOW TO HAVE
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MAKE A FLIPBOOK ~~How To~~**

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~~Pass NCLEX (Ep. 23)~~

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Dad Tips During Pregnancy - A
Survival Guide | Dad University*
**Mayo Clinic Guide to a Healthy
Pregnancy - About the Book**

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~~Pregnancy Books I Recommend~~ ~~ULTIMATE PREGNANCY~~ ~~READING LIST - 35 Books about~~ ~~Pregnancy, Childbirth, Baby and~~ ~~Parenting~~

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appointments with a midwife. A midwife cares for women and their families during pregnancy, birth and after the birth. Some women need to see a doctor when they are pregnant, your midwife will arrange this if you need to.

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An easy guide to pregnancy. pregnancy, levels of hormones fall, the womb lining breaks up and a period happens. Each month, the brain sends a chemical message to the ovaries. This

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causes around 20 eggs to grow in one or other ovary. At the same time the hormone estrogen begins to thicken the lining of the womb.

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you're 10 weeks pregnant.

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- **Avoid raw or unpasteurized milk, cheese, and juice because they may have harmful germs.**
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pregnancy, levels of hormones fall, the womb lining breaks up and a period happens. Each month, the brain sends a chemical message to the ovaries. This causes around 20 eggs to grow in one or other ovary. At the same

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**time the hormone estrogen begins
to thicken the lining of the womb.**

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**they may have harmful germs. •
Avoid alcoholic beverages. Limit
caffeinated drinks such as coffee,
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