



The Everything Pregnancy Organizer, 3rd Edition:

A month-by-month guide to a stress-free

pregnancy

Paula Ford-Martin

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Getting ready to welcome a new baby into the world is an exciting adventure—but it's also a lot of work! This helpful guide helps readers enjoy their nine-month journey while keeping everything on track. Monthly charts and checklists make it easy for parents to stay organized, and journaling pages help them reflect on their feelings along the way.

This edition includes:

- A month-by-month rundown of what readers can expect
- Ample space each month to record thoughts
- A user-friendly format with room to take notes and hold necessary papers
- A ten-month calendar to keep track of appointments and checkups

This edition also features all-new information on optimal pregnancy nutrition and food logs so readers can track their progress. The perfect companion for moms-to-be, *The Everything® Pregnancy Organizer, 3rd Edition* is the easy way for readers to prepare for their new life with baby!



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