



First-Time Parent and Gem Babies' Names Bundle

Lucy Atkins, Julia Cresswell

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A two-ebook edition of two best-selling and invaluable books for new parents: First Time Parent and Gem Babies' Names.

First Time Parent:

Forget unrealistic childcare manuals – this is the book you really need to help you cope brilliantly with those first chaotic days and months ahead.

As a health journalist and mother-of-three, Lucy Atkins is familiar with both the medical aspects of baby development, and the reality of life as an exhausted first-time mum or dad.

Anticipating the questions and concerns of all new mothers –Why does my baby cry so much? Am I a bad parent because...? – the book provides practical advice and reassurance. It addresses the needs of the baby and, very importantly, those of the parent during the first year of their baby's life.

The First-Time Parent is on your side, and reassures that you can cope brilliantly with your new baby and your new life.

Gem Babies' Names:

A brand-new edition of this best-selling guide to over 1,500 babies' names. Gem Babies' Names lists names alphabetically, giving a pronunciation guide, background to the origins of the name and any pet names or related names. Sikh, Hindu, Muslim, Afro-Caribbean and European names, as well as Christian names, are all included.

The ideal pocket guide to choosing a name for your baby.

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