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Pregnancy Journal

My Pregnancy Journal is a beautiful book designed to

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help expecting mothers celebrate and reflect on the exciting journey of pregnancy. It provides space to record special events and memories and store keepsakes gathered during this very special time. This elegant,

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functional journal actually consists of two fantastic products.

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capture the changing shape of your body, this journal will be a life-long keepsake of all your special memories.

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MacKonochie, Alison:**

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Whether your pregnancy journal is digital or traditional, there will be significant items that you want to keep. Certain items, such as invitations to baby showers, congratulation cards, scraps of paper or

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napkins with scribbled down lists of possible baby names, and even the baby's name card, will have deep symbolic significance to you and your family, and are great things to preserve for years to come. [6]

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How to Create a Pregnancy Journal (with Pictures) - wikiHow

A pregnancy journal allows you to document even the smallest details to enhance your memories. In addition

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to all of the pregnancy-related memories, you'll also be able to document a glimpse of your pre-mom life. This can be beneficial for you after birth because many new moms tend to feel like they have lost their

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pre-parent self.

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pages with guided sections to help you document every special moment of your pregnancy journey. Pregnancy memory journal makes a the perfect gift for any expecting mom or timeless keepsake to cherish your

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I have (circle) lost/gained
_____lbs and my belly
measures: Gender: I am
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My emotions are: I can't stand the sight of: I can't wait to: We like the names: My sleep patterns are: Movement: I miss: My skin is: I'm reading, watching, listening, etc.: This week baby is growing so fast! He

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or she began:

My Pregnancy Journal - Raising Sticky Hands To Heaven

Things began to change in 1973, when fetal alcohol syndrome, or F.A.S., was

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formally recognized after a seminal article was published in The Lancet, a medical journal. F.A.S. is a constellation of ...

Drinking While Pregnant: An Inconvenient Truth - The New

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AFP Journal. Issues. ... and chorionic villus sampling are two tests that can be used to look for Down syndrome during the first half of your pregnancy. However, these tests can

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sometimes cause a ...

Down Syndrome: What You Need to Know When You're Pregnant

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Both a personal journal and a practical record, My Pregnancy Journal will

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become a precious keepsake of the months spent awaiting the arrival of your little bundle of joy. This beautiful journal begins with a section on Preparing for Pregnancy, full of advice on healthy eating and

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fitness.

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Waiting for Baby is a keepsake journal that records information about

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mom, dad and the family tree. That information coupled with the typical pregnancy journaling makes this a precious heirloom you can give to you child when they are older.

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The Best 7 Pregnancy Journals for New Moms | Mother Rising

Both a personal journal and a practical record, My Pregnancy Journal will become a precious keepsake of the months spent awaiting

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the arrival of your little bundle of joy. This beautiful journal begins with a section on Preparing for Pregnancy, full of advice on healthy eating and fitness.

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My Pregnancy Journal by Ryland Peters & Small, Other

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It's only natural that an artist best known for her celebration of babies would create the perfect way to honor the joys and

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challenges of pregnancy. Anne Geddes' latest book, PURE: My Pregnancy Journal, makes the perfect gift for mothers-to-be. Adorned with the striking, trademark images from her recent triumph PURE, Anne's journal

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celebrates the miracle of life by marking the rites of passage that women experience over the course of their pregnancy.

**My Pregnancy Journal:
Geddes, Anne: 9780740743924:**

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My Pregnancy Journal is a week-by-week diary that you can use to record everything from the first sight of your baby on an ultrasound scan, to the thrill of the first kick to swollen ankles and

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unusual food cravings.

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A pregnancy journal is a diary that you keep during the course of your pregnancy

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to detail your experiences, emotions, milestones, and memories. From the excitement leading up to your first...

8 Pregnancy Journals for Your 9-Month Journey and

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Beyond

My Pregnancy Journal with Sophie la girafe® is the perfect place to record every important moment, from the first daydreams of motherhood to the day Baby finally comes home. A truly

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interactive keepsake, My Pregnancy Journal has a place for every milestone and change that comes with pregnancy, along with many unique special features:

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Sophie la girafe® (Sophie the ...

Celebrate the ups and downs of your pregnancy with this interactive journal, which invites you to record in detail this most extraordinary period of your

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Alison MacKonochie,
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pregnancy milestones in your bullet journal awesome? You will have a stunning reminder of the time and even something you could save later for your baby! Some really lovely milestones you could track

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in your bullet journal
include: Your first symptoms
– like tender breasts,
nausea and other great
things that come with being
a momma

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Celebrate the ups and downs of your pregnancy with this interactive journal, which invites you to record in detail this most extraordinary period of your life. With annotated prompts for you to fill in for each

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week of your pregnancy, storage wallets and sealable envelopes for keeping precious momentos, and photo spaces for you to capture the changing shape of your body, this journal will be a life-long keepsake of all

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your special memories. Each chapter offers guidance on what to expect, notes on your baby's development during each trimester, and reminders on what you need to be planning, thinking about and preparing for.

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Whether you are a first-time mother or want to commemorate a new addition to the family, Alison Mackonochie (author of the award-winning Emma's Diary) ensures that you will be comfortable every step of

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the way.

"My Pregnancy Journal" is as much a practical record as a personal journal, so there are also pages to record important contact details, hospital visits and

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antenatal classes, plus lots of pointers on preparing for the new arrival, from healthy eating to decorating the nursery. Spiral-bound format for easy use.

Before you get to meet your

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baby, you go on an amazing nine-month journey. This unique and precious pregnancy journal allows you to track your thoughts and feelings every step of the way. Each page covers one day and is organized into

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three sections - 'What I'm thinking', 'How I'm feeling' and 'Message to my child' - so you can track and savor the experiences and memories of your journey into motherhood. Years into the future you can look back and

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relive the experience and, who knows, one day your pregnancy journal can make an extra-special gift to the child it is dedicated to! The daily 'Message to my child' sections will be sure to melt their heart as they

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get to read about your feelings for them as they grew within you. Buy it while you can!

Record and remember your unique pregnancy journey with My Pregnancy Journal.

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My Pregnancy Journal: A Keepsake Book With Prompts You Can Record Your Pregnancy Memories, Perfect Gift For Special Mom Expecting A Baby This pregnancy planner / journal

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/ diary is a perfect way to capture all your thoughts, feelings & each and every memory while you're on this journey. Each page is guided and has prompts that include: I'm Pregnant - How I found out, my reaction,

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due date. My Birth Plan Ideas - Type of birth, who I want to take part in the delivery room, what is most important to me. Pregnancy Tracker - 40 weeks tracker of how you're feeling. Appointment Tracker - Date,

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time address, purpose (doctor, prenatal classes).
Baby Shopping List - Checklist of all the baby items you'll need. Weight Tracker - Track your weight weekly. Prenatal Visits Tracker - Blood pressure,

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weight, baby's heart rate, summary of visit. First, Second & Third Trimester Photos - A place to put your baby bump pics. First, Second & Third Trimester Journal Pages - How you felt, favorite memories &

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moments, symptoms & cravings, energy, mood, sleep, to do list. My Baby Shower - Place for photos, games played, on the menu, highlights & memories, Place for gifts, name address & thank you sent. Nursery

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Planner - Color scheme, things to buy, furniture, decorative ideas. Baby Name Ideas - Top 3 favorite girl & boy names & it's meanings, other possibilities.

Hospital Checklist - To pack your bag & take with you:

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for me, for partner, for baby. Pregnancy Shopping List - Baby clothing, supplies, medication, furniture, toys. Fetal Movement Tracker - Daily track your baby's movement. Week By Week Journal Pages -

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Weekly reflections, what I want to remember most. what I'm most excited about, what I'm most nervous about, baby bump photo to see how much your belly has grown. Week By Week Dear Baby Journal Pages - What I want you to

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know. Ultrasound Photos - Photo, baby's length (inches long), weight, bpd, due date, notes. This is the most exciting and best experience of your life, whether you're a first time, new mom or this is not your

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first go around. You will want to write everything down in this notebook to look back on and always remember carrying your little one. Use it every day for writing your experiences. Also makes a

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great gift for moms. Keeping all your information in one spot has never been so easy. Make your memories last forever. This pregnancy journal will help you keep track of your own personal journey. Size is 8.5x11

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inches, 100 pages, soft matte finish cover, white paper, paperback. Get one today!

Babies as snoozing hedgehogs. Babies as beatific butterflies. Babies

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as tiny fairies dwelling in a magical garden. These are the inhabitants of Anne Geddes' gorgeous book Down in the Garden, an extraordinary ode to tiny babies and the enchantment they bring to life. In

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Geddes' Down in the Garden, the world-famous photographer has captured newborns in a variety of mythical poses: brightly colored flowers with babies peeking out from behind them, sleeping babies

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snuggled inside bright green peapods, sprightly gnomes with darling baby faces. All come together to make Geddes' Down in the Garden an artistic masterpiece unlike any other. This small hardcover edition of Down in

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the Garden features all the striking images from the internationally best-selling full-size volume in a more intimate, gift-size package. Complemented by gently humorous text, the images in Down in the Garden reflect

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Geddes' appreciation for the beauty and innocence of babies. Her unique imagery immediately communicates her deep and abiding love of children in a universal language understood by people everywhere.

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Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and

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memory book. Growing You is a place to celebrate and chronicle your pregnancy journey, reflecting on the growth, anticipation, and memories that you want to hold onto as a mother. This heirloom-quality book,

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created by the author of the popular baby book *As You Grow*, is designed with a timeless look and archival paper so that you can one day pass it along to your child. *Growing You* includes:

- Space to journal your

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feelings and experiences about pregnancy and your birth story • A section to document your prenatal appointments and growth • Writing prompts to record precious milestones such as baby showers and prepping

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your nursery • Pages to document your baby's birth day • Pocket folder for sonogram photos, letters from loved ones, and other mementos • And more! Special Features: • Chic, gender-neutral design • Elegant

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linen cover • Acid-free and archival paper • Generous trim size offers ample space for photos • Lay-flat design created by a beautiful gold spiral binding allows you to easily write in the book

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A 9-month journal by Amy K.
96 two-color pages
w/concealed wire-o binding.

This journal will become a treasured place for every mother to record her special feelings, thoughts, and

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observations during pregnancy. "Thought starters" on every page and beautiful photographs throughout will help her express her love, hopes, and dreams for her baby-to-be. Best of all, her finished

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journal will be a treasured keepsake she will be thrilled to share with her child.

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