## Noun

1. <u>Noun</u>

2. Exclamation

## Noun

Advice for the new parents from \_\_\_\_\_\_\_\_

A new baby is a(n)	adventure, but like all big li	ve changes the more prepa	red you are, the
 Pack your hospital bag at least	days before your due	e date. Don't forget to inclu	ıde your
, and comes early.	This will eliminate un	nnecessary last minute stre	ess if the
During the delivery, be sure to	deep and	with your	
When bringing baby home, drive	miles under the spee	ed limit. Always brake for	
and make sure	everyone is wearing their	·	
When the baby naps,	should nap too. Yes, you'r	e going to be	and
, but resting is more	e important than		
Proven studies have shown that the b	pest foods for a new mom are _	and	Don't forget
to also drink plenty of	·		
Postpartum hormones can be	Don't feel silly fo	or crying over things like s	spilled
or that	commercial on TV.		
Capture your everyday	on film. Believe it or not,	this time will	by and before
you know it, you may actually miss	those.		

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