

## Noun

1. Noun

2. Exclamation

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

A new baby is a(n) \_\_\_\_\_ Exclamation \_\_\_\_\_ adventure, but like all big life changes the more prepared you are, the \_\_\_\_\_.

Pack your hospital bag at least \_\_\_\_\_ days before your due date. Don't forget to include your \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. This will eliminate unnecessary last minute stress if the \_\_\_\_\_ comes early.

During the delivery, be sure to \_\_\_\_\_ deep and \_\_\_\_\_ with your \_\_\_\_\_.

When bringing baby home, drive \_\_\_\_\_ miles under the speed limit. Always brake for \_\_\_\_\_ and make sure everyone is wearing their \_\_\_\_\_.

When the baby naps, \_\_\_\_\_ should nap too. Yes, you're going to be \_\_\_\_\_ and \_\_\_\_\_, but resting is more important than \_\_\_\_\_.

Proven studies have shown that the best foods for a new mom are \_\_\_\_\_ and \_\_\_\_\_. Don't forget to also drink plenty of \_\_\_\_\_.

Postpartum hormones can be \_\_\_\_\_. Don't feel silly for crying over things like 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.

