

**6 STEPS TO A PEACEFUL PREGNANCY - CREATING A  
QUIET AND HEALTHY INNER NURSERY FOR YOU AND  
YOUR BABY**

**Eliot Cathryn Mcduffee**

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**Want the baby to stop crying? Be Danish. Or don't breastfeed**

When you become pregnant, your uterus becomes your baby's "inner nursery." Your lifestyle behaviors determine how you care for your baby and it's inner.

## **The peaceful nursery | Style at Home**

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## **How to rock your pre-baby preparation (a to-do list for before baby arrives)**

6 Bringing Your Baby Home: A Checklist 12 Breastfeeding: First Step to Baby's Good Health . "quiet." They are calm. They sleep a lot. • Some babies sleep and eat about the same time every day. At first, you might have to try a few things to make your baby . main/childcare/anuzawyc.tk or anuzawyc.tk

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Weighandmeasureandfootprintthebaby.It seems like forever since I stared into her face, an eternity since I ran my fingers across her lips. Even from birth, babies can communicate with you.