



## My Baby Trakker: The Ultimate Baby Keepsake Book for Mother and Child

By Amber Bowden

iUniverse, United States, 2011. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.My Baby Trakker offers multiple uses and benefits for both the mother-to-be and her baby. A pregnancy is an exciting and special time-a time for the mother-to-be to learn about her own health and that of her developing baby. As she begins to notice the changes happening to her body, many questions will arise; this guide can help in the search for answers. Protecting the health of the mother-to-be and her unborn child begins with regular prenatal care. There are pages provided for recording medical information, focusing on health history, nutrition, pregnancy weight gain, prenatal healthcare check-ups, past labor and delivery. Author Amber Bowden has also included space to write down questions to ask on doctor visits, as well as other vital medical information. Once your baby is born, My Baby Trakker provides a template for keeping track of his or her total health, growth, and development from birth to age five. You ll always have your child s up-to-date medical history at your fingertips. Some of the other helpful items included are baby milestones, pages to insert...



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