

How Are You Mama? A Must-Read for New Parents



How are you, Mama?: Managing motherhood, maintaining your mental health in motherhood and finding the drive to pursue your passions. by Larry S. Temkin

★★★★★ 5 out of 5

Language : English

File size : 679 KB

Screen Reader: Supported

Print length : 47 pages

Lending : Enabled

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Are You a New Parent Struggling to Cope?

The early days of parenthood can be a whirlwind of emotions. You're overjoyed to have your new little one in your life, but you're also exhausted, overwhelmed, and maybe even a little scared.

If you're feeling like you're not coping, you're not alone. In fact, it's perfectly normal to feel this way. But it's important to know that you're not alone and that there is help available.

How Are You Mama? Is Here to Help

How Are You Mama? is an essential guide for new parents, providing practical advice and emotional support. This book offers a lifeline to parents who are struggling to cope with the challenges of early parenthood.

In this book, you'll learn how to:

* Care for your baby's physical and emotional needs * Cope with postpartum recovery * Adjust to your new role as a parent * Find support from other parents and professionals

How Are You Mama? is written by a team of experts, including a pediatrician, a postpartum doula, and a mental health therapist. The book is full of practical tips and advice, as well as stories from other parents who have been through the same challenges.

Why You Need to Read How Are You Mama?

If you're a new parent, you need to read How Are You Mama? This book will help you to:

* Feel more confident in your ability to care for your baby * Cope with the challenges of early parenthood * Find support from other parents and professionals

Don't wait another day to get the help you need. Free Download your copy of How Are You Mama? today.

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