

The New Mums Notebook

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The New Mums Notebook

The New Mum's Notebook, written by Amy Ransom – mum of three and creator of the Surviving Motherhood blog – does all this and more. From night feeds, napping and weaning, to which films to cue up on Netflix, finding some headspace and getting all the support, coffee and cake you need, Amy has been there – and this is the book she wishes she'd had by her side.

The New Mum's Notebook: Amazon.co.uk: Ransom, Amy ...

Reassuring, funny and down-to-earth, The New Mum's Notebook is everything you need for the first year of life with a baby. Divided into the first 12 months of motherhood, this book is filled with 304 pages of reassurance, love and humour, as well as space to scribble thoughts, feelings and memories from those crazy early hours. Looks perfect for a new Mum with encouraging words and

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is honest about what it's really like to be a new Mum- warts and all.

The New Mum's Notebook | Oliver Bonas

The New Mum's Notebook has a whole chapter on PND, 'Look after yourself', but the whole ethos of the book is focused on reassurance and validating a new mum's feelings, whatever they are. It offers basic CBT techniques and positive affirmations to cope with the demands of motherhood and, most of all, it encourages her to be kind to herself.

The New Mum's Notebook - Perfect New Mum Gift

The New Mum's Notebook's primary aim is to normalise everything a new mum may be feeling. It encourages her to lower her expectations and continually reassures her that anything goes in that first year; there is no 'right' way to do things – only HER way.

Notebooks for Mums - Journals for every stage of motherhood

The New Mum's Notebook is 304 pages, priced at £25 (including P&P) and will be available via the website from June. You can subscribe to the mailing list to be the first to order (and receive tasters in the meantime). It will also be available to buy from selected retailers, to be announced shortly.

The New Mum's Notebook - Surviving motherhood

The New Mum's Notebook, written by Amy Ransom - mum of three and creator of the Surviving Motherhood blog - does all this and more. From night feeds, napping and weaning, to which films to cue up on Netflix, finding some headspace and getting all the support, coffee and cake you need, Amy has been there -

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Motherhood blog – does all this and more. From night feeds, napping and weaning, to which films to cue up on Netflix, finding some headspace and getting all the support, coffee and cake you need, Amy has been there – and this is the book she wishes she'd had by her side.

The New Mum's Notebook by Amy Ransom - Penguin Books

The New Mum's Notebook is £25 (including P&P). Now available online at The New Mum's Notebook. We also have a couple of retailers on board and are currently in discussion with several others. You can keep up to date with news of these on our Stockists page. Summary

What is The New Mum's Notebook? - Surviving motherhood

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The New Mum's Notebook: Amazon.de: Amy Ransom ...

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The New Mum's Notebook by Amy Ransom (2017, Hardcover) for ...

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The New Mums Notebook

The New Mum's Notebook by Amy Ransom, Gina Murray | Waterstones. This book can be found in: Health & Lifestyle > Parenting > Pregnancy, birth & baby care. Health & Lifestyle > Parenting > Childcare & upbringing.

The New Mum's Notebook by Amy Ransom, Gina Murray ...

Buy The New Mum's Notebook by Ransom, Amy, Murray, Gina (ISBN: 9781526202185) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

The New Mum's Notebook: Amazon.co.uk: Ransom, Amy, Murray ...

Divided into the first 12 months of motherhood, with 304 pages of reassurance, love and humour, as well as spaces to scribble thoughts, feelings and memories from those crazy early days, The New Mum's Notebook will nurture a new mum in however she chooses to raise her baby. Whether it's her first or her fifth.

The New Mum's Notebook by Amy Ransom | WHSmith

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