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What To Do
When
Pregnant
Free Edition
Melinda*

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~~Pocket Pregnancy
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Pocket Pregnancy®
provides ebooks, live
childbirth classes,
articles, and other
resources to help you be
able to make the best
choices for your

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pregnancy, birth and baby. All of these resources are based on the ROADS™ of Healthy Pregnancy. The idea is that there are 5 essential components to having a healthy pregnancy and birth, not just physically, but mentally and emotionally as well.

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develops. When you know what to do when pregnant, you can: Feel better Lower your risk of complications Improve your baby ' s health Un...

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customers use
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