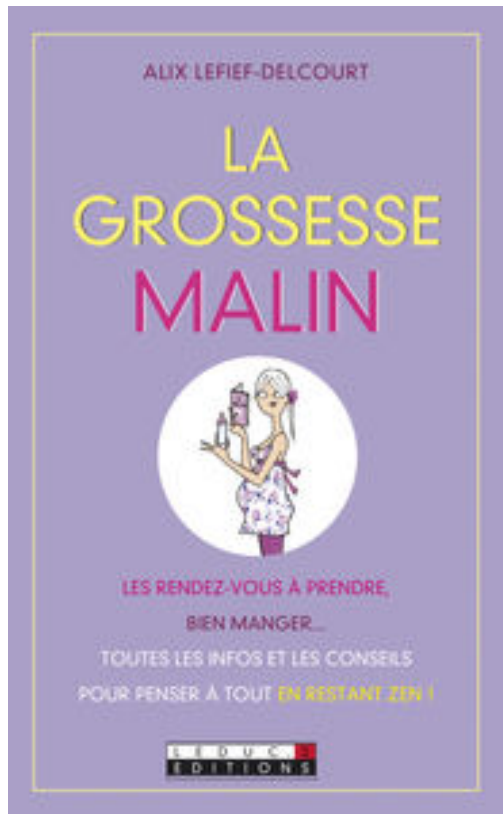


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**Vos pense-bête de future maman** : vos rendez-vous médicaux et les démarches administratives incontournables, les décisions à prendre avant la naissance (Connaître le sexe ou pas ? Choisir la crèche, une nounou ou prendre un congé parental ?)...Tout y est !

**Des astuces pour bien manger et prendre soin de vous** : les aliments à privilégier (et les interdits !), les bons réflexes pour éviter les vergetures ou soigner les petits bobos en douceur...

**Et bien sûr, tout savoir pour être prête le jour J** : la liste des choses à apporter à la maternité, les signes annonceurs de l'accouchement, les conseils pour bien préparer le retour à la maison, etc.

TOUTES LES DÉMARCHES INDISPENSABLES MAIS AUSSI DES CONSEILS MALINS POUR QUE VOUS RESTIEZ BELLE, EN BONNE SANTÉ ET EN FORME EN ATTENDANT BÉBÉ !

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