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De la préparation à la naissance aux techniques anti-stress, en passant par des exercices pour éviter les complications à la sortie de la maternité, vous n'aurez plus d'interrogations quant à votre bien-être et à celui de votre nouveau-né.

Vous saurez également comment gérer le baby-blues et l'inconfort physique de l'après accouchement, que faire pour l'allaitement et les pleurs du bébé.

Au jour le jour, retrouvez votre bien-être et votre équilibre !

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