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dads pregnant too expectant pdf

Spending too much time sitting down without being active can be harmful to your health and your baby's health. It can lead to too much weight gain, loss of fitness, increased risk of getting gestational diabetes or pre-eclampsia and higher likelihood of general pregnancy aches and pains.. If you didn't exercise before becoming pregnant there are lots of different things you can do to be ...

10 tips for staying active in pregnancy | Tommy's

Learn how one set of twins can have two different dads – it can happen when heteropaternal superfecundation occurs.

Strange but true: Twins can have different fathers

Be flexible. The same labor strategies don't work for all women. Well before the baby's due date, take time to discuss expectations and options.

Ten tips for labor coaches | BabyCenter

23 weeks pregnant - all you need to know. Your baby is about 30cm now and roughly the size of a large mango.

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