



# **The Christian Mama's Guide to Baby's First Year: Everything You Need to Know to Survive (and Love) Your First Year as a Mom (Christian Mama's Guide Series)**

*Erin MacPherson*

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**An entertaining, practical guide for first-time mamas and those who need a baby refresher course.**

The new mom initiation ritual involves sleepless nights, an inexplicable obsession with baby booties, and more questions than answers. This take on everything baby offers new moms the Christian girlfriend advice she needs to feel confident in her new role, including:

- getting into the motherhood groove
- breastfeeding advice
- suggestions for losing the baby weight?before your baby is no longer a baby
- time management tips that may just help you find time to do laundry?before you run out of clean underwear
- how you can manage to be a godly mother and a good wife on less than three hours of sleep a night

Easy-to-read and relatable, this been-there-done-that guide answers these questions and more with a dose of humor and a lot of grace so that new moms can become the moms that God intended them to be during their baby's first year.

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