



The True Diary of a Mum-To-Be - A Pregnancy Companion

Charlie Plunkett

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The True Diary of a Mum-to- be a pregnancy companion Charlie's diary is an honest and funny account of her pregnancy, recounting tales of a vicious squirrel attack, a burst birth ball and numerous D.I.Y. disasters along the way. Join Charlie as she travels down the sometimes bumpy road that leads to an amazing place she likes to call 'Baby Land'... Her diary includes a weekly guide to the changes happening in your body and how your baby is developing, as well as tips on diet, exercise and lifestyle. There are also ideas for what to include in your birth plan and how to pack a birth bag.

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