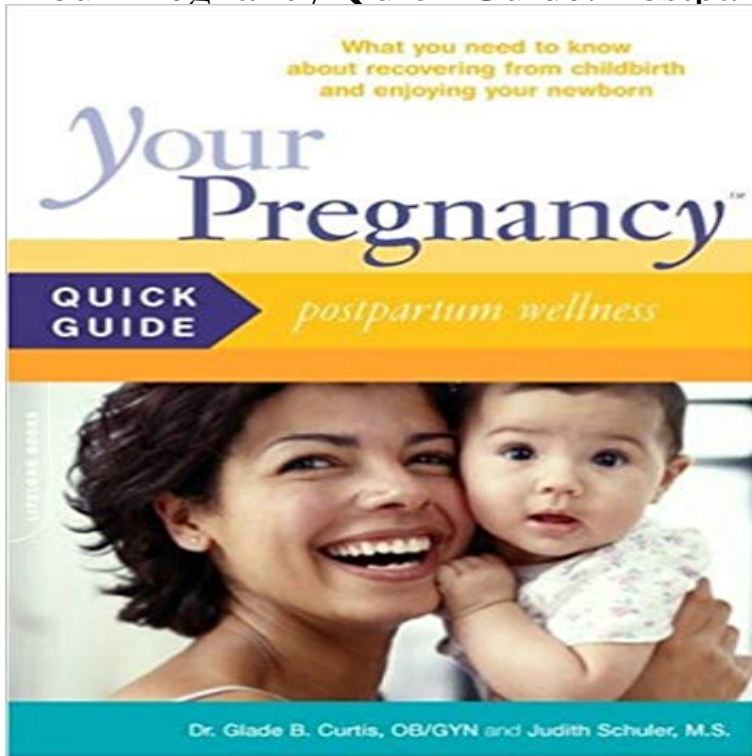


# Your Pregnancy Quick Guide: Postpartum Wellness



Tips for recovering from childbirth and regaining strength and vitality  
How to tell if your baby is getting enough breast milk or formula  
Nutritional information and recommended exercises to help you get back in shape  
Creative ways to set aside time for you and your spouse to be alone together  
Questions to ask at baby's first visit to the pediatrician and your first post-delivery check-up  
Coping advice for adjusting to the changing dynamics in the household  
Information on selecting childcare, if you're returning to work

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