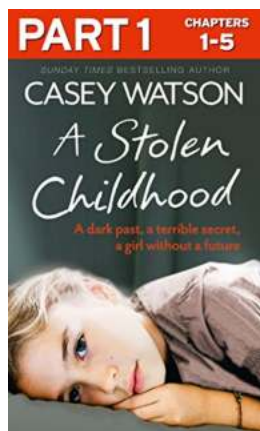


The Words Every Mom Should Know: A Guide to Essential Vocabulary for Super Moms

Welcome to a world of motherhood where communication is key! As a mom, it's essential to expand your vocabulary and familiarize yourself with words that are crucial for navigating the journey of motherhood. From pregnancy to parenting, these words will become your secret weapon, helping you stay informed and confident. Let's dive into the words every mom should know!

The Journey Begins: Pregnancy Words

1. **Ultrasound:** This is an imaging technique that uses sound waves to create images of the developing baby. It allows you to see your little one before they make their grand entrance into the world.
2. **Gestational Diabetes:** A form of diabetes that occurs during pregnancy and affects how your body processes sugar. It's important to manage it for the well-being of both you and your baby.



Motivated Millennial Mamma: The 7 "F Words"

Every Mom Should Know by Casey Watson (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 8595 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 53 pages
Lending	: Enabled



3. Braxton Hicks Contractions: These are mild, irregular contractions that can occur during pregnancy. They help prepare your body for labor but are not to be confused with the real deal!

Welcome to the World: Baby and Parenting Words

4. Colostrum: This is the first milk produced by a mother's breasts after giving birth. It is packed with essential nutrients and antibodies for the baby's growth and immunity.

5. Swaddle: Wrapping your baby snugly in a blanket to provide warmth and security, mimicking the feeling of being in the womb. This technique is known to soothe newborns and promote better sleep.

6. Baby-Led Weaning: An approach to introducing solid foods to babies by allowing them to self-feed. It promotes independence and encourages babies to explore different tastes and textures.

Health and Wellness: Mom's Well-being Words

7. Self-Care: Taking intentional time and actions to nurture your physical, mental, and emotional well-being. Remember, you need to recharge to be the best mom you can be.

8. Postpartum Depression: A mood disorder that can affect mothers after childbirth. It's essential to seek help and support if you experience lingering feelings of sadness, anxiety, or general distress.

9. Lactation Consultant: A professional who provides guidance and support in breastfeeding. They help ensure a successful breastfeeding journey by addressing any concerns or difficulties you may encounter.

Super Mom Skills: Parenting Strategies and Techniques

10. Positive Reinforcement: A parenting technique that involves rewarding desired behaviors to encourage repetition. This approach helps build confidence, self-esteem, and a positive parent-child relationship.

11. Time-Out: A disciplinary method where a child is temporarily removed from a challenging or misbehaving situation to allow both the child and parent to calm down and reflect.

12. Baby Sign Language: Using hand gestures and signs to communicate with your baby before they can speak. It enhances early language development and can lead to a deeper parent-child bond.

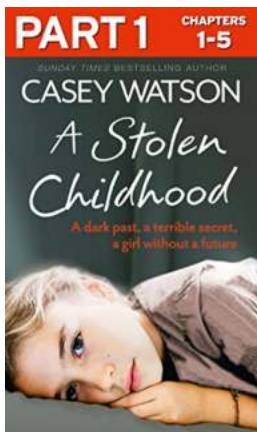
The Power of Communication: Words to Connect With Your Child

13. Empathy: Understanding and sharing the feelings of your child. Empathy fosters emotional connection, trust, and helps develop their social and emotional skills.

14. Active Listening: Giving your child undivided attention and showing genuine interest in what they have to say. It promotes open communication, strengthens your relationship, and builds their self-esteem.

15. Teachable Moments: Opportunities to impart important life lessons and values to your child. These are perfect moments to help them understand right from wrong and shape their character.

Every mom deserves to feel empowered with the right words in her parenting arsenal. By familiarizing yourself with these essential vocabulary words, you can navigate the journey of motherhood with confidence and grace. From pregnancy to parenting, from the well-being of both mom and baby to effective communication, these words hold the power to elevate your super mom skills! So go ahead, embrace these words, and enjoy the incredible and rewarding experience that is motherhood.



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A Stolen Childhood can either be read as a full-length eBook or in 3 serialised eBook-only parts.

This is PART 1 of 3.

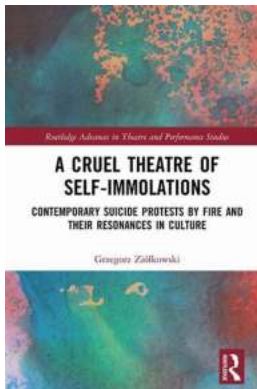
You can read Part 1 two weeks ahead of release of the full-length eBook and paperback.

Bestselling author and teacher Casey Watson shares the horrifying true story of Kiera Bentley, a 12-year-old girl with a deeply shocking secret she's too young to

even understand.

When Casey first meets Kiera, a small slight girl who's just lashed out at a fellow pupil in assembly, she immediately senses something's wrong. Something in Kiera's eyes alerts Casey that this is an "old head on young shoulders", and with Kiera's constant tiredness and self-soothing habit of pulling her hair out, she follows her instinct and takes Kiera under her wing.

At first the answer seems simple enough; Kiera's parents aren't together and they don't get on, which makes life hard for Kiera as she's so close to her dad. But as the weeks roll on, Casey begins to understand that there's something much darker going on behind closed doors. And when she finally learns the truth, she's terrified she won't be able to save Kiera from it.



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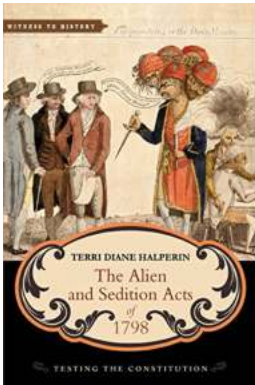
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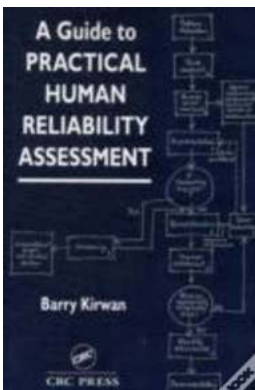
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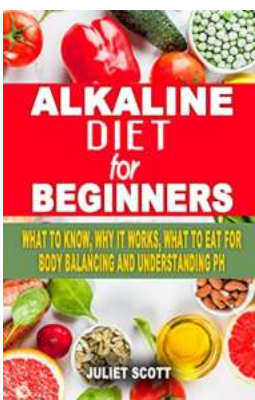
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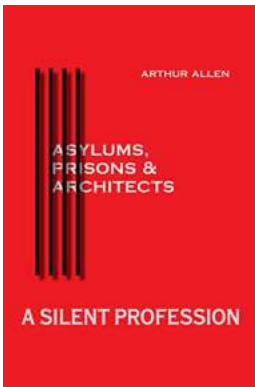
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