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Pregnancy and Parenthood in a Foreign Land: My Experience in Thailand with Useful Tips for Mothers Everywhere

By Rebecca Wongwiboonchai

Balboa Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.In *Pregnancy and Parenthood in a Foreign Land: My Experience in Thailand with Useful Tips for Mothers Everywhere*, Rebecca Wongwiboonchai shares her experiences of her first pregnancy, giving birth, and becoming a new parent in a foreign land. A British expat living with her husband in Thailand, the author gives us an honest and candid glimpse into her adventure from beginning to end. Each chapter is divided into two sections: A Real-life Experience, in which she tells the story as it happened for her (including pregnancy, labour and birth, first days of motherhood and breastfeeding, and travelling and working with a newborn) and The Facts, where she offers straight talk on practicalities, such as things one might like to consider when making choices, a discussion of food and diet, vaccinations, the importance of personal time, and equipment essentials. Although Wongwiboonchai's account takes place in Thailand, the descriptions of her firsthand experiences and valuable tips are applicable to expat mothers-to-be worldwide. The author shares the lessons that she learned—oftentimes the hard way—so that you don't have...



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