

THE PARENT PREP'S

POSTPARTUM PLANNER AND WORKBOOK

FOR THE FOURTH TRIMESTER

**BY LAURIE N.
FOSTER**



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The Parent Prep, LLC
PO Box 8354
Houston, TX 77288
www.theparentprep.com

DEDICATION

I want to first give thanks to God for gracing my *entire* life with His glory and love. I am ever so grateful for Him aligning my life with my husband Benjamin's. I then want to thank Benjamin for blessing me with our sons: Jax, Tommy, Timmy, and Benji. They have each in their own direction given me the inspiration, love and light needed to help other Mammamas shine. They have been my personal experiments and the much needed hands on experience to prepare this workbook.

I would also like to thank the many family members, friends, and clients that trusted and included me in their postpartum support plan, thank you ladies so much! An additional thank you to those that I've interviewed, quoted, and learned from to help develop this workbook, it really means a lot.

This workbook - made on the foundation of love - is dedicated to all the soon-to-be mommy's out there, looking for a way to best prepare for the arrival of their little one.

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