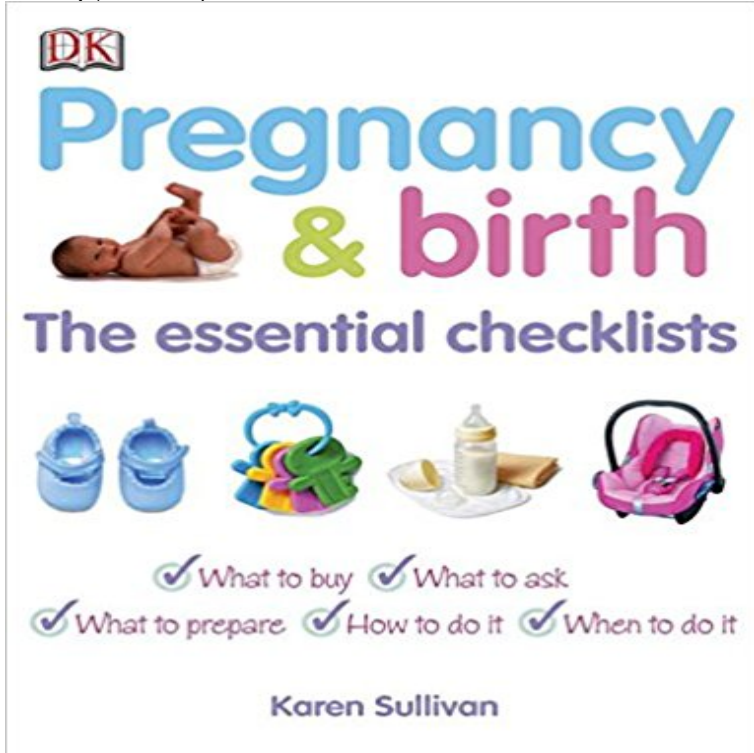


# Pregnancy and Birth: The Essential Checklists



Pregnancy and Birth: The Essential Checklists covers everything parents need to know and more when expecting a new baby. It alerts parents as to what to prepare, what to buy, what to ask, what to do, and when to do it. It not only shows parents how to stay on top of everything, but it also helps them to remain one step ahead. The book is highly practical, comprehensive and straightforward, comprising essential lists of simple steps and reminders to help parents anticipate everything they need to do in pregnancy, during birth, and with their newborn baby. Starting with what to do when the test is positive (for example, book to see your doctor and begin taking folic acid), it takes parents right through to the essential clothes, toys and equipment to buy and developmental milestones for 0-3, 3-6, 6-9 and 9-12 months and preparing for their baby's first birthday party. It covers all the planning for the minutiae of daily life, listing what to put in the pregnancy handbag and how many diapers to buy, and listing everything needed for the big day (for example the birth plan, the birth partners checklist, reflexology for labor and what labor snacks to bring along).

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyport's Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current Events, Projects. Tags: alchemy, art, bike, crucible, ecology, garden, green art, hedge, hyper-accumulating, industry, living structure, Newburyport, permaculture, rail, sculpture, soil remediation, trail, tree guilds.

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