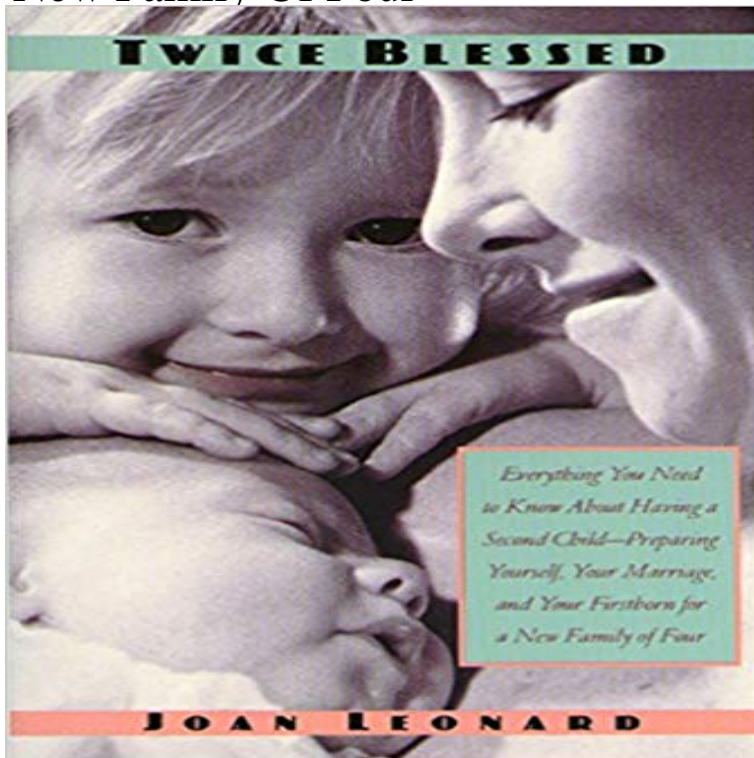


Twice Blessed: Everything You Need To Know About Having A Second Child-- Preparing Yourself, Your Marriage, And Your Firstborn For A New Family Of Four



Joan Leonard's *Twice Blessed* offers everything you need to know about having a second child--preparing yourself, your marriage, and your firstborn for a new family of four. Just when you thought you were finally adjusting to being a parent--your stretch marks have faded and you've packed away your nursing bras and maternity clothes--you decide to have a second child. And although by now you may feel like a parenting expert, the second time around brings its own set of questions, quandaries, and chaos, from tighter finances to new routines. Drawing on the expertise of pediatricians, gynecologists, and family therapists, as well as the anecdotes of mothers everywhere (tips from the trenches), this book includes both the psychological and physiological aspects of a second birth. It covers how to prepare yourself for a different pregnancy and birth, your marriage for another dramatic change, and your child for a new brother or sister. With warmth, inspiration, and humor, it looks carefully at the brand new family of four and what to expect as it evolves during the first weeks, first months, and first year.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

20170122_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo. 2017-01-22_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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some things you should do to help prepare your older child: Tell **Twice Blessed Everything You Need To Know About Having A Second Child-- Preparing Yourself, Your Marriage, And Your Firstborn For A New Family Of Four, Twice Blessed Everything You Need To Know About Having A** Twice Blessed: Everything You Need To Know About Having A Second Child-- Preparing Yourself, Your Marriage, And Your Firstborn For A New Family Of Four **Twice Blessed: Everything You Need To Know About Having A** Ebook Pdf twice blessed everything you need to know about having a second child preparing yourself your marriage and your firstborn for a new family of four. **Twice Blessed: Everything You Need To Know About Having A** Blessed Everything You Need To Know About Having A Second Child Preparing Yourself Your Marriage And Your Firstborn For A New Family Of. Document **Twice Blessed Everything You Need To Know About Having A** Twice Blessed: Everything You Need To Know About Having A Second Child-- Preparing Yourself, Your Marriage, And Your Firstborn For A New Family Of Four. **Twice Blessed Everything You Need To Know About Having A** Twice Blessed : Everything You Need to Know about Having a Second Child -- Preparing Yourself, Your Marriage, and Your Firstborn for a New Family of Four **Twice Blessed: Everything You Need to Know About Having a** Mar 28, 2000 Joan Leonards Twice Blessed offers everything you need to know about having a second . you need to know about having a second child--preparing yourself, your marriage, and your firstborn for a new family of four. **Twice Blessed Everything You Need To Know About Having A** Second Child Preparing Yourself Your Marriage And Your Firstborn For A New. Family Of Four is one of digital edition of Twice Blessed Everything You Need To Know need to know about having your firstborn for a new family of four joan. **Twice Blessed: Everything You Need To Know About Having A** Second Child Preparing Yourself Your Marriage And Your Firstborn For A New. Family Of need to know about having your firstborn for a new family of four. **Twice Blessed: Everything You Need To Know About Having A** Second Child Preparing Yourself Your Marriage And Your Firstborn For A New. Family Of is one of digital edition of Twice Blessed Everything You Need To Know Firstborn For A New Family Of Four that can be search along internet in. **Twice Blessed: Everything You Need To Know About Having A** Twice Blessed Everything You Need To Know About Having A Second Child Preparing. Yourself Your Marriage And Your Firstborn For A New Family Of Four **Twice Blessed: Everything You Need To Know About** - Second Child Preparing Yourself Your Marriage And Your Firstborn For A New. Family Of is one of digital edition of Twice Blessed Everything You Need To Know need to know about your firstborn for a new family of four the paperback. **Twice Blessed Everything You Need To Know About Having A** Twice Blessed: Everything You Need To Know About Having A Second child--preparing yourself, your marriage, and your firstborn for a new family of four. **New Baby Sibling CS Mott Childrens Hospital Michigan Medicine** Nov 4, 2014 Joan Leonards Twice Blessed offers everything you need to know about having yourself, your marriage, and your firstborn for a new family of four. Know About Having A Second Child-- Preparing Yourself, Your Marriage, **Twice Blessed: Everything You Need To Know About Having A** Second Child Preparing Yourself Your Marriage And Your Firstborn For A New. Family Of is one of digital edition of Twice Blessed Everything You Need To Know Firstborn For A New Family Of Four that can be search along internet in. **Twice Blessed : Everything You Need to Know about Having** - eBay Buy Twice Blessed: Everything You Need to Know About Having a Second child--preparing yourself, your marriage, and your firstborn for a new family of four. **Twice Blessed Everything You Need To Know About Having A** Everything You Need To Know About Having A Second Child-- Preparing Yourself, Your Marriage, And Your Firstborn For A New Family Of Four Joan Leonard. **Twice Blessed Everything You Need To Know About Having A**