

**Mum To Mum: Pass It On** *Helen Stephens* (£9.99, [fromyoutome.com](http://fromyoutome.com))

**Dawn Kydd, 24, from Staffordshire, is mum to Sean, three months**



‘This book is full of advice from mums that really made me smile. Before having my baby, I was clueless and this helps you get to grips with motherhood. There are sections on everything from birth and feeding, to changing and twins, with lots of tips throughout. I wish there was a contents page, though – it would help organise the book so you can dip in and out. A great mum-to-be gift.’

**Five-second tip** ‘It takes up to six weeks to get the hang of breastfeeding, but don’t be upset if it doesn’t work out for you.’

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