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**FOR IMMEDIATE RELEASE**

## **MOMS 2 BE: TOP TEN CREATIVE WAYS TO ANNOUNCE YOUR PREGNANCY**

Author/OB-GYN Dr. Linda Burke-Galloway Gives Light To An Exciting Way To Tell Friends, Family and Most Importantly HIM; That You Are Expecting

Announcing a pregnancy doesn't have to be a mundane experience for moms 2 be; Author and Board Certified OB-GYN Linda Burke-Galloway shares her top ten tips for making that announcement a good one. On her website [www.smartmothersguide.com](http://www.smartmothersguide.com) Dr. Burke-Galloway gives insight to the importance of sending a unique message to loved ones.

"Whether you've been trying to conceive for years or immediately became pregnant after the first try, how do you tell your loved ones when that moment finally arrives?" asks Dr. Burke-Galloway. She suggests pregnant women invite their husband and/or family to a restaurant and then ask the server to bring a baby's high-chair for the future family addition. These tips have been gloried by others on her blog. Anitra a North Carolina mommy blogger states "These are all pretty cool. I wasn't that clever with mine—I was in shock with the first pregnancy but I will definitely use one of these tips for my next!"

Dr. Burke-Galloway encourages moms 2 be to add to her list by posting comments on her blog "This idea can be larger than we think; a new way to celebrate becoming pregnant!" Dr. Burke-Galloway adds.

Dr. Linda Burke-Galloway is a Board Certified OB-GYN and the author of *The Smart Mother's Guide to a Better Pregnancy: How to Minimize Risks, Avoid Complications, and Have a Healthy Baby*. She has over 20 years experience in the medical profession and is an expert in high risk pregnancy. She is also a Top Physician on [www.lifescrpt.com](http://www.lifescrpt.com) a community with over 100,000 members and provides monthly tips to moms 2 be.

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For more information on Dr. Linda Burke-Galloway and *The Smart Mother's Guide* or to schedule an interview with Dr. Galloway, please call Zanade L. Mann at 877/420-8610 or e-mail Zanade at [pr@onlineandoff.net](mailto:pr@onlineandoff.net)