

YOUR BABY'S AMAZING DEVELOPMENT, WEEK BY WEEK

# Pregnancy & Birth

The UK's No.1 pregnancy magazine

AUGUST 2011 £2.80

## HAPPY HEALTHY YOU

How to hit your perfect pregnancy weight

### 81 SMART NEW BABY BUYS

From bibs to bouncers

### Get the birth YOU want

New mums reveal their essential tips

The modern rules of love and sex for parents-to-be

### AM I NORMAL?

Your pregnancy, labour & baby questions answered

**WIN!**  
**£10,000**  
WORTH OF PRIZES INSIDE  
Nurseries, pushchairs and more

Real life

**'I ditched my epidural and stayed in control'**

**JESSICA ALBA**  
On hypnobirthing and her pregnancy style

## WHAT TO WEAR now!

Make summer's key trends work for your pregnant body

[www.askamum.co.uk](http://www.askamum.co.uk)



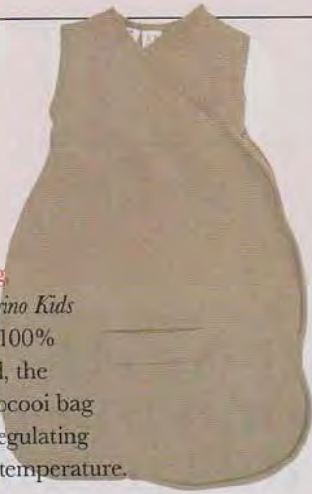
HEALTH \* ADVICE \* LIFE \* SHOPPING \* FASHION \* HOMES \* BABY



# 1

## Sleeping bag

£49.95, *Merino Kids*  
Made from 100% merino wool, the luxurious Cocooi bag is ideal for regulating your baby's temperature.



# 2

Baby oil, £14.50; diaper cream, £12; shampoo, £10.50, *Mádara* This trio of chemical-free products is all you need to keep your baby feeling fresh.



# HOTlist

**WIN!**  
ALL THESE GORGEOUS PRODUCTS - SEE PAGE 84

This month's must-have buys

# 5

Military change bag, £110, *OiOi* We love this trendy satchel-style changing bag - ideal for dads to tote around, too.



# 6

Cakes, from £20, *Fabulous Bakes* Yummy handmade cakes delivered to your door - the perfect present for a new mum.



# 10

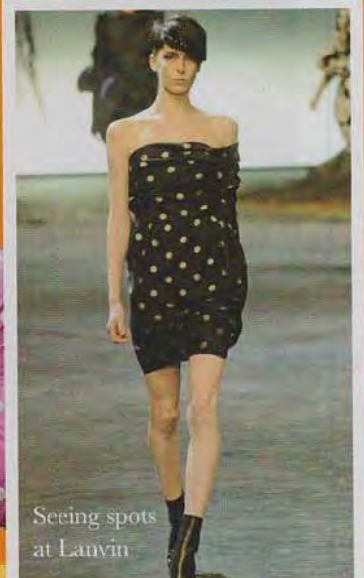
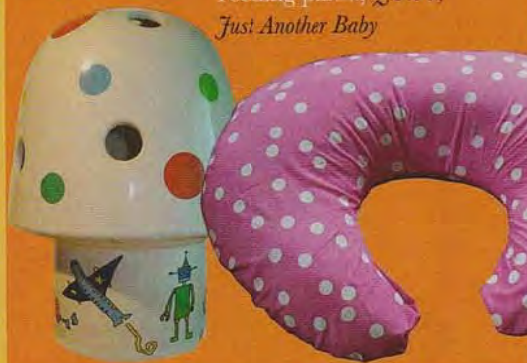
Three Of A Kind comfort blankies, £25, *Lush Baby* What a great idea! Sold in packs, you'll now always have your baby's favourite close to hand.



# 11

## Catwalk to cot Polka dots

Night light, £45, *White Rabbit England*  
Feeding pillow, £9.99, *Just Another Baby*



Seeing spots at Lanvin



Maternity bra, £39; briefs, £25, Elle Macpherson Intimates  
Ditch your dull white undies and treat yourself to this pretty set.



Bibs, £7.50 each, Busy Peas Make feeding time fun with these funky and eye-catching bibs.

7 Vista pushchair, £599, Uppa Baby  
With two new summer colours, our favourite US import has just got even better. Comes complete with carrycot and sunshade.



Slippers, £26, Ruby & Ed  
Pretty and practical, these are just what pregnant feet need at the end of the day.



Gift set, £26, Daisy Roots  
Comprising of an organic cotton bodysuit and a cute pair of fleecy slippers, this makes a great baby shower gift.



Swimming pants, £26, Koeka  
No contest – these are the cutest swim pants we've ever seen!



Petits et Mamans soaps, £16, Bvlgari  
Delicately scented with bergamot and orange, these animal soaps make a lovely bathtime treat.

14 Giant rubber duck, £11, Hevea Baby  
Not only is it super-cute, but this bath toy is made from 100% natural rubber so no BPA or PVC.

