

THE UK'S BEST-SELLING MAGAZINE FOR MUMS



www.motherandbaby.co.uk

Mother & Baby

Rockabye baby!

Help him sleep better tonight with the perfect lullaby

MAGIC WORDS

8 clever tricks to boost your toddler's confidence

WHY EXERCISING WITH A BUMP MAKES YOU FEEL AMAZING!

Travel cots tested

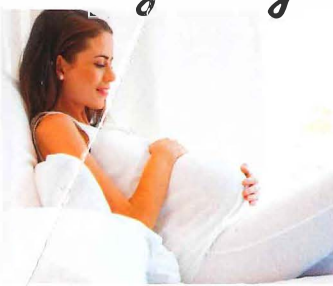
Support your baby to take her first steps

THE GOLDEN RULES OF TEETHING



£3.99 MAY 2017
9 770047 817237 05 >

Pregnancy



Reviewed



Advice



Shopping



Q How can I capture my pregnancy in an elegant and unique way?

A A beautiful, hand-painted pregnancy portrait by Bloom Illustrations is a perfect way to capture your pregnancy. The stylish A3 watercolour portraits provide a totally original and elegant way to remember those precious months.

"I wanted to capture the beauty of pregnancy in a way that celebrates pregnant curves, but without making women feel self-conscious" explains Bloom Illustrations founder, artist and mum of two Becca Wood, 35. For ease and comfort Becca works from a reference photo (she understands lengthy posing sessions wouldn't be possible!), and she can give simple tips to ensure you get a good photo she can work from.

They make a perfect keepsake for yourself, or a thoughtful and treasured gift for your partner or pregnant friend. Portraits are £95.

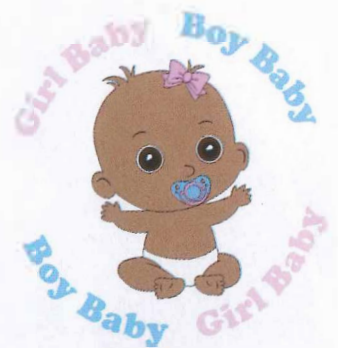
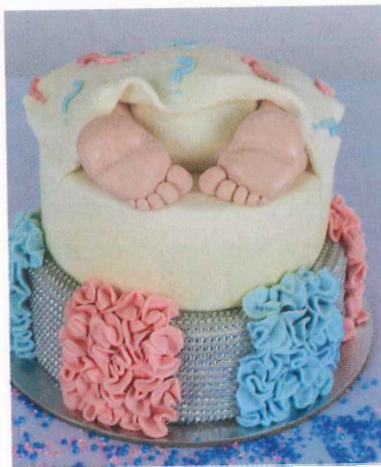
www.bloomillustrations.com or Becca@bloomillustrations.com



Q My friend is having a baby and has asked me to plan her baby shower, HELP?

A Here at Girl Baby Boy Baby we offer a bespoke baby shower service specialising in creating the ultimate dream baby shower to remember before your little star is born. We provide personalised gifts to compliment the special day; for the Mother, Baby and not forgetting the Daddies too! Girl Baby Boy Baby create all kinds of baby shower themes from twinkle twinkle little star to mad hatter & many more. To avoid disappointment we recommend the planning to start when the fabulous Mother to be is in the last 3 months of her pregnancy to ensure that we have a considerable amount of time to plan, design and create the shower of her dreams.

For more information please visit us at www.girlbabyboybaby.co.uk
Tel: 0203 652 4088 hello@girlbabyboybaby.co.uk



Q When I go on maternity leave all my friends will still be in work. How important will friends be?



A How much support you need from friends will depend on the type of person you are, but the early days and months with your baby will sometimes feel as challenging as they are wonderful. You might find the kinds of questions you ask yourself most often will be along the lines of "is it normal for my baby to...". So if you can extend your friends network to include other new mums, it can make a real difference to how you feel you are coping.

One popular way to meet other mums before the baby arrives is through an antenatal course. NCT's courses are particularly well known for making friends – some mums even describe them as a lifeline! Check out www.nct.org.uk/antenatal for more details.

Look out as well for your local NCT bumps and babies groups, hangouts and outings – which are cheap and sometimes free. The best part is you can attend these even if you haven't done an NCT course – just turn up and you'll be made welcome. Check out what's on through your local branch at www.nct.org.uk

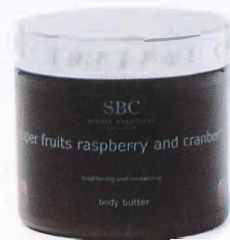
You'll also find details of paid workshops and courses, such as mother and baby yoga, early parenting, baby massage, baby first aid, and when the time is right, introducing your baby to solid foods.



Q How can I prevent and reduce the appearance of those pesky stretch marks throughout my pregnancy?



SBC
SIMPLY BEAUTIFUL
collection



A Stretch marks are the visible effects of the dermis tearing, caused by rapid skin stretching and growth. SBC's Super Fruits Body Butter is rich in vitamins, anti-oxidants, and nourishing shea butters to keep this area moisturised, prevent itching and reduce the appearance of the stretch marks while still in their red and thus 'fresh' phase. Vitamin E is also considered highly beneficial for addressing stretch marks due to its refining and repairing properties, so a layer of SBC's Vitamin E Gel finished with an application of Super Fruits Body Butter will keep skin supple, hydrated and better protected against long term damage.

Super Fruits Body Butter (450ml) £25, Vitamin E Skincare Gel (250ml) £19
www.sbcgel.co.uk