

Mother & Baby

The No.1 pregnancy, baby and toddler mag

The truth about your BODY AFTER BIRTH

- Shape up in 6 weeks
- Sneaky shortcuts
- Real mums' tips

PREGNANCY EXCLUSIVE

'I can't ask *that!*'

Our midwife answers your
most embarrassing questions

**THE DANGEROUS
SAFETY MISTAKE
MOST PARENTS MAKE**

Turn to
page 62
NOW!

**'I gave birth in the
back of my car'**

REVEALED!
What men really think
about sex after birth

Stress-free family holiday guide

Read this
before you
book!



welcome & contents

March 2006



Hi More than two years after my daughter Kate was born, I know my body will never be the same as it was before my pregnancy – but a caesarean scar, a few stretchmarks and smaller (and sadly saggier) boobs seem like a fair price to pay for a happy, healthy little girl. The pregnancy pounds took longer to ‘fall’ off than I expected, though. If you’re feeling the same, turn to **page**

79 for the real mum’s guide to getting your body back. Plus, we ask a dad to spill the beans on **what sex after birth is really like for men, page 95, challenge one mum and toddler to live without TV, page 113,** and look forward to some **fantastic family holidays this summer, page 119.**

See you next month

PS Our new-look website goes live this month – I’m particularly proud of the new feature, which tells you where and when the best baby bargains are each week. Save some pennies by logging on to motherandbabymagazine.com

Elena

Elena Dalrymple
Editor and mum
to Kate, two

YOUR FREE GIFTS

FREE!
Baby record book



PLUS
Mam soother & teat*



AND
Save £5 on the Vertbaudet catalogue*

*To send off for

*Minimum spend of £10

COVER STORY

MUMS' CLUB

News, stories and advice

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Mother & Baby
magazine
LOVES...

Things I LOVE this month

I used to take everything but the kitchen sink with me wherever we went when Kate was a newborn, so the Healthy Back Baby Bag would have made the huge load feel lighter! This changing bag is designed ergonomically to reduce shoulder, neck and back strain, but there are plenty of pockets to help you get things organised, as well as an insulated bottle pocket, a folding changing mat and a removable waterproof zipper pouch for wet items. Available in lilac, black and green from HippyChick, £49.99. Go to hippychick.com or call 01278 434440.



reveal a colourful scene – no mess, and the mats can be used over again. Aqua Draw Mini Mats, £4.99 for four scenes, Tomy – call 02380 662600 or visit tomy.co.uk for stockists.

♥ Kate's almost ready for a toddler bed, so I've been poring over the Mothercare First Bedrooms catalogue, which is packed with gorgeous furniture, bedding and accessories to turn the nursery into her favourite room. Pick up your copy in store or call 0845 330 4030.



♥ I'm packing loads of distractions for Kate on a long-haul flight, and this was the first item I picked, a travel-sized version of the hugely successful Aqua Draw. Fill the pen with water and your toddler will



♥ I love Vital Baby cutlery – it's solid, vibrant and easy to grip. If your baby has moved from soft spoons to self-feeding, try these Training Spoons, suitable from nine months and available in four colours from Babies R Us, £2.99 for two.

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