



FREE FOR EVERY READER!
A beautiful baby portrait **Worth £50**

SEE YOUR BABY GROW
Her development week by week

Pregnancy

Baby & You

April 2007 £2.60

It's the time of your life!

START TODAY!
Your
Happy
HEALTHY
pregnancy plan

SECRETS
OF A
PAIN-FREE
BIRTH

...by mums
who know



Travel systems
Maternity trousers
Sterilisers
Spring dresses



Recognise
the first signs
of labour

Avoid
STRETCH MARKS
Essentials
p31



GET YOUR
RELATIONSHIP
READY FOR
A BABY

Caring for your newborn

* Breastfeeding myths - **BUSTED**
* Bottle-feeding basics - *sorted*

Shopping!

for the nursery



Kind to your baby's sensitive skin. **Organic Blankets**, from £22.50, Hippy Chick



Keep your baby comfy and amused. **Soft Embrace Bouncer**, £49.99, Summer Infant



Practical and stylish for toys, nappies and blankets. **10-bay Plantation Storage Unit**, £199, Urchin

Go traditional yet super-soft with this luxurious bed linen. **Gingham Rose Quilt**, £74.99, Urchin

Make your baby's nursery look good enough to eat! **Cupcake cushion**, £24.99, Urchin



Fun and games on the go for a busy baby. **Travel Activity Mat**, £27.99, TippiToes



Stimulate your baby's development. **Twinkle Wings Bethany Butterfly**, £14, Mamas & Papas

You've created the nursery, now it's time to splash out on lots of fun things to fill it with!

Rock your baby in style. **Rio Rocker Chair**, £59, Concord



Lull your baby to sleep in womb-like comfort. **Oberon Cradle and Frame**, £224, Urchin



See p122 for stockists



Chunky balls add a little fun and colour to this cot. **Bola**, £159.99, Cosatto



Check in on your baby without disturbing her sleep. **Quiet Sounds Video Monitor**, £79.99, Summer Infant Baby

