

Photography Yianni Aspradakis Stylist Samantha Docherty Zoe wears Peggy 'August' Broidere playsuit, \$49.95

### 4 mum

### 10 MATERNITY WARDROBE ESSENTIALS

The key buys you need for your maternity wardrobe

### 12 SUPERIOR SUPPORT

A range of maternity and nursing bras that are supportive, pretty and comfortable

#### 14 IN THE BAG

Carry all of bub's gear in a practical and on-trend nappy bag

## 16 WHAT TO PACK IN YOUR HOSPITAL BAG

Be prepared for delivery day by having your bag packed

### 20 PUMP IT

Our buyer's guide to breast pumps will make choosing one a little easier

### 22 WHAT YOU NEED TO FEED

A selection of handy products to help with breastfeeding or expressing

### 24 PAMPER YOUR PREGNANT BODY

Beauty buys to help your changing body feel amazing

### 27 HEALTHY MUM, HEALTHY BUB

Familiarise yourself with the supplements you need for you and bub

## 29 YOUR PREGNANCY WELLNESS GUIDE

Our top tips to help you prepare for a healthy pregnancy





### 4 nursery

### 34 HUSH LITTLE BABY

Decorate your little one's room with great buys – both classic and modern

#### 39 ON DUTY

Baby monitors and how to choose one

### 40 IT'S A WRAP

Swaddles, wraps and sleeping bags for safe snoozing

### 42 LIGHTS OUT

Provide comfort to bub with the gentle glow of a night-light

### 43 SLEEP TIGHT

Practical sleep aids to help bub doze off

### 4 travel

### 56 ON THE MOVE

The ultimate guide to buying the best pram or stroller for your family

### 64 HIT THE ROAD

Everyone will sleep well when you take a travel cot on your next getaway



#### 66 BABY ONBOARD

Keep your little one close to your heart by wearing him in a sling or carrier

### 68 IN TRANSIT

These capsules, car seats and travel systems will get you and bub safely to your destination

## 4 safety

Safety tips for baby-proofing your home

### 74 PATCH IT UP

A well-stocked medicine cabinet can help you make it all better



### 78 SMOOTH OPERATOR

Gentle washes, lotions and massage oils for soft skin

### 80 YOU ARE MY SUNSHINE

Protect your bub's skin by staying sun safe and applying sunscreen

### 82 IT'S BATH TIME, BABY!

Prepare for bath time with tubs, toys, clever gadgets and more

### 84 TIME FOR CHANGE!

Keep bub clean and dry with disposable and reusable nappies

### 86 WIPE IT AWAY

Mop up mess with a quality baby wipe

### 88 NAPPY RASH SOS

Salves to treat and prevent nappy rash

### 4 mealtime

### 92 **HIGH AND MIGHTY** Shop smart for highchairs with style

### 94 HAPPY MEALS

Plates, spoons, cups, bibs and first foods  $% \left\{ 1,2,\ldots ,n\right\}$ 



# 4 playtime

Bouncers and rockers for bub's entertainment

### 101 TAKE THE FLOOR

A playmat encourages tummy time and physical development

### 102 FUN AND GAMES

Fun and educational toys for your littlie

### 4babywear

### 104 YOUR ESSENTIAL BABY PLANNER

A checklist of must-haves that will help you prepare for bub's first six months

### 108 BABY'S FIRST WARDROBE

On-trend outfits for your little fashionista

### 114 SPECIAL DELIVERY

Unique gift ideas new mamas will love

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