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PREGNANCY & newborn

15 PRODUCTS
EVERY NEW
MOM NEEDS

THE BOUNTY OF *life*

Expert advice
on a bevy of
breastfeeding
concerns

ON THE MARK

First-year
milestones
and ways
to help
baby grow

Breast
pumps
for every
lifestyle

WAKE-UP CALL

Fighting
fatigue while
pregnant

Bump-safe
medications

Well-rounded
reads for little
libraries

August/September 2020

pnmag.com





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pipa™ lite r

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MIXX next is made for comfort and convenience, with an all-season seat, UPF 50+ canopy with ventilation windows, large storage basket, and no-rethread harness.

Find out more at nunababy.com



Contents



46



54

FEATURES

46

Raring to grow

Milestone markers for baby's first year.

54

The short list

New mom must-haves you (really) need.



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GOOD HEALTH

29

Open wide

30

Birth Story

A tale that reminds us birth is totally magical.

34

Labor & Delivery

A to-the-point guide on epidurals.

36

Wellness

Fatigue-fighters for pregnancy.

GOOD LOOKS

39

Hair scare

40

Beauty

Stretch marks the spot.

42

Lifestyle

Welcome back your pre-preg faves.

44

Style

What's hot now for both big and little.

GOOD MOM

61

Store for later

62

Breastfeeding

Insight to new-mom nursing concerns.

66

Ask the Experts

The pros answer your most pressing questions.



45



The Best Fit from Day 1 to Year 10

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fit4™
4-in-1 Convertible
Car Seat

GOOD GEAR

69
Wise choice

70
Road Test
Tried and true (and a few new!) breast pumps and sleep safety gear.

78
Top 10
Products that help baby clean up well.

IN EVERY ISSUE

8
From the Editor

10
Community
What you had to say.

14
Giveaways
Your chance to win amazing prizes!

17
Cravings
Studies, stats and stuff we love.

For this month's cover, we are honored to introduce you to photography-based artist (and mother of three) Tawny Chatmon.

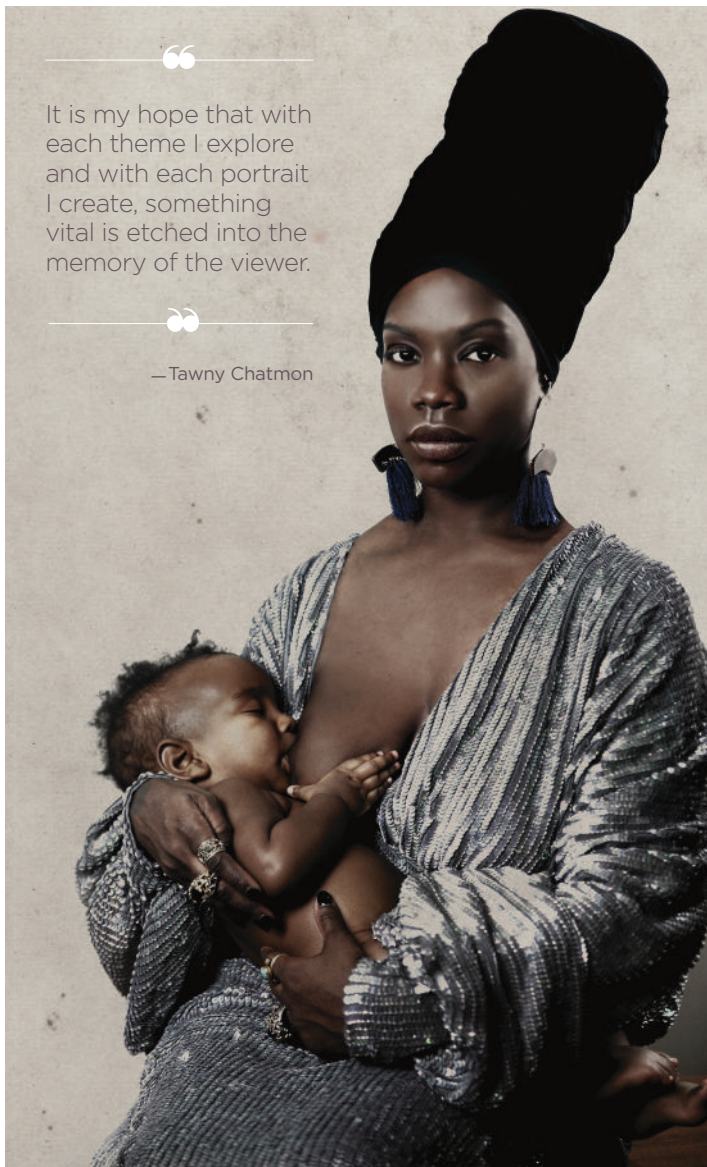
With over 16 years of creating, this self-taught artist instinctually melds her primary use of photography with digital manipulation, paint and gold leaf, among other layering techniques, to create fluid compositions that follow no set of rules.

To say we are moved by her portraits is an understatement. We so hope you are, too.



The Awakening/Beloved

tawnychatmon.com | @tawnychatmon



“
It is my hope that with each theme I explore and with each portrait I create, something vital is etched into the memory of the viewer.

— Tawny Chatmon

The Awakening/The World is Imperfect But You ...

FROM THE ARTIST:

“*The Awakening*” is a celebration of the beauty of black childhood, African American culture, and the delicate intricacies of protecting and raising a black child in today’s world. Loosely inspired by the work of Marianne Stokes whose portraits often showed the fine details of garments that were floor-length and embroidered.

The World is Imperfect, But You ... : A portrait of a friend breastfeeding her son. He’s beautiful; he’s precious; he’s delicate. The title reflects a mother’s wishes for the imperfect world to view him the same as she does.

Beloved: A portrait of my cousin Chelsie breastfeeding her beautiful daughter. Her tiny baby is loved, safe, and protected in her arms.

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As I settle into the third trimester of my third pregnancy, I can't help but notice an ever-present feeling I carry with me alongside my budding bump: I can't wait to meet this baby.

I know that probably sounds obvious considering I have two other children, both of whom I adore and was thrilled to bring into the world. But there's something distinct about mothering for a few years and then welcoming another child. I know what those tiny babes grow into (at least I know about ages 3 and 4, my kiddos' respective ages), and I recognize I am about to meet someone profoundly influential in my life. This little baby carries my attributes and my special parts, and will in turn shape me as I walk toward the next version of myself. I know this person is going to change me at my core and impact the dynamics of our lives. He or she is literally part of our future family—our future story—and we are about to meet face-to-face!

I clearly remember feeling this sense of excitement before and after my positive pregnancy test 32 weeks ago. Neither of my previous pregnancies were planned, and while this also wasn't planned, per se, my heart had already moved toward wanting another child and knew we weren't done growing our family. Little did I know we were already expecting, so the confirmation was so unique and significant in its own way in comparison to the complete surprises of my other reveals. It felt right, and I feel so incredibly fortunate to be pregnant again and welcome another baby!

This time around I believe I am better prepared. I know what conversations to cover beforehand and what plans to have in place for a smoother postpartum transition. I know the sheer exhaustion is coming, along with the guilt of not getting to be the same mom to my other children for a little while. I know my body will continue to go through massive changes, feeling good on some days and not so swell on



others. I expect the hard, but I also anticipate the joy. After all, there's no way to know whether or not this will be our last trip to newborn land (please no!), so my instincts are telling me to hold this one dear.

It took me almost five years to arrive at this place in parenting. I've always loved my babies, my family, but I didn't see the depth of blessing or the value in how I was being pruned and remolded. I used to long for a firmer footing in my parenting and would sometimes wish for more familiarity in my life. Now I look back and realize I was living THE life, and I am so thankful to walk through this again with that hindsight and greater connection to my emotions surrounding motherhood. I couldn't have known what I was missing until I understood that my big love for my children is what makes me want to mother again, and I have everything to gain by existing in each moment that will forever enrich my life.

Lauren

Lauren Lisle
Executive Editor

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Scan to win!

Welcome to the club

Readers reveal the first time they felt like a mama.

Show and tell

When I said it out loud for the first time. It was the first night, and I brought my pumped drops of colostrum to the NICU and said, "I'm Giacomo's mom, and I'm bringing his milk."

—@ms_tonina, Instagram

Instant message

As soon as I found out I was pregnant. You change your eating, you take vitamins ... I changed myself and things in my life just so she would be healthy. I felt it immediately because I knew my life was never ever going to be the same.

—Brandi Wright, Facebook

No doubt about it

I knew I was the moment I pushed a human out of where no human should come out of. But the real "Wow, I really am a mom," moment happened when I had to sweep the Kix cereal out of my bed before I could have sex with my husband.

—Jamie Edelstein, Facebook

Bit by bit

I got that motherly instinct to protect during pregnancy, but sometimes I still can't believe that this is my life now. Being a mother is both amazing and humbling.

—@samdobsonwrites, Instagram

Brave and true

When I was 24 weeks along and started preterm labor. I'm not the type to have courage for any pain, needles or medicines. But knowing my little guy was counting on me ... I had more bravery than I ever expected and refused to succumb to fear.

—Heather Ashley, Facebook

This is it

When I took my baby boy home from the NICU after 34 days. Then it hit me that it was up to my husband and me. No nurses, no monitors, nothing. It was bittersweet.

—Nicole Russell, Facebook

Hit home

When the kicks and rolls became more consistent. I already have this instinct to love and protect my baby no matter what, and my due date is 10 weeks away.

—@ladysol99, Instagram

Baby on board

When I instinctively shielded my baby bump in a crowd of people. I knew at that moment I had the most precious cargo to protect.

—@mrskfigs, Instagram



Bare necessity

There have been many moments, but it resonates most when I realize how much this little person needs me—for food, comfort, support. The simple act that when I pick him up from nursery school and he needs to nurse and be close. I hear him sigh and release his day.

—@roxanns, Instagram

Going strong

When my daughter was born, she went straight to the NICU because of severe heart defects. I had a C-section and was separated from her until the next day. I walked back and forth from my room to the NICU to nurse her, to mother her for three days. That walk down the hallway was tough, painful and tearful at times. That's when I felt like a mother.

—@heartandthread, Instagram

You first

The first weeks of motherhood are extremely hard. ... But no matter how hard it was, how tired I felt or how many tears were falling from all the crazy hormones, I felt this incredible compelling desire to deny myself and take care of the needs of my baby girl. This was an amazing feeling, and during those terribly hard moments I knew I was a mother.

—@drechavez_, Instagram

Stare down

After I gave birth and he was placed on me for skin-to-skin and looked right into my eyes (and soul).

—@caitlinlaurie, Instagram



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“

I am a **busy working mom**, so I need both **comfort** and **portability** when it comes to a pump. This Ameda Mya provides just that with a **super small body**, adjustable suction levels, built-in massage (hello, self-care!), AND a **rechargeable battery**. That's right - no more looking for AAs before your workday!

- **Olivia Zapo**, *Motherhood & Style vlogger* | @oliviazapostyle



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PREGNANCY & newborn



Konges Sløjde stacking toy, \$48 for similar, scaniborn.com

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Published by
Halcyon Media, LLC.

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Halcyon Media, LLC.

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Printed in the U.S.

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◀ One hot mama will gain the **Blueair Blue Pure Fan**, a stylish filtration fan that purifies as it cools—and looks good doing it.



▶ One fortunate family will score the **Silver Cross Wave luxury stroller**, made to deliver premium comfort and protection for up to two tiny tagalongs.



▼ One set of cuddle buddies will receive the new **Graco Cradle Me 4-in-1 Carrier**, suitable for newborns without the need for additional accessories.



▲ One strolling duo will win the **Jeep Hydro Sport Plus Jogger Stroller by Delta Children**, a versatile model that offers a quality running experience while keeping baby content.

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Giving your baby a healthy start

By choosing to vaccinate during pregnancy and into parenthood, you're setting your growing family up for the best chance at staying well from the very start.

Planning ahead is important because you will need to make vaccine-related decisions almost as soon as your baby is born. For example, CDC recommends newborns get the first dose of hepatitis B vaccine shortly after birth, so it's a good idea to discuss any questions ahead of time.

Following CDC's recommended immunization schedule will provide protection for your baby against 14 vaccine-preventable diseases by the time he's 2 years old. Your baby will need more than one dose of some vaccines to build strong enough immunity to prevent disease or to boost immunity that fades over time.

Make sure family and other caregivers get their flu vaccine and a whooping cough vaccine as recommended, to reduce the risk of passing diseases onto your baby.

Take steps to protect yourself and your baby against preventable disease. Talk to your healthcare professional about which vaccines you need during pregnancy, and meet with a pediatrician or family doctor to discuss your child's vaccines. To learn more, visit cdc.gov/vaccines/parents. ■

When you're pregnant, you naturally spend a lot of time wondering about the future. What will birth be like? How will it feel to be a parent? Who will baby take after? There's so much to look forward to, but it can feel overwhelming thinking about everything you'll need to do and decide. The good news is you can begin an important part of the parenting journey right now: vaccination. From the early days when you're first thinking about having a baby to the distant time when your child leaves the nest, vaccines are an essential part of keeping your family healthy.

Caring for two

During pregnancy, you share everything with your baby. That's why it's essential to get vaccinated. Vaccines protect you from diseases that can cause complications for both you and your baby. Vaccination can also pass along some immunity that will help protect your newborn during the first several months after birth, before they are able to receive their own vaccines.

The Centers for Disease Control and Prevention (CDC) recommends getting a whooping cough vaccine (also known as

Tdap) between 27 weeks and 36 weeks of every pregnancy. If you will be pregnant during flu season, it's important to get a seasonal flu shot, too. It's best to get your flu shot by the end of October, but it's still valuable to get vaccinated throughout flu season, as long as flu viruses are circulating. It's safe to get a flu shot during any trimester of your pregnancy.

Flu and whooping cough can be deadly, especially in your baby's first few months of life. Getting vaccinated against these diseases during each pregnancy helps protect both you and your baby. Studies show flu and whooping cough vaccines are very safe for pregnant women and their developing babies.

Planning ahead

Pregnancy is the perfect time to learn about vaccines for your baby as well. Find a pediatrician or family doctor and schedule a prenatal consultation. This visit is a great opportunity to discuss which vaccines are recommended for your baby and ask any questions you may have. When your baby arrives, you'll know what to expect, and you'll have a vaccination plan.

CAN PREMIES GET VACCINATED ON SCHEDULE?

Yes, CDC and the American Academy of Pediatrics (AAP) recommend pre-term babies receive vaccines on schedule based on their birthdate, regardless of their weight. In fact, pre-term babies face an increased risk of developing complications from some vaccine-preventable diseases. This makes it especially important they receive all their vaccines on time. Research shows the standard immunization schedule is safe for pre-term babies and that potential vaccine side effects are the same as for full-term babies. However, when birthweight is less than 2000 grams (about 4 pounds, 6 ounces), hepatitis B vaccine may be delayed. Rotavirus vaccine may also be delayed until the baby is ready to be discharged if they're still in the NICU at 2 months old, when this vaccine is recommended.

Crawlings



How to find mama friends

We know you love your tribe of gal pals, but every new mom needs a few empathetic ears once baby arrives.

→ Whether you're the first in your friend group to have a baby or have moved to another city, you may be asking yourself how to simultaneously nurture a newborn as well as future new friendships. Vicki Reece, fellow mom and founder of joyofmom.com, a site dedicated to connecting women in motherhood all over the world, explains that while it can be tough to start your mommy journey solo, it offers an opportunity to meet and connect with lots of new people.

"We always recommend new moms sign up for mommy-and-me classes. Our personal favorites are music, gymnastics and swim," says Reece. It might seem funny to suggest these classes for such young children, but each is beneficial for babies, and you're bound to bond with other mamas over how adorable your kiddos look in their swimsuits and gymnastics

gear. That small talk will soon turn to bonding over breastfeeding, sleep routines and hitting different milestones.

Reece encourages taking the plunge with making intentional plans and avoiding the possibility of going at this whole parent-thing alone. "Don't be shy to ask your new mom friends to join you for a cup of tea after class. It's likely they're trying to build up the courage to ask you to do the same! It's also important not to isolate yourself at home or dig yourself into a rut. Although it's a bit of a pain to pack the diaper bag, load the stroller and actually get yourself to an appointment on time, it will be well worth it. As a new mom, it's crucial for you to find a healthy, loving and supportive group of people who understand what you are going through and who are there for advice and like-minded conversation."

HOW TO:

Score a free breast pump through your insurance

If you're planning to breastfeed, you've probably thought about adding a breast pump to your registry. What you may not know is that thanks to the Affordable Care Act, pumps are covered under most health insurance policies for free or at a highly discounted rate. Here's how to receive your own.

FOR MORE INFORMATION ON INSURANCE BENEFITS, VISIT HEALTHCARE.GOV.

1| Choose a third-party service to see if you qualify. You can certainly call your insurance company on your own to get the ball rolling, but services like Aeroflow Breastpumps, Edgepark and Yummy Mummy make the process quick and easy. Visit a few sites to see what products are offered in your area; most companies carry unused models from top-of-the-line brands like Medela, Spectra, Lansinoh and Ameda, just to name a few.

2| Fill out your insurance information. The third-party service will verify your coverage and submit the necessary paperwork. This process is surprisingly fast, and moms can often shop for their pump the same day once receiving confirmation.

3| Research your pump options. There are different varieties for different lifestyles and needs. Think about what you may want most from your pump (hands-free capability, battery-operated, hospital strength for multiple sessions a day, quiet motor, etc.) and weigh the options. Once you select your preferred model, you can check out directly from the website, and your pump will be shipped straight to your door.



Some insurance companies also offer reimbursement for support bands, compression wear and postpartum recovery garments. See if you qualify through Aeroflow Breastpumps (aeroflowbreastpumps.com) or a similar service.



PHOTOS: ISTOCK.COM / (PUMPING) BLANSCAPE; (ILLUSTRATION) MATSABE



LILY PAD LOUNGE
 Perfect for playdates, tummy-time or story hour at home or out in the elements.
Blablakids play mat, \$58, blablakids.com

Wash and learn

Put down the stain remover, mama! These stylish floor accents dress up any nursery space and can be tossed into the washing machine on a whim.



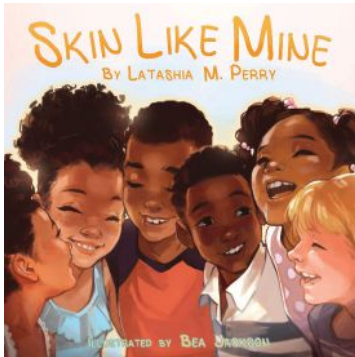
FALL IN LOVE
 A cushioned mat made of the softest materials makes for an ideal spot to take those first steps.
Toki Mats play mat, \$165, tokimats.com



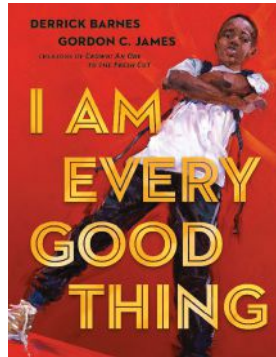
GATHER ROUND
 A sweet and charming spot for big sibs and baby to enjoy their first tea party with friends.
Marmalade area rug, \$110, bedbathandbeyond.com

BOOK CLUB

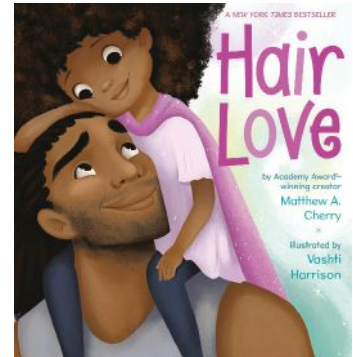
WORTHY READS TO EXPAND YOUR BITTY'S BOOKSHELF AND CELEBRATE DIVERSITY.



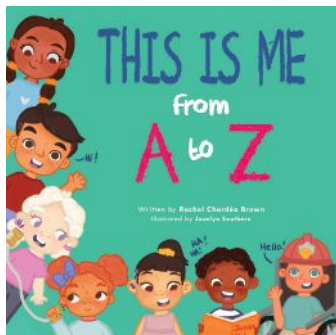
Skin Like Mine
Encourage little sponges to embrace others who look different than them, while also loving the skin they're in.
G Publishing, \$9, amazon.com



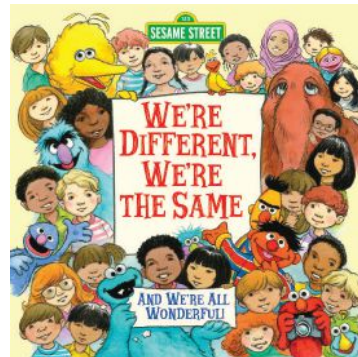
I Am Every Good Thing
Teach children to be proud (and loud!) of everything that makes them who they are.
Nancy Paulsen Books, \$18, prh.com



Hair Love
A touching ode to valuing your natural hair—and a reminder that parents help set the standard.
Kokila, \$18, barnesandnoble.com



This Is Me From A to Z
With the help of the ABCs, highlight the unique features and abilities of every amazing child.
Rachel Chardéa Brown, \$13, amazon.com



We're Different, We're the Same
Friends from "Sesame Street" explain that we're all the same on the inside, and it's our differences that make our world a special place.
Random House Books for Young Readers, \$10, penguinrandomhouse.com



Want more sleep? **SWADDLE UP™**

Unlike traditional swaddles, the unique arms UP design of our Swaddle UP™ replicates your baby's behavior in the womb, allowing the natural arms UP position and movement of their hands to their mouth to truly self-soothe, resulting in more sleep for everyone.

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Find out more at lovetodream.com



@lovetodreamusa #lovetodream #swaddleup

COUNTER SERVICE

What medications are safe to take while pregnant?

It's no secret you don't always feel your best while expecting. With nausea, headache and back pain ever-present, it can come as an unfortunate surprise that soon-to-be mamas are encouraged to refrain from taking unprescribed medication during the first trimester, and if possible, until after baby arrives. (This may even apply for longer, depending on whether you're breast-feeding and what medications you plan to take.) On occasion, however, it may be medically necessary to do, and thankfully these options are available for relief.



→ PAIN RELIEF

- **TYLENOL** or acetaminophen (plain/extra strength) is OK for mild discomfort.
- Do not take aspirin (Anacin, Bayer) or ibuprofen (Advil, Motrin)

→ UPSET STOMACH

- Antacids (TUMS, Rolaids, PEPCID, Prevacid)
- Simethicone (Gas-X, Mylicon)
- **IMODIUM** for diarrhea

→ CONSTIPATION

- Fiber agents (Metamucil, MiraLAX, Benefiber)
- Laxatives for occasional use (Colace, Dulcolax)
- Tucks for hemorrhoids

→ COUGH/COLD

- Guaifenesin (Robitussin, Robitussin DM)
- Cough drops
- Vicks VapoRub

→ ALLERGY RELIEF

- **BENADRYL** tablets
- Saline nasal spray
- Neti pot or sinus rinse
- Claritin, ZYRTEC, Allegra

ALWAYS CONSULT YOUR DOCTOR BEFORE TAKING ANY MEDICATION WHILE PREGNANT AND ONLY USE AS PRESCRIBED.

Source: SSM Health

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by evomove.com



Design: Peter Opsvik

From Newborn to Teenager



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Nomi High Chair

Nomi Chair

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- Brings baby right up to the table
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- Holds over 300 lbs.



@NomiHighChair
#NomiHighChair

evomove.com

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SECURITY CHECK

Milestone moments are exciting for a new parent, but a recent national survey, led by baby gear experts Chicco, found that growth markers lead to car seat confusion and compromised safety. The results concluded that 20 percent of parents with two children incorrectly believe they should change a child's car seat from rear-facing to forward-facing when baby's legs are too long and touch the back of the vehicle seat, while 1 in 10 parents think they should make the switch when their baby turns age 1.

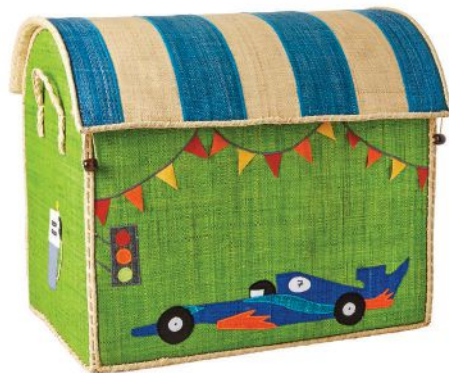
The American Academy of Pediatrics (AAP) recommendation is to wait until your child exceeds the weight or height limits of the seat before moving from back to front or to booster-mode. If you're unsure or need assistance with proper installation, visit safekids.org to find a certified child passenger safety (CPS) technician in your area.

For safe keeping

The best nursery storage is the kind that doubles as decor and gives back to those in need. These bright and beautiful, one-of-a-kind, handmade raffia houses are built with 100-percent

natural raffia and take approximately 38 hours to make.

Equally impressive is the fact that each mini home purchase supports more than 300 families in the Red Island of Madagascar. With playful scenes from jungles to farms to ballet recitals, there's sure to be a perfect fit for every nursery. What's more, Rice incorporates social responsibility into their business DNA, meaning they operate without child labor and offer fair wages and better working conditions for employees. **Rice Raffia Toy Boxes, from \$90, ricebyrice.us**



Editor's pick

If you're looking to up your post-partum experience, consider swapping your traditional peri bottle for a bidet toilet seat. After birth, dry wiping is a no-no—and for many moms, a no-go. This sitting savior uses i-wave technology to provide optimal cleanliness with customizable wash modes that adjust in temperature and pressure depending on your preference (read: gentle ... very gentle). It also features a heated seat and dryer, treating your tortured lady bits



to some much-needed TLC during recovery. **Coway Bidetmega 200 bidet seat, \$449, cowaymega.com**



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TOP REASONS TO TAKE A BIRTH CLASS

-  **Develop community**
-  **Get up to speed on the newest and best practices**
-  **Connect with your partner**
-  **Receive info on newborn care and breastfeeding**
-  **Practice pain management and positions for birth**
-  **Increase satisfaction with your upcoming birth story by gaining realistic insight into the childbirth experience**

DID YOU KNOW?

YOUR BABY HAS NO KNEECAPS AT BIRTH! THEY USUALLY DON'T DEVELOP FULLY UNTIL AFTER 6 MONTHS. BEFORE THEN, THERE IS A STRUCTURE MADE OF SOFTER CARTILAGE THAT RESEMBLES A KNEECAP.

IN THE CLEAR

A 2020 study by anthropologists at Purdue University shows that motherhood does not diminish attention, and that mothers are equally as attentive as, if not more attentive than, non-mothers, challenging the long-held perceptions of “mommy brain.” The study measured response times for three main networks of attention, including incoming stimuli, the brain’s direction and attention to something new, and the ability to resolve conflicting information.

Amanda Veile, assistant professor of anthropology at Purdue, explains that mothers may simply be reacting to their external circumstances. “We believe that ‘mommy brain’ may be a culture-bound phenomenon, and that mothers will feel the most distracted and forgetful when they feel stressed, overextended and unsupported. Unfortunately, many U.S. moms feel this way, especially now in the midst of economic and political instability and pandemic.”



PHOTOS: ISTOCK.COM; (TABLET) MIKIWAD; ILLUSTRATIONS: (HEART) ICON MASTERZPHOTOIS; (HAND) ASKRENOV



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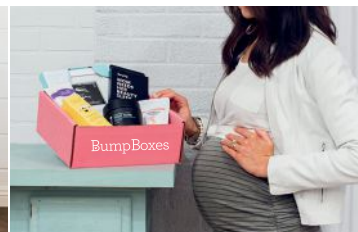


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Brushing up

Your prenatal oral health isn't only important for you, but for your budding babe, too.

→ According to the Centers for Disease Control and Prevention (CDC), one way to prevent cavities in young children is to improve pregnant women's oral health. Pregnancy can make women more prone to periodontal (gum) disease and cavities, and nearly 60 to 75 percent of pregnant women have gingivitis (an early stage of periodontal disease that occurs when the gums become red, swollen and inflamed).

These complications, when left untreated, can result in infection, tooth-supporting bone loss and the need for tooth extraction. Periodontitis has also been associated with preterm birth and low birth weight, so no excuses! Book that appointment and protect your pearly whites—and your wee one's future gummy grin.





Definitely maybe

The birth of Cleo Jude. By Lauren Brockman Andre

Cleo was due on August 2. Of course, we didn't know she was Cleo, or even that she was a she. But August 2 was the day we expected our maybe might arrive. Actually, that was the day we expected our baby wouldn't arrive. Our firstborn had been born on her due date, and the odds of that happening twice seemed especially slim.

My parents planned to fly in from Ohio late in the evening on August 1. Our biggest worry surrounding the birth was what we'd do with our toddler during it, so we were hoping they'd arrive in time to care for Isla—perhaps the only thing keeping me from desiring an early delivery.

The night before they were scheduled to arrive, I was awake throughout much of the night with contractions. Nothing too intense—they didn't require me to get out of bed—but serious enough that I found myself breathing through them. I mentioned the contractions, which were still ongoing, to my husband Ross the next morning (the first he'd heard of it—clearly my writhing hadn't bothered him in the night), and he insisted we text my mom and ask her to get on an earlier flight. I wanted to put it off—I didn't want to be the mom who cried “labor!”—but he convinced

me it was for the greater good (read: Isla's). So, we texted, she rearranged her day and rescheduled her flight to arrive that afternoon, and almost as quickly my contractions stopped.

Nonetheless, Ross loves any reason to “work” from home, and I love any reason to relax on the sofa, so he stayed home and hung out with Isla most of the day while I largely (in every sense of the word) took it easy. They went to the park; I napped. We hung out and savored what would be some of our last hours as a family of three.

About time

At 4 p.m. my mom's flight landed in Atlanta, and the moment her plane touched down my contractions picked up. There was a crazy storm blowing in around the same time, and by the time she made her way to Midtown on MARTA, she was caught in the midst of a torrential downpour. I didn't want her getting soaked or dragging her suitcase through puddles, so I sent Ross to get her. But when he got downstairs, he realized our parking garage had flooded and was unsure he'd be able to get out. Totally nuts!

By the time he was able to safely retrieve her, it was nearly 6 p.m. Ross had made

dinner, so they ate while I hung out, mostly pacing and rattling off random care instructions for Isla. At this point, we hoped the baby would arrive by morning.

Ross put Isla to bed around 7 o'clock, and we hung out chatting with my mom for a bit before she gently asked if I was thinking about heading to the hospital soon. “Oh, I don't know,” I said. “Do you think I should?”

“Well, you do seem pretty uncomfortable,” she said, as kindly as possible. Having birthed six babies herself, she was well-aware of the eggshells surrounding a 39.9-week pregnant woman.

Although I initially thought I'd stay at our apartment a few hours more, her suggestion began to change my mind. I reminded myself that I'd have the support of our midwife and doula when we got to the hospital. That I could labor in the birthing pool. That I didn't want to be super miserable for the car ride, albeit a short one.

So, we slowly started gathering our things, and Ross probably texted our doula Melissa, and we planned to head out around 8 o'clock, which we did.

I don't remember much about the car ride, except I made Ross take a selfie with

me and it was rather calm—not the frantic, uncomfortable ride I had wanted to avoid.

Ross dropped me off at the front doors of the hospital, and I carried my birthing ball in with me and waited for him in the lobby. There were very few people around and I took mental stock of the gift shop inventory as I waited what felt like a very long time for Ross to return.

When he did, we took the elevators to the labor and delivery floor, where it was oddly and uncomfortably hot. It was August, so I'd expected the air-conditioning to be running at full-force—alas, such was not the case. I can't recall why, but checking in took what felt like a lifetime. Nobody seemed particularly friendly or concerned, and also—did I mention?—it was hot.

Eventually we got assigned to a triage room, where the air-conditioning was mercifully working. A nurse fumbled around attaching the external fetal monitor, which I had to wear for 20 minutes, and then we turned the lights down to help things feel a little less sterile. Our doula Melissa arrived and our midwife Margaret came to check in. Margaret is like the Ina May Gaskin of Atlanta, and I was thrilled to have her attending our birth. She readjusted the EFM, which wasn't getting a

good read on the baby's heartbeat, and then left the room, saying she'd be back in another 20 minutes or so.

Prepped and ready

I sat on the birthing ball beside the bed, and Melissa squeezed my hips during contractions. I remember her telling me not to fight them, but to breathe into them and let my body do its work, which guided a really helpful mental shift on my part. The breaks between contractions seemed long, which I was thankful for but also worried meant labor was stalling (much like it had earlier that morning), so I decided to get up off the ball to ensure we kept making progress.

Soon, Margaret came back to remove the EFM, then offered the opportunity to use the bathroom before she checked me. I took her up on it and remember feeling shaky after having a contraction on the toilet.

Margaret helped me onto the bed and upon checking my cervix declared me 8 centimeters dilated.

"See, that birthing ball wasn't slowing you down a bit!" she smiled.

I was laying on my side and stayed there through a few contractions as they sorted out which delivery room I'd be going to. I remember Margaret asking if I was feeling "pushy."

"A little bit," I said.

Although I'd asked about a birthing tub, I was getting different answers about availability, space, etc., and later found out it wasn't an option because they were unable to get a good enough read on the baby's heartbeat to allow me in the tub.

I was rolled down the hall in the bed on my side, which felt physically OK but mentally too passive. As it became clear a birthing tub wasn't going to be available for me, I realized I wanted to move into a more empowering position. I asked Margaret and Melissa for suggestions, and they helped me onto my hands and knees on top of the bed.

The new position felt better, but it didn't provide the relief the tub did with my firstborn. I was feeling tired and having an internal conversation with myself that unfortunately concluded with there being no option but to keep going.

I overheard Margaret telling one of the nurses, "This baby is going to be born in the next 20 minutes," and I remember thinking: *You sure as **** better be right.*

Between contractions a nurse came in and asked about my pain level on a scale of 1 to 10. What a laughable thing, to be asking a woman on the cusp of giving birth about her pain level! My face must have said it all because Margaret answered for me: "In >>



between contractions she feels fine. During contractions it's a 10."

Melissa stayed near the head of the bed with a water cup and straw, and she provided encouragement with every contraction. Ross held my hand. Much more than with my last birth, I relied on their cheerleading to guide me to the finish line. The last leg of the race felt all-consuming.

Special delivery

But then! Our baby started making her way out. She was so close I recall Margaret saying I didn't even have to wait until the next contraction to push again. But I did, because I needed the break. Soon enough, though, the next contraction came, and so did she—en caul, even, with the amniotic sac fully intact. (A rare, and according to some, magical, phenomenon.) Margaret lay her on the table and I looked down between my legs. "She's a girl!" I announced, as I scooped her up (for a second, feeling bad about stealing Ross's thunder of announcing the sex—although, of course, he didn't mind).

The birth team helped me turn over onto my back, and I held her tightly against my chest as I delivered the placenta. Margaret gingerly took care of some mild tearing

with a few stitches. Cleo latched on and nursed voraciously, "a barracuda baby" as Margaret described her.

Our doula referred to her remaining vernix as her "birthday frosting," which, even though I'd just had a completely natural birth, felt gross to me, ha! And because I for some reason couldn't not know, I asked if I'd pooped during the process. "No," Margaret confirmed. Between that and the intact amniotic sac, it was among the neatest births she'd attended—not a bragging right per se, but I did feel a bit smug about it in the moment.

There are so many things I could go on to add. About that first night when Cleo slept for hours but I hardly did at all because how can you? About the restaurant that included cloth napkins and real silverware with our carryout order when they saw Ross's hospital-issued name badge at pickup. About Cleo and Isla meeting as sisters for the first time. About a tricky first few weeks as we realized Cleo's dairy sensitivity. About the utter joy and delight she now emanates.

But that's the thing about birth stories: There isn't ever a proper end point, really. Because, in fact, they're actually just the beginning. **P&N**



Meet the Andres

HOME: Atlanta, Georgia

CLEO NOW: An almost 11-month-old who loves her big sister, phone chargers and fake sneezes

BIG SIB: Sister Isla, age 3

FAMILY FUN: Baking, berry-picking, and after-dinner walks to see the neighborhood peacocks

ON THE MENU: Raspberries, hummus and complex soups

MILESTONE MEMORY: Recently traded army-crawling for the real deal

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Point of contention

To epidural or not to epidural? That is the question this guide is here to help you answer. We'll give you the facts and demystify the process, so you can decide what's right for you and baby.

By Chantel Newton

There is no single way to birth a child. Because no two labors and deliveries are the same (from how long they last to how they feel), what works for one woman might not for another. But many people—mothers and prenatal care providers included—can become fiercely divided on the topic of epidurals.

"It's not about judgment, and there is no one right answer for women," says Eileen DiFrisco, MA, RN, IBCLC, LCCE, member of Lamaze International and coordinator of parent education at NYU Langone Medical Center. "She has to make the decision that is right for her."

Whether you ultimately choose to forgo all pain medication or you decide you want that epidural placed ASAP, what matters is that you've made an informed decision. That's precisely what this primer aims to help you do. So, keep reading to get the scoop—from how it works to risks and benefits to what alternatives are available.

The procedure

Epidurals are an effective and widely used form of pain management during labor. Administering one requires the expertise of an anesthesiologist—not your regular prenatal care provider.

According to David Draghinas, MD, and Joe Jackson, MD, board-certified anesthesiologists and authors of *The Epidural Blueprint: Your Complete Guide to Management of Labor Pain*, once you've been admitted to the hospital and elected to have an epidural, the process typically follows these steps: You'll be asked to sit on the side of your bed, bent over with your back arched. This position makes it easier to locate the ideal space for placement—an area in the spinal column just outside the outer protective covering.

The anesthesiologist will sterilize and numb the area, typically with lidocaine, so you won't actually feel the epidural being

placed, aside from some pressure. A needle with a syringe at the end will be inserted into the epidural space, and a tiny flexible tube (aka catheter) will be threaded through. After the catheter is in position and the needle is removed, the anesthesiologist will apply a sterile covering and tape to hold the tubing in place.

"Once the catheter is inserted, a small test dose is given ... [to] monitor for any allergic reaction for about 10 minutes," explains DiFrisco. "If there's no reaction, the anesthesiologist will start the medication."

Unlike spinal anesthesia—a one-time injection of pain meds—this allows medication to be delivered continuously throughout labor, and it will ease the ouch from your belly button on down. Expect it to take about 20 minutes for the epidural to be in full swing.

The epidural can always be adjusted, up or down. Some hospitals will even provide you with a button that controls the release of medicine, so you can press for more relief. However, it's important not to overdo it. The objective is to alleviate pain without losing all feeling. You should still have a sense of pressure, which is what you can use to guide your pushing later on.

The considerations

In order to weigh your options, you'll need to know the pros and cons. The most obvious advantage to an epidural is the lack of pain and discomfort you'll be feeling. Being able to relax amidst contractions is important to some mothers. That also means a laboring woman will be able to rest—even sleep—so she can save her strength in preparation for pushing out a tiny human.

Other pluses: An epidural provides relief

without sedation, so you don't miss any part of your wee one's arrival. And it can be given at any time during labor, notes

DiFrisco, adding that it's most recommended during the active phase.

"Most women have very positive results from the epidural," she says, "but about 15 percent have either partial [relief] or no relief at all."

Common side effects include headache, fever and a drop in mom's blood pressure, which could require continuous IV fluids. You'll also, of course, be confined to a bed, so your movement during labor and early postpartum

will be restricted.

Some studies show that epidurals can slow down labor, DiFrisco says, particularly if they're given too early.

In extremely rare cases, epidurals can cause light-headedness, ringing in the ears, difficulty with speech or vision, and loss of consciousness, though the test dose is initially given to avoid these reactions.

The options

Laboring women have many choices when it comes to easing the hurt of contractions. Not all alternatives will numb pain entirely, like an epidural, but they can be effective in taking the edge off and making the process more manageable, explains DiFrisco.

Pharmacological

■ **Narcotics, such as Demerol or Stadol.** These increase pain tolerance and, consequently, mom's ability to relax. They might



WOMEN REQUEST AN EPIDURAL BY NAME MORE THAN ANY OTHER METHOD OF PAIN RELIEF. MORE THAN 50 PERCENT OF WOMEN GIVING BIRTH AT HOSPITALS USE EPIDURAL ANESTHESIA.

cause drowsiness or nausea. If given too close to birth, DiFrisco adds, they could cause respiratory and neuro depression in the newborn.

■ **Tranquilizers, such as Phenergan.** These can be given early on or during active labor. They will lessen anxiety and can also up the effectiveness of a narcotic if the two are given together. These do not offer pain relief on their own.


■ **Sedatives, such as Ambien.** These can be given in early or active labor to help moms rest. They may stop Braxton Hicks contractions and often cause drowsiness. They will affect mom’s whole body, as well as the baby’s.

Nonpharmacological

“These comfort measures can be used to provide natural pain relief, and they can be very effective during different phases of labor,” assures DiFrisco. “We always say if one is working, stick with it—if not, try another.” For some, these techniques could support them throughout labor; for others, they can be used up until an epidural.

- Active purposeful relaxation. (Try not to tense muscles during a contraction.)
- Focal point or guided imagery when a contraction occurs.
- Deep cleansing breaths at the beginning and end of a contraction. DiFrisco notes that this will not only give you more oxygen, but it will also cue your partner when a contraction is starting and has ended.
- Various breathing techniques during contractions to help refocus energy.
- Effleurage or massage on the lower abdomen in a rhythmic manner when contractions are occurring.
- Moving around and trying different positions.
- Warm water, whether in a shower or tub.

.....

 *Requesting an epidural—whether it’s typed into your birth plan or you decide in the throes of labor—is never a sign of weakness, so try to banish any feelings of guilt from the get-go. Remember: Only you know the pain you’re experiencing.*

There are a few instances in which an epidural might be necessary. If an expectant mother is having a C-section, an epidural is the best option that allows her to be awake and part of the birth of her child, says DiFrisco.

If a woman has had a lengthy labor and is exhausted, an epidural would allow her to rest and regain energy for delivery. Or if a mom-to-be feels her pain is intolerable and can’t get relief, an epidural might be a helpful alternative.

In most cases, the choice is yours to make. “Don’t worry about what other people think,” urges DiFrisco. “Make your decision based on a good understanding of the pros and cons of your different options. ... Your decision should be about information, not judgment.” **P&N**

Injection inspection

Wondering what’s in there? An epidural can be a combination of local anesthetics, narcotics (pain meds, including morphine, Demerol, etc.) and opioids, such as Fentanyl. Opioids lessen the amount of anesthetic necessary to keep moms-to-be pain-free, which in turn decreases the total amount of medicine your body receives. Worth noting: If you have a C-section, stronger local anesthetics might be added to the mix.

AS YOU DECIDE WHETHER TO MANAGE LABOR PAIN WITH ANESTHESIA, EILEEN DIFRISCO, RN, ADVISES MOMS-TO-BE TO ANSWER THE FOLLOWING QUESTIONS FOR THEMSELVES ...

- 1. Are there benefits for mom and baby?**
- 2. Are there risks to mom and baby?**
- 3. Are there nonpharmacological alternatives that could be helpful?**



WALK IT OUT

You may have some lingering numbness after delivery if you’ve had an epidural, so your nurses will assess the feeling in your legs before you receive the green light to stand up and walk around. Most are fine to get up and move, but take it easy. Some experience swelling as a result of the extra IV fluids.

Nodding off

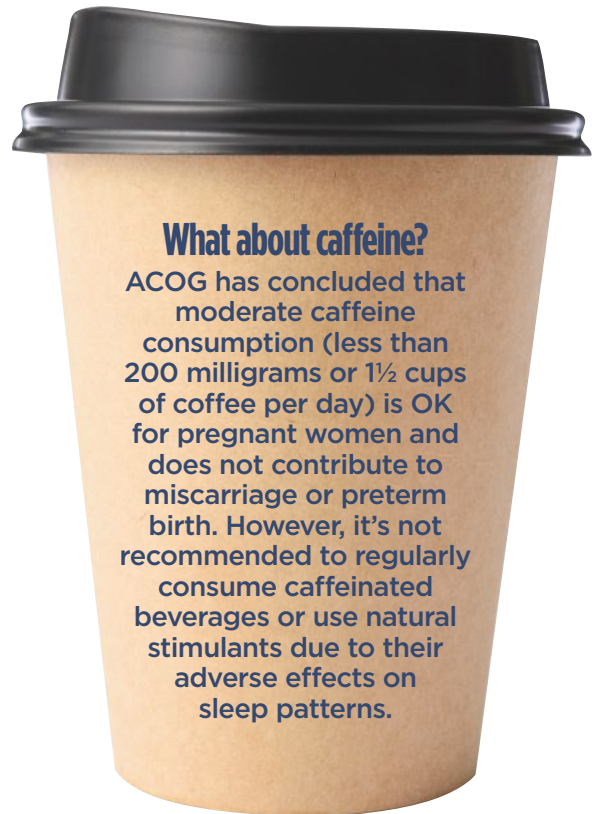
How to fight fatigue while pregnant.

Why am I so tired? This question is often asked by expectant women unfamiliar with the borderline crippling waves of exhaustion that accompany first and third trimesters of pregnancy. In addition to hormonal changes (and, you know, growing a baby), physical and emotional changes also lower energy and make you feel tired. These changes include increased estrogen and progesterone, lower blood pressure and blood sugar, increased blood flow, disrupted sleep, stress and anxiety and general pregnancy discomforts.

Pregnant women should aim to get the standard seven to eight hours of sleep per night, meaning you may have to choose to clock out a bit earlier than usual. In addition to making sleep a priority, follow these tips to combat prenatal fatigue.

- 1 / Create an atmosphere for rest.** A dark, quiet and cold room is your best bet for reaching a deep sleep. Black out windows and turn off digital clocks. Remove devices with blue lighting and try to keep your bedroom for sleeping only—no television. Turn the thermostat down to avoid tossing and turning from getting too warm, and enlist the help of some old-fashioned earplugs if you live on a busy street.
- 2 / Focus on nutrition and hydration.** Eating six smaller meals daily that are high in nutrients and protein can help keep your energy levels up. In addition, nighttime leg cramps (which are common in pregnancy and obviously interfere with quality rest) can be better avoided by drinking enough water and fluids throughout the day.
- 3 / Get some moderate exercise.** According to the American College of Obstetricians and Gynecologists (ACOG), regular exercise improves sleep for pregnant women and offers additional benefits including: reduced back pain, eased constipation, decreased risk of gestational diabetes, preeclampsia and cesarean delivery, healthier weight gain during pregnancy, improved overall fitness, strengthened heart and blood vessels and improved ability to lose excess baby weight after birth.

Be mindful to schedule physical activity for earlier in the day to avoid difficulty winding down after an energetic workout. Always check with your doctor before starting an exercise routine, and make sure to listen to your body's cues to avoid overexertion.



What about caffeine?

ACOG has concluded that moderate caffeine consumption (less than 200 milligrams or 1½ cups of coffee per day) is OK for pregnant women and does not contribute to miscarriage or preterm birth. However, it's not recommended to regularly consume caffeinated beverages or use natural stimulants due to their adverse effects on sleep patterns.

- 4 / Take a nap.** A study conducted by the National Sleep Foundation states that 51 percent of expectant women report taking at least one nap per day. Napping can be used to fill in the gaps for lost sleep at night, thanks to frequent urination and discomforts, but like exercise sessions, aim to keep them to daytime hours to prevent feeling too awake come bedtime—it could happen!
- 5 / Try to relax.** We know, we know ... this one feels a little obvious, but pregnancy takes a massive toll on your body and mind. In addition to the physical changes happening beneath the surface (increased blood production, higher heart rate, increased use of water and nutrients), your emotions are also surging, leaving you vulnerable to feeling overwhelmed. It's normal to feel taxed and in need of some extra downtime. Do what you can to create space for your overall well-being, especially if you're a poor sleeper and don't recover properly each night.



ANOTHER CAUSE OF PERSISTENT FATIGUE IS ANEMIA. LET YOUR DOCTOR KNOW IF YOU DON'T SEE POSITIVE CHANGES IN YOUR ENERGY LEVEL. SHE MIGHT PRESCRIBE AN IRON SUPPLEMENT TO GET YOU FEELING BETTER SOONER.

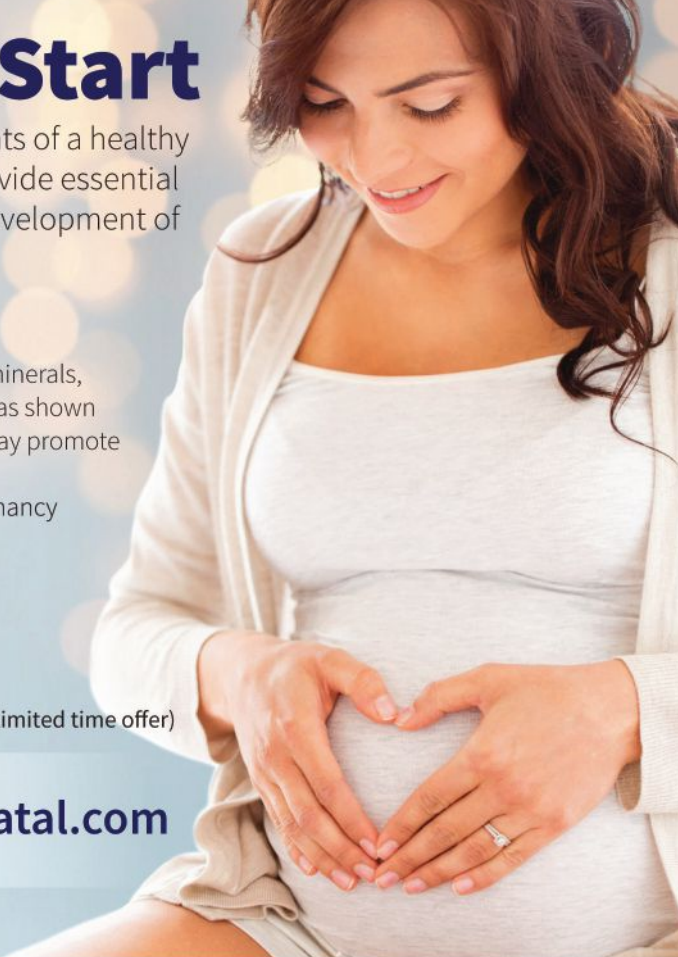
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→ During pregnancy, it's common for your tresses to feel fuller than they did before you were with child. That's because increased estrogen levels lengthen the growth stage of hair, reducing the amount of strands you shed and leaving you with more locks than usual.

After baby arrives and hormones start settling, you may notice excessive hair loss. Don't fret. It's not permanent. Just as your hair reacted to more hormones, your 'do is now responding to a lack thereof. Expect the adjustment to take about six months, but if the problem continues, talk to your doc.

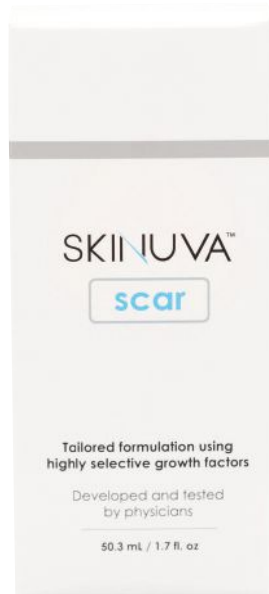
PHOTO: ISTOCK.COM/LEMONTREEIMAGES

Disappearing act

You can respect your mama stripes while also not wanting to see them every day. Luckily these lotions and potions are the masters of disguise.



So hydrating (all day!) and natural and sensitivity-friendly and free of all the bad stuff that you can also trust it for baby's bum. **Suki Skincare body balm, from \$17, sukiskincare.com**



Based on the science behind scarless healing in fetuses, this reconstructive surgeon-founded cream uses growth factors to additionally minimize your C-section scar—just consult your doctor for the safest time to start applying. **Skinuva scar cream, \$85, skinuva.com**



A proprietary blend of botanicals and peptides does double-duty on your wrinkles, too! **StriCura cream, \$70, stricura.com**



A host of oils (avocado, inchi, argan) nourish your budding bump with omega-rich creaminess. **Mama Mio tummy butter, \$34, mioskincare.com**

Hydration station

Moisture is a key component to staving off these streaks before they start. And although stretch marks can often be hereditary, adding these supple-inducing saviors to your routine only makes matters better.



Cane sugar gently exfoliates away dead skin cells leaving already quenched skin primed to absorb even more hydration. **Matrescence scrub, \$72, matrescenceskin.com**



That's right, a toning mask for your butt ... or your bump or anywhere that deserves some focused attention and retention. **Coco & Eve mask, \$40, cocoandeve.com**



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That “wow, I’m a chef now” cooking during early quarantine was fulfilling (emphasis) and all, but now we prefer our flavor-bombed foods to be healthy, portioned, prepped, delivered and ready to cook. **Sun Basket meal delivery**, from \$11 per serving, sunbasket.com

This vegan superfood is not only superb for our insides, our skin is just as obsessed with it as they are. **Vital Proteins spirulina capsules**, \$29, vitalproteins.com



Other luxuries are far less attainable than a Sunday hydrogel mask ... or two. **Loops variety masks**, \$30 for five, loopsbeauty.com



For most households these days, immune-boosting is a daily-defense must and these oh-so potent shots do not disappoint (yes, zinc!)—bonus: they do wonders for us allergy sufferers. **Cleared immunity shots**, \$35 for six, getcleared.com

Get dolled up

MAKEUP ISN'T FOR EVERYONE, BUT FOR SOME OF US, IT'S THE VERY ACHIEVABLE OPPORTUNITY TO FEEL FLIRTY AND PRETTY AND LIKE EVERYTHING FITS AND LOOKS GOOD, ALL AT THE WHIP OF A WAND.



Just launched last month, this glass-like highlighter (for face and lips) packs the luminescence when you want that glossy glow without the sparkle. **BECCA Cosmetics highlighter**, \$24, beccacosmetics.com



This pout perfecter has few ingredients (all meeting the highest safety standards and vegan!) and compliments aplenty with its bold ability to bring the girl we've missed in us back out. **CLOVE + HALLOW lip velvet in napa**, \$19, cloveandhallow.com



These sweet and salty aptly-named snacks are scientifically proven* to improve quality of life with flavors like toffee/chocolate/everything seasoning and churro/toffee/chocolate/graham cracker. *OK, they should be. **Legally Addictive cracker cookies**, \$40 for variety pack of four, legallyaddictivefoods.com

New kid, new you



You want to get back to doing your hair every day (and washing it every week), but have wisened to letting a refresher spray handle that pipe dream.

Eufora dry shampoo, \$28, eufora.net



The CBD industry is still buzzing (we couldn't resist) and you'll be so pumped to reap its natural, pain-relieving, fast-acting benefits, specifically for all the soreness that comes with being "on" all day and "on call" all night. **Ojai Energetics full spectrum sports gel, \$47, ojaiernergetics.com**

You gave up one or many (many) things to make and bake and deliver this adorable, perfect human and it was all so worth it. But breastfeeding is done or it didn't pan out or you just plain skipped it—however the milk fell (or didn't), you're stepping back into you, strong(er) lady. We've rounded up a welcome back party of sorts. Enjoy, mama. You most certainly earned it and more.

Time stops for no one

... NOT EVEN MOMS WHO STERNLY WARN, "RED LIGHT." RETINOL IS A HARD PASS FOR PREGNANCY AND NURSING, BUT IS A WONDROUS SKIN CARE INGREDIENT TO COMBAT AGING, LINES AND EVEN ACNE. SO REJOICE, RETINOL IS BEING TAGGED BACK IN.

Let this serum sink in and await the benefits as it works to restore your pre-child, er, youthful appearance.

Indeed Labs night cream, \$20, indeedlabs.com



This nutrient-rich all-natural retinoic oil is lightweight and naturally derived with an ingredient list that reads like an ode to the dreamiest garden ever. **Tata Harper oil, \$48, tataharperskincare.com**

This dry oil quickly settles into your skin and contains a lower level of veggie-derived retinol, which is ideal to reintroduce the superpowers of this instantly refining (seriously) clean concoction. **Au Natural Skinfood oil, \$42, aunaturalskinfood.com**



Nighttime is prime-time for reprieve and cell renewal and slathering on this rich cream to do its thing.

Naturopathica night cream, \$120, naturopathica.com



Your posture is shot from carrying an extra person and then being hunched over feeding for months—treat your back to discreet relief with a supportive tension-reliever. **BackEmbrace posture corrector, from \$60, backembrace.com**

The basic in you has been screaming to be unleashed and while you were busy with a bump, rosé got all upgraded and deliverable and, if possible, more enjoyable. Cheers. **Winc wine club rosé, \$18 for members, winc.com**

You're excited to get back to a high-intensity workout and impressed that your lady parts can quickly be pH-balanced and refreshed with a quick right swipe. **Summer's Eve cleansing cloths, \$3 for 14, summerseve.com**





1

The It factor

We've gathered the goods for trendy tastemakers, both big and small.



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to tot



3



2



5

1 | Sun's out and we can just picture teeny tiny pudgy guns out. **Pouf Baby set, \$42, poufbabynyc.com** **2** | A bovine buddy for his binky. **WubbaNub pacifier, \$18, wubbanub.com** **3** | A sweet swaddle blanket made for your rainbow baby. **Queen Maddyn swaddle, \$19, queenmaddyn.com** **4** | So good-looking, we're wondering if we can get away with wearing one, too. **The Dearest Grey bib, \$12, thedearestgrey.co** **5** | Handmade by a mama of two, this easy-access romper features an ankle-to-ankle zipper for speedy changes and is made of the softest cotton to boot. **Zipease romper, from \$36, zipeaserompers.com**



6



10



7



9

HAUTE MAMA



8



11

6 | Rainbow jewelry is all the rage and we're smitten kittens with this line's countless chic offerings and personalized options. *The Sis Kiss name necklace, \$72; crystal bracelet, \$68; mama bracelet, \$14, thesiskiss.com* **7** | Organic cotton and natural hemp fibers make this eye-catching shibori print a statement piece. *LILLEbaby LILLElight carrier (7-36 lbs), \$99, lillebaby.com* **8** | Super cute and multifunctional as a mask or headband or neckerchief or decor ... *Maptote bandana, \$13, maptote.com* **9** | Flick the disc to reveal a hidden affirmation that your glass is "half full." *CONQUERING ring base and spinner, \$26, myconquering.com* **10** | All of the edge with none of the piercing. *Soufeel ear clip, \$20, soufeel.com* **11** | A dress befitting this most ethereal time in your life. *LIV Maternity dress, \$98, livmaternity.com*

Raring to grow



From
beginner grins to
starter steps, take a tour
through the developmental
milestones of your baby's
amazing first year.

By Chantel Newton

→ All of the timelines depicted here are averages, meaning your babe might reach a milestone earlier or later. If you're concerned your little one isn't progressing at the proper rate, talk with your pediatrician.

Between birth and her first birthday bash, your little sprout will do some serious growing—and not just in size. A baby’s first year is a blur of cognitive and mobile changes that occur at warp speed compared to the rest of her life. With every new tooth and talent come questions: Shouldn’t she be able to walk by now? Why doesn’t she want finger foods? I swear she’s saying “mama”—isn’t it too early for that? Brush up on the typical timetable for major first-year milestones, and then break out the baby book. No matter where your wee one falls on the charts, you’re going to want to remember every moment.

Birth to 3 months

PHYSICAL EDUCATION

Right now, your newborn is learning what it’s like to live outside mama’s womb. During the first three months, expect flailing limbs, close-fisted hands and a few cross-eyed glances. Your baby can only see about 8 to 12 inches from her face, so get close when interacting with her. However, watch out for those gesticulating arms—if she can’t keep from hitting herself, you’re fair game, too. And limbs aren’t alone in their lack of restraint; newborns have only slight head control.

During tummy time, your baby might be able to summon the strength to hold up her head for a second, but don’t expect much more. By the end of this stage, she’ll be able to briefly follow moving objects with her eyes, bring her hands to her mouth and grasp things. (So, watch that ponytail, mom!)

SOCIAL HOUR

Whatever your baby might need, you’ll hear about it, loud and clear. At this stage, crying is the main way infants communicate. Over time, you will learn to distinguish between your tot’s cries and know whether she’s wet, not feeling well or just missing your undivided attention.

Although she can’t talk, she’s still giving you plenty of clues. Lip smacking is a sure sign your newborn is hungry, and yawning can be a signal of sleepiness or needing a break. According to Kevin Nugent, MD, author of *Your Baby is Speaking to You*, yawning is her tiny body’s way of taking control and saying “time-out.” Around two months, your baby will make her first non-wailing peep. Cooing noises show interest, so keep up that baby talk because she knows (and loves to hear) your voice.

RESTING AND DIGESTING

Remember the age-old adage that mommy should sleep when the baby sleeps? The good news is your little bundle will snooze for about 14 to 16 hours a day. The bad news: She’ll be on an erratic sleep pattern, mostly snoozing in two- and three-hour chunks during the day and maybe a four- or five-hour stretch at night.

Like sleeping, when it comes to your little one’s eating habits think small but frequent. Infants usually need to be fed mini-meals every two or three hours. The number of diaper changes can vary, but doctors agree soft stool is best.

Belly laughs

Letting your baby clock in some monitored tummy time helps her strengthen her muscles and work on head control.

tip Begin early, and try starting out with her tummy on yours. Who doesn’t love an excuse to cuddle?

GOOD TO KNOW: Baby will be showing off her gummy grin in no time—the first “real” smile is usually shared by the eighth week.

“All babies are different and move down developmental pathways at different speeds.”

—JAMIE LOEHR, MD

FIRST FLEXES

Even from day one, you can see signs of your tot’s muscle control in her newborn reflexes—which also give moms a peek at the developmental road ahead. But it’s only a brief glimpse because most are seen for only the first few weeks.

Grasping reflex:

Touch the palm of your baby’s hand, and she’ll grab hold—some say with enough strength to support her own weight. But don’t put her grip to the test because it will weaken in the days after birth.

Crawling reflex:

Put your little one on her tummy, and she’ll bend her arms and legs like she’s trying to crawl. This disappears as soon as she can lie flat.

Walking reflex:

Hold your baby upright with her feet on the floor (or mama’s thighs). As you help her support her weight, she’ll march her feet as if she’s taking actual steps. In a couple weeks, you can do the same thing, and she’ll simply slump.

Moro response:

Unlike your baby’s other reflexes, this is one to avoid. If your little feels unstable (like if her head isn’t supported), her body will try to “save” itself. Her arms and legs will fly up, and she’ll cry out because she’s scared of falling. You might also see her do this in her sleep occasionally.





Months 4 to 6

PHYSICAL EDUCATION

A few months into your baby's life, and you have a pint-sized explorer on your hands. She might not be on the move just yet, but she's using her hands—and her mouth—to learn more about the world around her. Those tiny, tight fists have opened up and can now grab small toys.

Your teetering tot will soon be able to shake that rattle—and roll! Most babes turn from front to back first because it requires less coordination. (Look for the back-to-front roll closer to 6 months.) Your baby should also be working her way up. She can push up and support her upper body and head while lying on her stomach, and with a bit of back support, she might be able to sit. Soon that support will be her own hand on the ground until she can balance herself without leaning.

SOCIAL HOUR

Now that your little one has better control of her wobbly noggin, she'll be able to turn toward familiar voices and sounds. Most of her conversation contributions will still be coos, but make a silly face or two and you might get a hearty laugh out of her.

Right now, she's learning how to get your attention by fussing; toward the end of this phase, however, you'll hear nonsense consonant sounds, like *bababa*, as she mimics your voice. Once she's got the hang of babbling, she'll use that (and, yes, crying) to communicate with you, so listen for repeated sounds and intonations of joy or unhappiness.

RESTING AND DIGESTING

Around this phase, your babe will still sleep 14 to 16 hours with about three naps each day, but you'll be able to catch a few more of those elusive Z's at night. (We're talking up to six hours!) By month six, your baby should double her birth weight. Her numbers on the scale will keep climbing as you introduce solid foods. The American Academy of Pediatrics (AAP) recommends gradually introducing solids at around 6 months of age, but your pediatrician might advise differently depending on your little one's nutritional needs. Start with semi-solid foods, like mushy cereal or mashed avocado, and keep a keen eye out for any signs of food allergies.

If what's going in changes, you can bet what's coming out will look a little different, too. Baby's bowel movements will get harder (but still fairly soft—dry stools can be a sign of dehydration or constipation) and smellier.

Waterworks watershed

Separation anxiety, or the fear of being held by someone besides mom or dad, appears in many babies at 6 months of age, notes Jamie Loehr, MD, co-author of *Raising Your Child: The Complete Illustrated Guide*.

tip You might want to squeeze in a couple date nights around months four and five before your bundle hits the stranger danger phase.

HEAD, SHOULDERS, KNEES AND TOES

An easy way to remember the order of a baby's physical development is recalling the phrase "from head to toe."

Here's the progression from the top down:

- head and eye control
- use of hands
- torso control to roll and sit
- pushing up on hands and knees
- crawling
- pulling up to stand
- first steps

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"The thing to remember is that children develop at their own rate. Use a milestone checklist ... so that you're not always looking at the child next door."

—Georgina Peacock, MD



CHECKUP RUNDOWN

You're not the only one making sure your new bundle is happy and healthy. Here's when you'll need to pay doc a visit for baby's first-year well-checks.

At every visit, your health practitioner will measure your baby's weight, length and head size (to track that growing brain), as well as check her heart rate, breathing, eyes, ears and behavioral development.

- 3-5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months

Months 7 to 9

PHYSICAL EDUCATION

Once your baby figures out she can reach a toy—or you—by rolling over, she'll find other ways of getting around. If you haven't made time to babyproof yet, you'd better hurry! Your wee wiggler will probably get her move on by scooting on her bottom or perfecting the "army crawl," in which she'll pretty much drag herself across the floor with her arms. From there, your baby will maneuver from a sitting position and hold herself up with her hands and knees. As soon as she learns to push off, you'll have a crawler on your hands. (But keep in mind, some babies skip crawling altogether and go straight for the gold: walking.)

Near the end of this stage, your little adventurer will start using furniture to pull herself up. She'll also master the pincer grasp, which uses the thumb and forefinger—like a pinch—to hold small objects. Her new grips will help her explore objects (and their durability) by banging things together and dropping them on the floor.

SOCIAL HOUR

Soon you'll start to recognize some of those incoherent babbles. You might get a "mama" or "dada" by the end of this stage, but your baby is just beginning to understand that these sounds have meanings behind them. By nine months, she should be able to respond to simple commands, like stopping when you say, "No," or looking when you call her by name.

She's also learning how to communicate with gestures, mostly by watching you ever so closely, so try waving bye—you will likely get a fluttering hand right back. This age is a particularly fun time to pull out your peekaboo face because she's old enough to play along with you.

RESTING AND DIGESTING

That pincer grasp comes in handy as your tot learns to feed herself. Keep trying new, soft foods. Think cooked carrots, mashed potatoes and teething biscuits. (That's right, you'll be seeing plenty of drool—and feeling a bit damp when teething kicks in around month six.)

Your baby will continue gaining weight but at a slower pace, averaging a pound a month, and her bowel and bladder will become more regulated. If you're looking forward to returning to a fairly normal sleep schedule (and who isn't?), get excited. Your baby's sweet dreams will stretch to roughly 10 hours a night, but she'll still need those daytime naps.

Disappearing act

Babies learn what psychologists call "object permanence" around 8 months. Prior to that, when your newborn can't see something (like a toy under a blanket), she believes it has vanished.

tip The same is true for mommy, so keep talking during peekaboo to let her know you're still nearby.



Together we
grow

Welcome to Parenthood

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AUTISM AWARENESS

Although autism spectrum disorders are rooted in early brain development, the average age most children are diagnosed is around age 4. Georgina Peacock, MD, a developmental behavioral pediatrician with the Centers for Disease Control and Prevention, urges new parents to start tracking milestones from birth—if there's a developmental delay, you'll be able to seek help that much sooner.

What to look for:

HEAR

- Doesn't react to loud sounds by 2 months.
- Doesn't respond to nearby sounds by 6 months.
- Doesn't respond to own name at 9 months.

AUTISM AFFECTS **1 IN 54 CHILDREN**, AND BOYS ARE FOUR TIMES MORE LIKELY TO HAVE AUTISM SPECTRUM DISORDERS THAN GIRLS.

SEE

- Has trouble moving eyes in any direction by 4 months.
- Doesn't look where you point by 9 months.
- Doesn't seem to recognize familiar people at 9 months.

SPEAK

- Doesn't coo or make sounds by 4 months.
- Doesn't start babbling by 9 months.
- Doesn't use simple words by 12 to 18 months (about six words by 18 months).

ACT

- Doesn't smile at people by 4 months.
- Seems overly floppy (like a rag doll) or stiff (tight muscles) at 6 months.
- Can't move toys from one hand to the other by 9 months.
- Can't stand with support at 12 months.
- *Loss of motor or social skills at any age.*

NOTE: If you notice any red flags, Peacock suggests talking to another caregiver (try daycare teachers or your partner) to find out if they're also seeing those signs, then talk to your doctor.



Months 10 to 12

PHYSICAL EDUCATION

In the final months of baby's first year, she'll prep for the jump into toddlerhood. During this phase, she'll be sitting without any support and cruising (walking while holding onto furniture) around the room. Close to her first birthday, you might see those momentous first steps, but there's a wide window for this milestone. Don't worry if your child doesn't walk for a couple more months.

Your wee one is still learning how things work by putting objects in containers and taking them back out, imitating scribbling and practicing pretend play—think chatting away on an imaginary phone like a pro.

SOCIAL HOUR

Your baby is becoming quite the talker, even if you can't make out everything she's saying. By 12 months, she might have added a few more words to her repertoire, and she'll be quick to repeat sounds that you (or even animals) make.

Around this time, she'll rely on pointing as another way of communicating with you, whether she's pointing at something new or something she wants. Use those opportunities to teach her new words because her brain is starting to connect objects with labels.

RESTING AND DIGESTING

In just one year, your baby has done a whole lot of growing. She should triple her birth weight and be about one and a half times as long (well, tall) as her birth measurement. Talk with your pediatrician about any diet changes, but formula-fed babies are usually ready to switch to cow's milk at 12 months. Moms who are breastfeeding can continue or make the swap to cow's milk, too. If you trade the bottle—or breast—for a sippy cup, give your little one plenty of time to practice.

Now that she has between one and eight teeth in her adorable grin, she can handle more solid foods. It's also time to gently introduce her to a toothbrush. At this age, tots still sleep for about 10 hours each night but need fewer naps to get through the day—less than three hours' worth.

In 12 short months, that precious bundle you welcomed into the world has (or will soon!) become a walking, talking toddler. You've been right there with her for every milestone, so you know better than anyone that when that first birthday rolls around, you both have a lot to celebrate.

GIVE 'EM A BOOST

By two months, your little is already leaps and bounds ahead of where she was at birth. With a few playtime tweaks from here on out, you can give her a leg up on upcoming milestones.

2 MONTHS IN:

- Show excitement when your baby makes a sound.
- Repeat sounds she makes back to her (but use plenty of clear language, too).
- Talk about what you're doing as you feed, dress and bathe her.
- Play with toys at her eye level, so she keeps her head up.

4 MONTHS IN:

- Have quiet playtimes when you read or sing to your baby.
- Put toys nearby, so she can reach for them or kick her feet.
- Place a rattle in her hands and help her hold it.
- Hold your baby upright with her feet on the floor and sing or talk to her.

6 MONTHS IN:

- Use "reciprocal" play—when she smiles, you smile.
- Repeat her sounds and say similar (but simple) words—if she says, "bah," you say, "bottle" or "book."
- Point out new things and name them. (This also works with pictures in magazines.)
- Put your baby on her tummy or back with toys just out of reach to encourage rolling.

9 MONTHS IN:

- Play games with "my turn, your turn," like peek-a-boo or hide-and-seek.
- Describe what your baby is looking or pointing at. It's not just a ball; it's a round red ball.
- Ask for behaviors that you want rather than focusing on those you don't. (For example, "time to sit" instead of "don't stand.")
- Teach cause and effect by rolling balls and pushing buttons on toys that make noise.

12 MONTHS IN:

- Keep reading to your child every day—take turns labeling pictures.
- Build on what your child says. (If she points and says, "dog," respond with, "Yes, that's a big brown dog.")
- Show her how to draw lines, and praise her when she tries to copy them.
- Play with blocks or shape sorters that encourage her to use her hands.
- Sing songs with actions, like "The Itsy Bitsy Spider" and "Wheels on the Bus."

P&N



PHOTO: ISTOCKCOM/AJ_WATT

THE SHORT LIST

15

products every new mom needs

Produced by Lauren Lisle and Jillian Smallwood

It's no surprise that you'll need a surplus of diapers and wipes (and that all-important infant car seat) prior to baby's debut, but that's not all that's essential. We've rounded up our favorite can't-live-without-'em products for moms who will soon be bringing home a brand-new babe.



No. 1

Swaddle wrap

During your pregnancy, your wee one is curled up in the cocoon of your womb. Once she's been welcomed to her new home outside your walls, she's going to miss that cozy feeling—and a snug swaddle is the best way to recreate it. If you're a pro who can work a swaddling blanket like it's your job, give yourself a high-five, and wrap on, sister. If you're a regular person who may or may not be able to master the baby burrito, do yourself a favor and buy a wrap that makes the job easy. It's your best shot at actually getting a little sleep. **MORI newborn swaddle, \$64, minimori.com**

→ AN EASY CONCEALED ZIP-UP DESIGN PREVENTS YOUR BAMBINO FROM ROLLING ONTO HER TUMMY. ONCE SHE'S READY, ADJUSTABLE ARM POPPERS CAN ALLOW FOR MORE FREEDOM.



No. 2

Nursing/pumping bra

As you and baby figure out nursing, your girls are going to go through some major ups and downs—namely in size. You'll be amazed at how enormous your breasts become when your milk comes in, so it's essential to have a few comfy, easy-access bras that can stretch (aka are seamless and free of hardware) to accommodate the fluctuation while still offering support. For the most versatility, opt for a design that also offers hands-free pumping for ease of tackling other tasks while you make baby's next meal. (Bonus points if you can sleep in it, too.) **HATCH pumping bra, \$78, hatchcollection.com**

→ BE SURE YOU HAVE A MINIMUM OF THREE BABY-FRIENDLY BRAS ON HAND WHEN NEWBIE COMES HOME—ONE TO WEAR, ONE IN THE WASH AND ONE ON STANDBY.



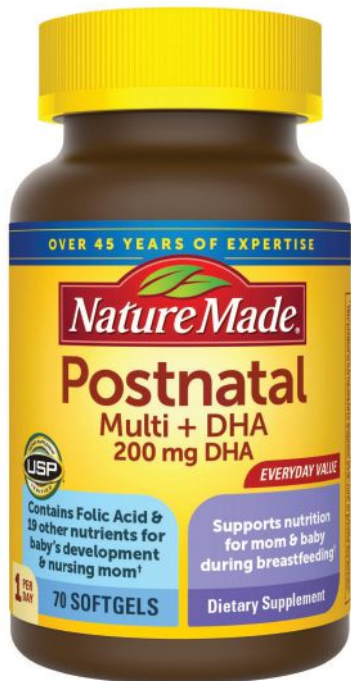
No. 3

Nipple balm

Even if nursing is going well, you'll probably still feel some discomfort as your nipples become accustomed to the near-constant attention they're getting as the gateway to your infant's primary food source. A baby-safe ointment that you can gently rub on after feedings will ease tender, cracked nipples that characterize early breastfeeding. As your body adjusts, the treatment will become less necessary—but, trust us, you're going to want to have it at the ready those first few days at home. **Lansinoh nipple balm, \$15, amazon.com**

→ NURSING CAN BE UNCOMFORTABLE AT FIRST, BUT IF IT'S DOWNRIGHT PAINFUL, CALL IN A LACTATION CONSULTANT TO HELP YOU WORK THROUGH THE KINKS. FIND ONE NEAR YOU AT ILCA.ORG.





No. 4

Postnatal vitamins

Mama's health is just as important now as it was during pregnancy. You're already in the habit of popping a daily vitamin, so go ahead and continue with the practice—especially if you're breastfeeding. Remember: You're the sole source of baby's nutrients, so you have to take care of yourself! A postpartum vitamin can help increase milk supply, give you a much-needed energy boost, and fill any nutritional gaps you might suffer as a result of the sandwich-and-snacks diet many new moms endure.

Nature Made postnatal vitamins, \$17, [target.com](https://www.target.com)



No. 5

Nursing pillow

Your tiny tot will be eating every couple hours, so you'll be spending about half your day feeding her. That's a lot of time sitting around holding an infant up to your breast! A nursing pillow will support some of baby's weight and help you achieve proper positioning, which makes for less aches and pains. (Slumping while nursing can lead to some major backache.) Plus, a nursing pillow adds to the overall comfort of your experience, which can result in better odds of breastfeeding success.

Snuggle Me nursing pillow, \$68, [snugglemeorganic.com](https://www.snugglemeorganic.com)



No. 6

Baby carrier

Sometimes, it's easier to wear a baby than to tote an infant seat, so be sure you have a carrier that allows you to tie your bean on while running errands. (Or simply living your life around the house, if your bambino prefers to stay close.) A soft, snuggly carrier is your best bet in the beginning—something like a wrap or sling. If you prefer a more structured option, some offer infant inserts that make them newborn-friendly. Just be sure to check weight and age recommendations on the carrier of your choice. **Solly Baby cloth wrap, \$65, [sollybaby.com](https://www.sollybaby.com)**

➔ TRY OUT YOUR CARRIER AT HOME FIRST TO MASTER THE PRACTICE OF PUTTING IT ON—IT CAN SOMETIMES BE TRICKY TO FIGURE OUT INITIALLY. ONCE YOU'VE GOT IT, THOUGH, IT'S EASY AS PIE!



No. 7

Portable sleeper

Baby wants to nap in the living room? No problem. You want her right beside you at night but know she needs her own sleep space? You've got it. Going away for the weekend and need somewhere for your sleepy sweetie to rest? Done. An easy-to-transport sleep spot is a must in those early days. Because baby will be teeny, you likely won't be ready for the crib just yet, which makes a bassinet or co-sleeping device a wise buy indeed. (Bonus: This pick serves as a lounger for elevated tummy time, too!) **DockATot docking station, from \$175, dockatot.com**



No. 8

Belly wrap

Unlike the uterus which takes approximately three weeks to noticeably start shrinking back to its prepregnancy size, your abdominal muscles can take much longer to heal before feeling—and especially appearing—back to normal. A quality compression wrap can offer much-needed support to your belly, waist and hips while strengthening core muscles weakened during pregnancy (including assisting with abdominal separation called diastasis recti). It can also ease back pain, promote better posture (especially while breastfeeding) and provide comfort after a C-section. Make sure to choose a brand that is recognized as an FDA-registered medical device. Often, these products may be eligible for reimbursement through your insurance as well—score! **Belly Bandit belly wrap, \$100, bellybandit.com**

→ THIS WRAP FEATURES FIVE LEVELS OF TARGETED COMPRESSION AND STAYS IN PLACE FOR THE PERFECT CINCH EVERY TIME.

No. 9

Baby-safe detergent

Infants create a lot of extra laundry. You'll not only be washing loads of itty-bitty clothes (thanks, spit-up and poop explosions!) but also blankets, burp cloths, nursing bras, car seat covers and more. And because your sprout will spend so much time snuggled against you and your partner, you might also want to wash your clothes—at least your shirts—in the same baby-safe detergent you use to wash your little one's goods. You'll reach for it often, so have a couple of bottles in the laundry room before go-time.

defunkify laundry detergent, \$17, defunkify.com

→ WE LOVE THIS BRAND'S TRANSPARENCY WITH SYNTHETIC INGREDIENTS (A FULL BREAK-DOWN CAN BE FOUND ON THEIR SITE) AND THEIR COMMITMENT TO ZERO FRAGRANCES, PHOSPHATES, CHLORINE, DYES AND OPTICAL BRIGHTENERS.





No. 11

Multipurpose cloths

A stack of soft, lightweight cloths might just be the most reached-for item in your mom arsenal. You can use them for just about everything. Throw one over your shoulder as a burp cloth, cover baby when she's feeling chilly, toss one down for a quick diaper change ... they can even work as a makeshift nursing cover in a pinch. Keep a few stowed by your glider and a couple stashed in the diaper bag, so you can readily grab one whenever the need arises—and it will. Often. **Burt's Bees Baby organic burp cloths, \$25 for five, burtsbeesbaby.com**

No. 10

Nasal aspirator

Nasal aspirators have come a long way from the old-school rubber bulb syringe sent home with new parents from the hospital. Used to suction mucus from a baby's nasal passages, it alleviates everyday congestion that can affect your newbie's ability to breathe, eat and sleep. (After all, it's a long way before she's able to blow her own nose like mom or dad.) Newer models, such as an oral suction or an electric aspirator, offer a gentler experience, increased sanitation and better efficiency. It's a dirty job, but someone's gotta do it. **bblüv Rinö nasal aspirator, \$43, amazon.com**

No. 12

Sink-suitable tub

Until your newborn's umbilical cord stump falls off, it'll be sponge baths all the way. But your wee one will still be pretty small when she's finally ready for her first real bath. (The cord generally falls off within three weeks of birth.) A tub that fits in your kitchen sink will allow you to stand while lathering up baby, which your knees and back will appreciate, and they're also usually shaped to cradle small fries, which can make the experience a bit cozier.

Blooming Bath plush tub, \$40, bloomingbath.com



No. 13

Bouncy seat

Your arms are going to need a break occasionally, and this is where your bouncy seat (or swing, if that's your preference) will come into play. These laid-back loungers are the perfect place to let your baby rest or play safely on her own; they generally offer gentle sounds, vibrations and other forms of entertainment and comfort. If you get really lucky, your nugget might even kick back in hers long enough for you to take a long, hot shower—which is every new mom's dream.

Baby Jogger rocking bouncer, \$200, babyjogger.com

→ BY ENGAGING A BUILT-IN KICKSTAND, THIS 2-IN-1 TRANSITIONS FROM A ROCKER TO A BOUNCER WITH THREE RECLINED POSITIONS, THEN FOLDS FLAT FOR EASY STORAGE OR TRAVEL.

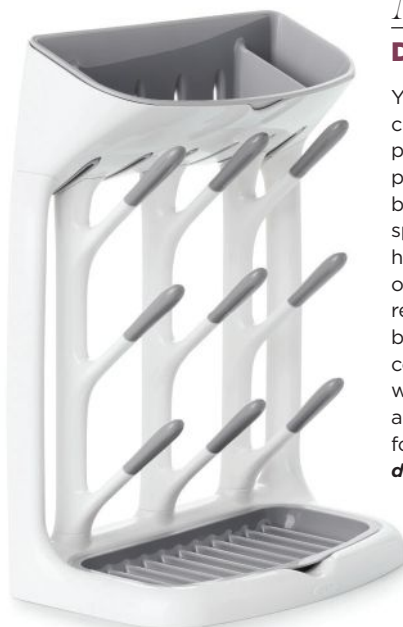


No. 14

Sound machine

There's a reason veteran moms swear by white noise. Contrary to what's portrayed in movies depicting a quiet room with a snoozing babe, little ones are actually quite used to the everyday sounds they heard in utero (like the vacuum or a hair dryer). Noise machines create similar and comforting womb-like environments that calm infants and encourage better sleep. Some models also have a built-in night-light and smart technology for controlling via your cell phone. **Baby Dream Machine sleep system, \$99, thebabydreammachine.com**

→ THIS EXPERT RECOMMENDED 5-IN-1 DEVICE BOASTS A NIGHT-LIGHT, RED LIGHT THERAPY, SOUND MACHINE, COOL-MIST HUMIDIFIER AND AROMATHERAPY ALL IN ONE!



No. 15

Drying rack

Your counter will soon be cluttered with bottle pieces, pumping parts and countless pacifiers, just to name a few of baby's many accessories. A space-saving drying rack will help keep odds and ends organized while providing a regular visual of when the next bottle-washing session must commence. They're also made with mildew-resistant materials and are usually dishwasher-safe for speedy cleaning. **OXO Tot drying rack, \$25, oxo.com**

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*Two month In Vivo Study ns: Not Significant



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Can't make the decision on the spot? Stash all outgrown outfits in a single bin. When it fills up, you can sit down and decide what stays and what goes.



The more you know

Glean insight from a lactation pro for a confident, well-prepared nursing experience.

Breastfeeding may be natural, but it's perfectly OK to have questions and concerns as a new mom—or a veteran mom new to nursing! We got chatty with Jessica Madden, MD, certified lactation counselor, board-certified pediatrician and neonatologist at Rainbow Babies and Children's Hospital in Cleveland, Ohio, to get the ins and outs of breastfeeding success.

I get the feeling breastfeeding should be easy. How will I know if I am doing it correctly?

Women get that impression for two main reasons: Other women do not often share how common it is for breastfeeding to be challenging, especially in the beginning, and secondly, videos, photos, social media posts, etc., that we see depicting beautiful and peaceful breastfeeding mother/baby dyads do not reflect the early postpartum period!

Signs that breastfeeding is going well include a lack of significant pain, audible suckling, your baby seeming relaxed and content during and after feeding, and the establishment of a good milk supply. An adequate milk supply can be identified by your baby having lots of wet and dirty diapers, that he seems satisfied after eating and no longer shows signs of hunger, and he has good weight gain. Breastfed newborns should regain their birth weight within a week or two after birth and then gain approximately 1 ounce per day.

Are there signals to show my baby is getting enough milk?

It's normal for infants to feed every 1 to 3 hours, both day and night. Frequent feedings during the first few weeks of life are essential for the production of hormones that are needed for the establishment of a good milk supply.

It can be difficult to gauge how much milk your baby drinks at the breast. For full-term babies, falling asleep at the breast can be a sign that they are finished feeding. However, preterm babies, and even those who are just a little before their due date (early-term, or 37 to 38 weeks' gestation), can fall asleep at the breast even if they are not full. Babies who are born before their due date, who tend to be "sleepy" at the



breast, will often start to feed again if you wake them up. In addition to looking for the signs of a well-established milk supply, I recommend that all mothers of premature and early-term babies work with a lactation consultant until a good supply has been established.

It's also important to note that breastfeeding newborn babies should not be expected to sleep through the night! Your body secretes the largest amount of prolactin, the main hormone involved in milk production, in the middle of the night. Thus, nighttime feedings are important in boosting and maintaining mothers' milk flows. Trying to put a newborn baby (less than one month of age) onto a strict breastfeeding schedule can lead to a significant decrease in one's supply.

What can I do about sore nipples?

Sore nipples are common and up to 90 percent of breastfeeding moms experience some degree of nipple soreness early on. Treatments for sore nipples include warm, moist heat, nipple ointments and creams, and hydrogel pads. Breast massage and wearing comfortable bras can also help.

Persistent nipple pain can be a sign that your baby is not latching on correctly. This can be a result of baby's latch being too shallow, a tongue-tie, and/or too much suction being present as your baby comes off of your breast. The best way to troubleshoot a painful latch is by working with a lactation specialist. Nipple shields, which are thin, silicone sleeves that fit over the nipple/areolar region, can be used as a temporary tool to help with problematic latches. It's very important to have a professional help you choose nipple shields that are the correct size for your breasts. Some women with large breasts actually need smaller-sized nipple shields and vice versa.

In addition, some moms may find that certain brands of shields work better than others. Sore nipples can sometimes improve if different nursing positions are used as well. "Laid-back," or reclined breastfeeding, is increasingly being used to promote maternal comfort and proper latching.

Any tips for getting past shyness of feeding in front of other people—especially those unsupportive of nursing?

It's really important to be patient with yourself and your baby as you bond with each other and learn how to breastfeed. Like learning any new skill, it's best to practice without an audience around. The first few postpartum weeks often involve countless hours of being topless and having "skin-to-skin" time with your baby between breastfeeding sessions. This is not the optimal time to have lots of visitors and/or prolonged visits with family and friends.

Once breastfeeding is well-established, I'd recommend starting to feed around supportive loved ones first. This is also a good time to practice with nursing apparel and cover-ups to see which ones are the most comfortable for you and your baby as you prepare for how you will comfortably nurse in public.

I started pumping and have noticed one breast produces more milk. Does that mean my baby isn't getting enough sustenance on the other side?

I had the exact same question when I had my oldest baby and started pumping; my right breast always produced less milk than my left. I blamed myself for somehow "messing up" and causing this, but I now know that it's actually very common for one breast to produce more milk than another. One way to balance things out is to try to >>



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start feeding your baby on the lower-producing breast first and/or more often. Some moms are also able to pump on the lower-producing side while their baby feeds on the higher-producing side, with an improvement in supply. The reality, however, is that a lot of breastfeeding women have asymmetrically-sized breasts until they wean. It's one of those things that you sometimes just have to get used to experiencing as a nursing mom!

How should I store breast milk?

Pumped breast milk can go bad if it is not stored properly. According to the Academy of Breastfeeding Medicine (ABM), freshly expressed breast milk can be stored at room temperature for four to eight hours, on ice packs in a cooler for up to 24 hours, in a refrigerator for about five to eight days, in a regular freezer for six months, and in a deep freezer for up to 12 months. Pumped milk should be placed in storage bags or containers that are made specifically for breast milk and should always be labeled with the date and amount that was pumped. When storing milk, make sure that it is kept in the back of the refrigerator or freezer, where it will be kept coldest, and use the oldest milk first. Once frozen milk has been thawed in the refrigerator it should be used within 24 hours to prevent the growth of harmful bacteria. Lastly, thawed milk should not be refrozen, as there is not information in regards to the safety of refreezing previously thawed milk.

Can I drink alcohol while exclusively breastfeeding?

You can drink a small amount of alcohol without causing any harm to your baby. It's definitely best to limit the amount you drink to one drink (i.e. 4 ounces of wine) at a time. The American College of Obstetricians and Gynecologists (ACOG) recommends that you wait at least two hours after having a single drink to breastfeed. If you feel tipsy or drunk, it's best to refrain from breastfeeding, as this means that the levels of alcohol in your blood are too high to be safe for your baby. Too much alcohol interferes with babies' sleep-wake cycles, feeding, and weight gain and growth. Long-term alcohol exposure negatively impacts brain and nerve development.

Is feeding impacted by surgery (augmentation/reduction/reconstruction)?

Yes, breast surgeries can affect breastfeeding. Fortunately, most mothers with a history of breast surgery can achieve at least a partial milk supply if they work in consultation with a lactation specialist. If you have

had breast surgery, it can be helpful to meet with a lactation specialist while you are pregnant, so you can learn what to anticipate when you start breastfeeding. Nursing in the setting of previous breast surgery may include frequent pumping, the use of galactagogues (herbs and medications to increase milk supply), supplemental nursing systems, and/or donor breast milk.



When I struggled to breastfeed my oldest child I personally reached out to a few of my friends who had similar breastfeeding challenges. These friends truly became my lifeline and it was so helpful to have validation from them that my struggles were real and that help was possible. They also helped me to recognize that my difficulties with breastfeeding had nothing to do with whether or not I was a "good" mom; they were not my fault, and would not impact my bonding and relationship with my newborn daughter.



Will introducing a bottle interfere with continuing to nurse?

This is a difficult question to answer as the jury is still out as to whether or not "nipple confusion" actually exists. Some babies are able to switch back and forth between feeding at the breast and by bottle without a problem, but there's no real way to anticipate how a baby will do with this ahead of time. Some babies will seem to "prefer" the bottle as the milk might come out quicker and easier than at the breast. If this is the case, it can be helpful to experiment with different types of nipples. Some slower-flow nipples mimic the flow of breast milk from mothers' breasts and can be helpful in these situations.

If your baby does not need to be supplemented via bottle for medical reasons, such as significant jaundice or low blood sugar levels, it's best to wait until breastfeeding is well-established to begin to give pumped milk by bottle. Some newborns will refuse to take bottles of milk from their moms, so it's often recommended that a baby's father, or another caregiver, give the first bottle.

Should I stop breastfeeding if I am sick?

In most cases you should continue to breastfeed when you are sick. Breast milk contains helpful antibodies that pass from moms to babies to help to protect them from

infections. There are only a few absolute contraindications to breastfeeding in the U.S.

Infants should not receive breast milk if any of the following conditions exist:

- **Baby is born with a metabolic condition called galactosemia. These babies cannot have any milk and will need to be formula fed for the long haul.**
- **Mother is using illicit street drugs, such as PCP or cocaine.**
- **Mother has any of the following viruses: human immunodeficiency virus (HIV), Ebola virus, or human T-lymphotropic virus type 1 or type 2 (HTLV 1/2).**

Mothers who have coronavirus (COVID-19) are encouraged to breastfeed and/or provide pumped milk, as long as they are well able to do so. To date, there have been no reports of babies getting coronavirus from their moms' milk. In order to prevent the spread to babies, the Centers for Disease Control and Prevention (CDC) recommends that breastfeeding mothers who have COVID-19 (or suspected COVID-19) do all of the following:

- **Wash your hands or use an alcohol-based hand sanitizer before touching your baby.**
- **Wear a mask or cloth face covering while feeding your baby at the breast.**
- **Wash your hands before touching your pump or bottle parts and clean all parts after each use.**
- **If you are very ill, have a caregiver who is well feed your baby your pumped milk.**

Where can I go to get more support?

Today's moms are fortunate to have so many great options for breastfeeding support. Sources of support include family members and friends, lactation consultants, local La Leche League chapters, support groups for moms of newborns (both in-person and virtual), postpartum doulas, books, videos and the internet. One of my favorite breastfeeding internet sites is kellymom.com.

Every mother's breastfeeding journey is unique. Breastfeeding can be difficult, easy, tiring, rewarding, beautiful, messy, exhausting, fulfilling, confusing, joyful, and challenging (and this might change day-to-day, or even hour-to-hour). Like so many other aspects of parenting, expectations of breastfeeding do not always meet the reality. Lastly, I remind all of the moms I work with that breastfeeding is not an "all or nothing" endeavor. There are great benefits to your baby receiving any breast milk at all, and your success (or lack of) in breastfeeding has no bearing on how good of a mom you are, or your long-term relationship with your baby. **P&N**

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I think my newborn may be allergic to my breast milk. How can I be sure, and are there treatments to consider before giving up breastfeeding altogether?

A: An allergy to breast milk itself, is a very rare condition. For the most part, when moms are worried about their baby having a breast milk allergy, what's actually causing the symptoms is a food sensitivity or intolerance.

Components of the foods you eat pass into your breast milk. When you eat foods that baby has a sensitivity to (dairy, eggs, nuts, soy and wheat are common culprits), it can cause gassiness, rashes or more severely, vomiting and diarrhea. I recommend speaking to your health care provider or lactation professional about an elimination diet, where you remove certain categories of foods from your diet until you determine the ones that your baby is sensitive to. If you continue to avoid these types of foods, you should be able to continue breastfeeding with fewer issues.

—MOLLY PETERSON, certified lactation counselor at Lansinoh Laboratories, Inc.

I'm 25 weeks pregnant with my second baby. I had terrible postpartum depression with my first and am starting to feel anxious about it potentially happening again. Is there anything I can do to prepare for the best outcome?

A: Postpartum depression can be really tough on a new mom, so it's understandable to have apprehension about it happening once again. The good news is there are many things you can do now to prepare, but as you know, you are at higher risk for postpartum depression if you've already experienced it previously.

Probably the most important thing you can do is find a therapist who is trained in perinatal mood and anxiety disorders and begin to meet with them (in-person or virtually) consistently throughout the rest of your pregnancy and into the postpartum period. If you are unable to see a therapist, you can start to plan for what was most difficult for you in the postpartum period the last time and work on a plan now to get the support that you need.

For example, share with a friend or your partner your worries, and tell them what to look out for in your behavior; often, they are able to see the anxiety or depression before you do. Take time to figure out how you are going to get some sleep as well as movement or exercise once the baby is here. Ask yourself the important questions: Who can help with your older child? What support systems do you have in place that you can line up today? Who can you talk to if you start to feel depressed or anxious? Write up a list of people now, so that you can easily access them if needed. Give yourself permission to fall behind on household chores. Research local support groups in your area or find some online. The site postpartum.net has a ton of excellent free resources.

By getting ahead now, you'll have a greater chance of handling the postpartum period as a whole and the possible difficulties that may arise.

—PERRI SHAW BORISH, MSS, LCSW, founder of Whole Heart Maternal Mental Health wholeheartmaternalmentalhealth.com

As a mom to a 1-month-old, what signs or symptoms should I look out for to indicate whether my baby's eyesight is developing properly?

A: Your 1-month-old baby has a relatively immature visual system, which is still very much in development. Although infants this age can discern shapes and forms, make eye contact, and distinguish colors to some degree, their vision is only a fraction of what we consider normal visual acuity. In this setting, I tell parents that their newborn baby sees them at best as a blurry photograph. I also explain that it is too early for a 1-month-old to follow and maintain interest in an object of regard.

Parents should not be concerned if their 1-month-old is not making sustained eye contact or tracking mom and dad's movements. Similarly, a newborn may display intermittent wandering or crossing of his eyes.

When does this seeming lack of visual attention or possible eye misalignment become a concern to parents? By 3 to 4 months of age, most babies have developed an early and important visual milestone termed fixation. This is what allows an infant to follow and maintain visual interest, as well as straight eye alignment. If this is not the case by 3 to 4 months of age, a visit to your pediatrician is warranted.

Other eye conditions that indicate a need to consult your pediatrician include a red eye(s), a droopy eyelid (ptosis), a watery or cloudy eye, an enlarged or small eye, shaking eyes (nystagmus), or a white pupil (leukokoria). Any of these findings could adversely affect an infant's visual development or represent a more serious problem. If your pediatrician is concerned about your baby's eyes, she may refer you to a pediatric ophthalmologist for a more comprehensive eye examination.

—JOEL N. LEFFLER, MD, pediatric ophthalmologist at MEDNAX-affiliate Children's Eye Care of North Texas

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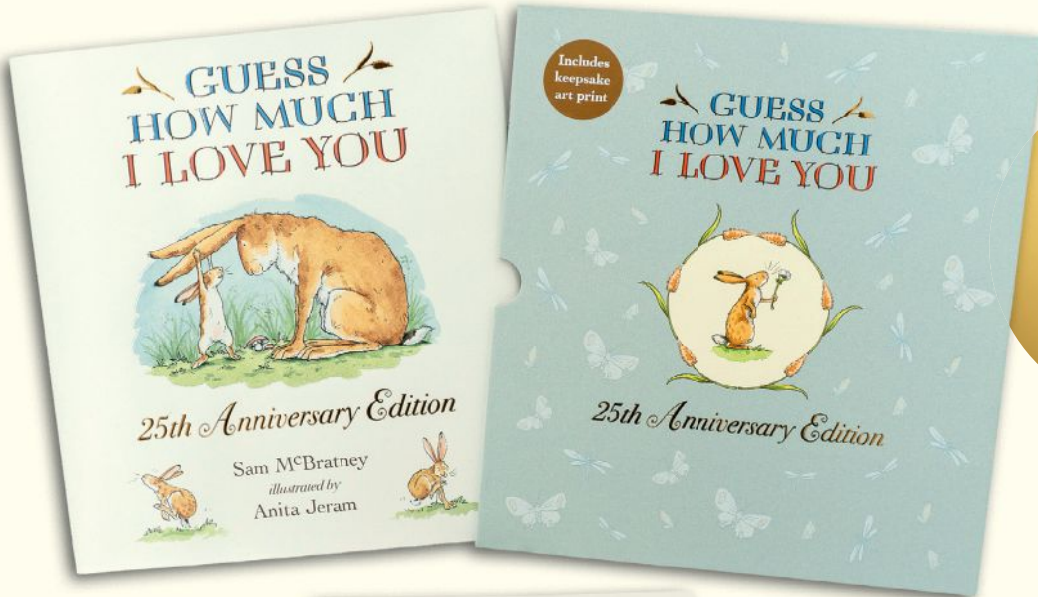




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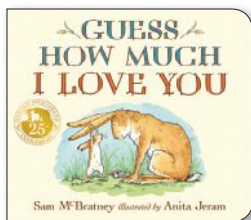


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Perks of the job

Positive reasons to use a pacifier.

→ It's up to every parent to decide whether or not to offer their child a pacifier. After all, it comes with its share of pros and maybe a con here and there, too (aka one more thing to keep up with and keep clean). However, according to the Mayo Clinic, babies begin sucking their thumbs or fingers before they're even born. Beyond nutrition, sucking offers a soothing, calming effect and can serve as a key to contentment between feedings, so take note of these possible advantages in giving your bitty a binky.

- *Soothes a fussy baby*
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- *Helps lull baby to sleep*
- *Eases discomfort during flights by relieving pressure in the ears*
- *Helps reduce the risk of sudden infant death syndrome (SIDS) when offered at naptime and bedtime*



If you're breastfeeding, wait to offer a pacifier until your baby is 3 to 4 weeks old and you've established a nursing routine.

Liquid assets

Because breast milk is considered precious, make sure your machinery lives up to the gold standard.



Expect more

Start stockpiling baby's meals immediately with this smart pump unit that comes with multiple flanges and valves, bottles, storage cups, hygiene covers, charging cable, carrying tote and more!

BabyBuddha Breast Pump kit, \$250, babybuddhaproducts.com

WHY WE LOVE IT ...

- Portable and rechargeable
- Quiet motor
- Offers hands-free pumping



Make it count

Collect every last drop of leaking milk while nursing with a silicone collector that naturally secures and suction to the opposing breast. **Lansinoh Breastmilk Collector, \$16, lansinoh.com**

WHY WE LOVE IT ...

- Can hold up to 4 ounces
- Comfortable design
- Added neck strap to avoid spills



No-drama mama

Cut the cords on traditional pumping and express on your own terms with a totally wireless and wearable pump that's built for discretion and convenience—your choice! **Elvie Pump, from \$279, elvie.com**

WHY WE LOVE IT ...

- Fits in your nursing bra
- Minimal cleaning with just five parts
- Monitors milk volume via the Elvie Pump app

Lend a hand

With a soft massage cushion and textured petals that help stimulate milk flow, there's no need to skip a pumping session or fret if outlets are occupied. **Philips Avent Manual Comfort Breast Pump, \$26, walmart.com**

WHY WE LOVE IT ...

- BPA-free
- Allows mom to sit comfortably upright
- Compatible with other Avent feeding products





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Next-level noise reduction technology makes for a more relaxing output with hospital-grade suction and a wearable belt clip. **Freemie Liberty Wearable Breast Pump System, \$360, freemie.com**

WHY WE LOVE IT ...

- Upgraded Freemie collection cups
- Self-timer for automatic shutoff
- Offers over 100 pump settings

Call for backup

This compact, occasional-use device is perfect for travel and runs on an AC adapter or AA batteries for safe, closed-system pumping on the go. **Evenflo Advanced Single Electric Breast Pump, \$45, target.com**



WHY WE LOVE IT ...

- Includes multiple flange sizes
- Easy to clean
- Quick-control suction dial



Pack a punch

Hospital-strength power meets a small footprint that's super lightweight, ultra-quiet and can be operated by a rechargeable battery. **Ameda Mya Portable Hospital Strength Breast Pump, \$138, amazon.com**

WHY WE LOVE IT ...

- Double or single electric pumping options
- Closed protection system for better hygiene
- Two adjustable suction modes

Respect your elder

Designed for moms who pump several times a day, this OG mama-favorite boasts hospital performance, touch-screen display and two sizes of PersonalFit Flex Breast Shields (proven to remove 11.8 percent more milk faster)! **Medela Sonata, \$400, medela.us**

WHY WE LOVE IT ...

- Rechargeable battery
- The quietest motor in the Medela line
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Sweet dreams

A good night's sleep is made safer with the proper gear and setup.

Stick together

The American Academy of Pediatrics (AAP) advises room sharing until baby's first birthday, or a minimum of six months. This newly released model boasts a space-saving design with room-to-room mobility for greater ease of use. **bloom alma mini+ portable crib, from \$469, bloombaby.com**

WHY WE LOVE IT ...

- Suitable through age 2
- Converts to a full-size crib and toddler bed (conversion kits sold separately)
- Attractive design



Coolness factor

With a simple wireless underarm patch, you can check your infant's temperature without waking her and receive automatic updates straight to your smart device if things get heated. **Fridababy FeverFrida iThermonitor, \$65, walmart.com**

WHY WE LOVE IT ...

- Records baby's temperature every four seconds
- Connects to a free app (iOS and Android compatible)
- Comes with five adhesive patches



Secure landing

A firm mattress is a non-negotiable when it comes to sleep safety through year one. Take it up a notch with this organic version that's equal parts gentle, supportive and breathable. **Avocado Green Crib Mattress, \$299, avocadogreenmattress.com**

WHY WE LOVE IT ...

- Competitive price
- Dual-sided for infants and toddlers
- Made without flame retardants



First responder

Head-to-toe soothing motion (plus vibration and white noise options) automatically responds to your wee one's cries to help keep her resting in her separate sleep space. **Graco Sense2Snooze Bassinet with Cry Detection Technology, \$300, gracobaby.com**

WHY WE LOVE IT ...

- Three different motion speeds to fit baby's preference
- Offers 10 additional relaxation sounds
- Neutral fashions



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Please keep me that way.



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HARMS.**

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BabyIt™

Perineal Massage &
Postpartum Comfort Gel

Soothes - Moisturizes - Protects

*Clinical studies show that perineal massage in the
last weeks of pregnancy can decrease tearing
during delivery.*

Perineal Massage - Yes Please!
Irritating Oils & Lubes - No Thank You!

BabyIt is the first and only product designed specifically
for perineal massage. Its gentle formula is isotonic
and pH balanced, and free of parabens, coating oils,
glycerol, and added fragrance. Unlike almond
and coconut oils, BabyIt won't increase the
chance of infection.



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you Milkies breastfeeding support products!

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 **FAIRHAVEN HEALTH®**



It's in the bag

Loose blankets and other bed items are no-nos for infants; opt for this charming zip-up sleeping bag that adds warmth and comfort and not a suffocation hazard. **Loulou Lollipop sleep bag, \$42, louloulollipop.com**

WHY WE LOVE IT ...

- Breathable fabric
- Two-way zipper for easy diaper swaps
- Machine-washable

Keep a lookout

A smart combo of crystal-clear monitoring and a wearable sleep kit offers 24/7 tracking and personalized insights to create a routine that promotes better rest. **Lumi by Pampers Ultimate Baby Monitor Bundle, \$279, lumibypampers.com**

WHY WE LOVE IT ...

- Includes night vision and two-way audio
- Co-created with pediatricians
- Comes with two packs of diapers



Breathe easier

Infants are obligate nose breathers, meaning they can't breathe out of their mouths for the first few months of life. A 1.2-gallon capacity ensures this cool-mist humidifier helps eliminate congestion for up to 24 hours per fill. **CRANE Top Fill humidifier, \$70, buybuybaby.com**

WHY WE LOVE IT ...

- Top-fill design for less mess
- Moisturizes nasal passages and relieves dryness
- No filter required



Well-covered

Atop a firm mattress should be a tight-fitting crib sheet—and it doesn't hurt when it looks this cute and is 100 percent organic to boot. **Winter Water Factory crib sheet, \$44, winterwaterfactory.com**

WHY WE LOVE IT ...

- Playful paper-cut illustration
- Made in the U.S.
- Designed with super-soft cotton that doesn't add bulk

#1 Choice Nursing Pillow

by Lactation Consultants and millions of moms for 20 years



My Brest Friend is the only nursing pillow designed to perfectly position baby for latch-on while supporting mom's body where she needs it most. Mom is comfortable and at ease, while breastfeeding. Baby is nursing, healthy and happy.

Arm and Elbow Rests

Eliminate shoulder stress

BackRest

Helps you maintain good posture during feeding to prevent sore backs and necks

Wrap Around Design

Secures to the body, helping mom and baby maintain positioning and latch-on

Deluxe Plush Cover

100% baby soft



Firm, Flat Front Cushion

Eliminates the gap between you and baby and keeps the baby from rolling in or away during breastfeeding

Adjustable Strap with Silent Release

One-handed velcro* adjustment. Silent release clip lets you remove the pillow without waking baby

*Velcro adjustment feature available on Deluxe and Twin pillows only.

Convenient Pocket

For nursing and other accessories

Now available at www.babylist.com
and other retailers

www.mybrestfriend.com

info@zenoffprod.com | (415) 785-3890

Rub a bub

Bathtime might mean more wrangling than washing, but it's still precious bonding time with your first mate.



①

④



②

⑤

1 | Let the photo session commence with babe wrapped in this friendly bamboo-fiber towel. **Arabella Baby hooded towel (with wash-cloth), \$30, arabellababy.com**

2 | There's a lot going on; keep the tub tidy. **Regalo Baby holder, \$22, regalo-baby.com**

3 | Gentle and packed with active extracts of moringa oil, shea butter and vitamins A and D, this ingredient list is music to a mother's ears. **Mummy's Miracle baby ointment, \$20, mummymiracle.com**



6



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4 | A support system takes some pressure off of you and your biceps (and your anxiety). **Angelcare bath support, \$25, angelcarebaby.com**

5 | A sensory water squirter for your little squirt. **Sunnylife squirt toy, \$9, sunnylife.com**

6 | These organic washcloths have six layers of cotton muslin for supreme softness and absorption. **Nest Designs washcloths, \$12 for three, nestdesigns.com**

7 | Test the waters in under two seconds to ensure your babe has a whale of a (bath)time. **MotherMed bath thermometer, \$17, amazon.com**

8 | Pour some water on me. **Green Toys stacking cups, \$11, thetot.com**

9 | Detangle little locks with 100-percent handmade natural brushes. **KeaBabies hair set, \$30, keababies.com**

10 | Soothe eczema-prone scalp and skin with oatmeal and licorice root extract, a fragrance-free solution developed by a pediatrician. **Dr. Eddie's Happy Cappy shampoo and wash, \$10, happycappyshampoo.com**

P&N



10



“Home is where your moms is.”

PHOTO: ISTOCK.COM/YOUNGOLDMAN

#1 Choice

of Hospitals, Nurses & Parents.*



*Hospitals: based on hospital sales data; nurses: vs. other hospital brands, among those with a preference; parents: based on retail sales.



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Our extended family of infant car seats just got a little bigger. We know that as babies and families grow, travel needs change. That's why we continue to expand on our KeyFit® family of infant car seats. Our newest addition, the KeyFit® 35, offers upgraded features to comfortably and securely accommodate the newest member of your family.

more headroom
more leg room
more time rear-facing



KeyFit® 35

Extended-Use Infant Car Seat



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