

AUSTRALIAN

pregnancy & birth

expert
parenting

NEW MUM KNOW-HOW

Expert advice on looking after your newborn

Superfood fixes

- ✓ Boost your mood
- ✓ Up your energy
- ✓ Ease nausea

YES!
You can
afford a
baby
See page 106

REAL LIFE

“Hypnobirthing helped me relax”

“My wonderful water birth”

BUMP WATCH
Your baby week by week

GET FIT FOR LABOUR

Start our antenatal workout today!

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PREGNANCY SYMPTOMS EXPLAINED IS HE READY TO BE A DADDY?

The numbers game

A full-term pregnancy can be anywhere between 37 and 42 weeks, and the estimated due date, or EDD, is an educated guess, not a firm deadline. Most babies are born before or after their specific date, and the majority of first babies are born an average of four days past the EDD.



ROBUST WRIGGLERS

If you want to keep your man's sperm in great shape, switch off the TV and head out for a walk with him.

A US study published online in the *British Journal of Sports Medicine* found that the sperm count of men who exercised more than 15 hours a week was on average 73% higher than that of the least active (less than five hours of exercise a week).

In addition, men who clocked up more than 20 hours in front of the box each week had close to half the sperm count of those who watched 'none, or almost none'.

Researchers surveyed 189 men aged between 18 and 22 about their television watching and exercise habits over three months, and then took sperm samples.

3 INNOVATIVE WAYS MUMS-TO-BE CELEBRATE THEIR PREGNANCIES

BUMP CASTING

Expectant mums can make plaster casts of their bumps by ordering kits online from www.bellymasking.com.au or www.bellyart.com.au. Paint it or leave it plain, it's up to you!



WELCOME TO MY WOMB

The latest US pregnancy craze is reported to be scan or ultrasound parties, where ultrasound technicians charge between US\$100-\$350 to carry out a sonogram on pregnant women in front of friends and family at their home.

A MODEL CHILD

Japanese inventors have come up with a way to transform an ultrasound scan into a 3D model, giving parents-to-be the chance to hold a replica of their baby before she's out of the womb. The 9cm-long resin models are created by a 3D printer and can also be made into necklaces or key rings.

