

PRACTICAL PARENTING FROM AUSTRALIA'S NO.1 PARENTING MAGAZINE

# PREGNANCY

2014/15 EDITION



## GET READY FOR BIRTH

6 labour pain-relief options to try

## YOUR BUMP + EXERCISE

What's safe, what's not

Beat morning sickness now!

Overcome your new mum fears }

HOW TO CREATE A *dream nursery*

GOING OVERDUE  
Tips to help bring on your labour

MUST-READ!

# BIRTH stories

- ★ "I had my baby within 10 minutes"
- ★ "My bub was coming out feet first"
- ★ "I slept through my labour"

www.practicalparenting.com.au

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**WIPE AWAY**  
Nothing is as delicate as babies' skin. New and improved HUGGIES® Baby Wipes are thick and now even softer to safely and gently protect and clean. With no soap, paraben or alcohol they give a superior clean that leaves nothing behind for healthier skin. Visit [www.huggies.com.au](http://www.huggies.com.au)



**SAFE & STYLISH**

Check out Jellystone Designs' must-have, fashion-savvy silicone jewellery, designed for mums to wear and babies to enjoy. It's lightweight, safe and practical for everyday women, and no nasty chemicals means it's safe for bub to suck on! Visit [www.jellystonedesigns.com](http://www.jellystonedesigns.com) or [www.coolkidz.net.au](http://www.coolkidz.net.au)



**SUPPORT YOURSELF**

Mamaway's patented Nano Bamboo postnatal compression recovery and support belly band is made with soft and super-breathable bamboo fibres to keep you cool. Wide like a corset, soft like a wrap, and strong enough to be a back support. Visit [www.mamaway.com.au](http://www.mamaway.com.au)

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The NUK Vapo-matic Electric Steam Steriliser is the safe and effective way to destroy harmful bacteria. It sterilises up to six baby bottles and accessories in 12 minutes, using no chemicals – just add water! The Vapo-matic is thermostatically controlled and switches off by itself, making it safe and economical to use. Available at Baby Bunting, Toys"R"Us and selected pharmacies. Visit [www.nuk.com.au](http://www.nuk.com.au) or call 1800 804 918.



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**LIKE MAGIC**

The remarkable and award-winning Baby Inkless Print Kit from Belly Art captures a memento of your child's hand and foot with no ink, no paint and no mess! Simply use the non-toxic, inkless wipe, press onto the specially treated paper and within seconds your print magically appears. Head to [www.bellyart.com.au](http://www.bellyart.com.au)



**PEEK-A-BOO!**

Fancy something a little bit different? With a choice of five cute and original prints to choose from, the unique, 100 per cent Australian-made Bubs n Bumps maternity range is made from organic cotton and comes in three figure-flattering styles. There's also an option for mums expecting twins. [www.bubsnbumps.com.au](http://www.bubsnbumps.com.au)

**A BEAUTIFUL DUET**

A side-by-side twin stroller that's no wider than a single buggy, The Mountain Buggy Duet features one base, two fabric sets, and plenty of parent-facing innovation, with three parent-facing options. To learn more, visit [www.mountainbuggy.com](http://www.mountainbuggy.com)



**CARRY ON**

The phil&teds 'emotion' carrier is plush perfection, with bub riding high and close for kisses on the go. Emotion is machine washable, comes with two dribble bibs, and is made from Oeko-Tex certified fabric to be gentle on babies' delicate skin. [www.philandteds.com](http://www.philandteds.com)