

info & ideas

Practical Parenting's useful ideas for this special time of life

Celebrate your bump!



Commemorate your pregnancy with a little creativity. Try...

- A preg portrait**
 Channel your inner Demi Moore and pose for a stylish, professional portrait showcasing your pregnant form. With your hair and make-up done to perfection, you'll be feeling a million bucks and that gorgeous pregnancy glow will be captured for all to see.
- Belly painting**
 Bring out the water-based face paints, buy a DIY pregnant-tummy painting kit or google a local 'belly artist' and give your lump some lashings of colour. A particularly fun activity for baby showers, once your belly is decked out in a beautiful pattern or scene, take some snaps to immortalise the moment. The painting process feels pretty therapeutic, too!
- Belly casting**
 Make a cast of your baby-on-board torso with a DIY plaster kit (like Belly Art's Pregnancy Belly Casting Kit available at www.bellyart.com.au, rrp \$69.95). A beautifully unique activity that will provide a lasting, tangible memory of your bump. Give your cast a splash of paint and mount it in a frame for an interesting talking point or keep it somewhere private for personal trips down memory lane.



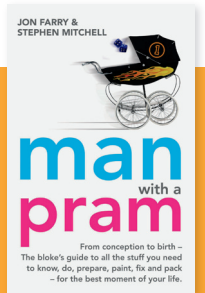

Did you KNOW?

Your body requires an additional 850 to 1100 kilojoules a day during your second and third trimesters (the equivalent of an extra glass of milk or sandwich each day)*



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A bloke's guide to bubs
 Expectant daddies can delve into the mysteries of pregnancy and birth with the funny and fact-filled *Man with a Pram* (Hachette Australia, \$24.99). Co-authored by male midwife Jon Farry, it covers all the bub essentials and offers male-oriented advice.



Compiled by Lauren Monaghan Photography / iStockphoto... Masterfile
 *Source The Victorian State Government's Better Health Channel