

PREGNANCY

SUMMER 2010

**YOUR BODY
YOUR BABY**

THE ESSENTIAL
NINE-MONTH GUIDE

PAIN RELIEF

THE BEST OPTIONS FOR YOU

**HOT
Pregnancy
FASHION**

**286 ways to flatter
your bump**

- ♥ Festive frocks
- ♥ Weekend & work wear
- ♥ Cool cossies
- + Your must-have maternity bra

Astro babes

HOW YOU AND YOUR
BABY'S STAR SIGNS RELATE

CHEESE, MEAT, TAKEAWAY...

**WHAT'S SAFE
& WHAT'S NOT**

**BABY
SHOWER
SPECIAL**

40 fabulous ideas
you'll **LOVE**

TONI PEAREN

ON SEX,
MOOD SWINGS
& HER BIRTH PLAN

**REALITY
BITES**

**38
PREG
& BIRTH
STORIES**

"I DELIVERED
IN THE CAR!"

"I HAD A
DRUG-FREE
BIRTH"

**Baby
Bonus!**

**25%
OFF**



MATERNITY CLOTHES, EVENING WEAR,
BABY CLOTHES, NURSERY BUYS, TOYS,
NAPPY BAGS, MUMS AND BUBS SKINCARE

*OFFERS NOT AVAILABLE IN NZ. CONDITIONS APPLY, SEE PAGE 150 FOR DETAILS.

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16 Food for thought

Blindfold guests, then have them taste baby food and name what it is for a prize.

The Australian Women's Weekly FreshFood for Babies & Toddlers, \$12.95, available at newsagents and supermarkets.



Guests Kerry and Stephanie at Kate's celebration

Games

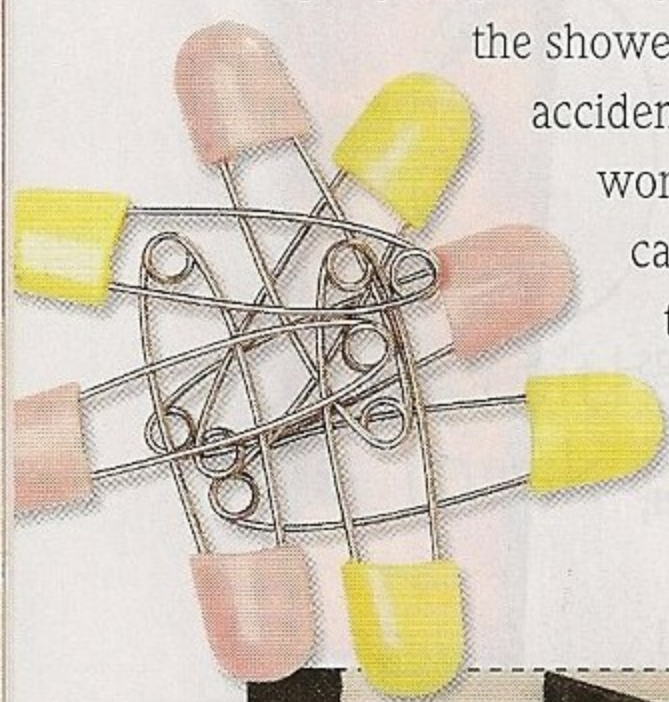
A party wouldn't be complete without some hysterics-inducing activities. Play the day away with cute baby shower-themed games everyone will enjoy.

Online gift shop www.mummysfavourite.com.au recommends these fun ideas:

14 Guess the mug shot Get everyone to bring a photo of themselves as babies and take turns guessing who is who.

15 Baby's the word When each guest arrives, hand them one nappy pin and tell them that for the duration of the party they can't say the word "baby".

During the shower, when someone accidentally says the forbidden word, the person who catches them out gets to take a pin from them. The person with the most nappy pins at the end of the shower wins.

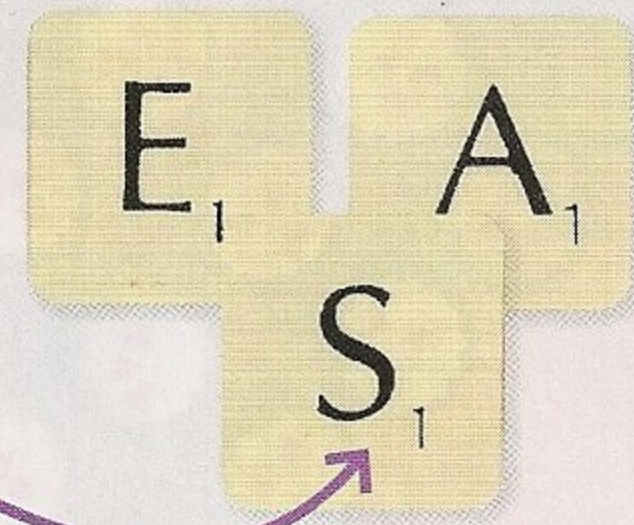


17 Budding designers Ask guests to take turns personalising baby singlets or onesies using fabric paint. The best ones will make unique outfits for the bub.

18 Race to the finish Have a nappy-changing race – gather some dolls and toys and a supply of nappies and get changing!

19 Measuring up Guess mummy's tummy size – have each guest cut some string or wool to the size they believe would fit around the guest of honour's belly. After everyone cuts their string, compare the results to the actual tummy. The person with the closest guess wins a prize.

20 Baby Scrabble Choose 25 baby-related items and scramble the spelling. Have the guests unscramble the words. The one who gets the most right in five minutes receives a prize.



21 What's the magic number? Fill a baby bottle with lollies and guess how many are inside. NUK Bottle, \$11.10 (1300 767 969).



Both mum and baby were showered with treasured gifts.



Unique gift ideas

22 A mould move Add this to your wish list: a moulding kit allows you to make a permanent reminder of your little one's feet or hands.

Belly Art Baby Hands + Feet Casting Kit, \$69.95 (www.bellyart.com.au).

23 One of a kind If you're the arts-and-crafts type, drop hints about **The Mending Basket Bows Booties Kit**, \$18 (www.themendingbasket.com.au). Or if baby's got everything he/she needs, ask all the girls to chip in some cash that you can put towards a gorgeous, personalised trinket

once baby is born. An ID bangle or a tablet necklace inscribed with your new bundle's name and date of birth – what could be better? **Uberkate personalised jewellery**, from \$175 (www.uberkate.com.au). ▶

