

City Life

Making a list?

Our guide is filled with sparkling gift ideas for everyone

A passion for handbags equals the success of the **Jeanne Lottie** empire

Dreaming of a sexy **Roberto Cavalli** dress?

Dream no more and hit your local mall!

Try **our recipes** and have your guests singing, "gimme more!"

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Nothing matches the excitement of finding out your pregnant. Although it seems like 40 weeks is a long way off, you will find that you need this time to prepare your mind, body and life for the beautiful changes to come. *City Life* has compiled interesting products, helpful books and resources that will make this journey relaxing and fun-filled.



Mom-to-Be

By ANGELA PALMIERI & SERA OZEL

1. Philips DECT Baby Monitor

The Philips DECT Baby Monitor is guaranteed to be free of interference while you listen to your child from another room. It automatically finds a free channel and if it detects another device on the same channel, the monitor will switch to an unused channel. An added feature to the Philips DECT Baby Monitor is the built-in thermometer, which monitors the temperature of the baby's room to ensure comfort for your child.

www.consumer.philips.com



2. Lila Bean Nursing Cover-Ups

The Lila Bean is a stylish way for nursing mothers to privately breastfeed and comfortably hold their baby. It ties securely around the mother's neck and provides support while you are nursing. The Lila Bean rolls up and can be stored in its own carrying pouch, making it easier to fit in your baby bag.

www.lilabean.net



3. Fisher Price Space Saver High Chair

A high chair without the stand, this specially designed product from Fisher Price is meant to save space. It straps on to your kitchen chair for a safe and comfortable place for your child to eat at. The chair can also be turned into a booster seat for when the child gets older.

www.fisher-price.com



4. Today's Mom Cozy Comfort Pregnancy Pillow

This pregnancy body pillow allows for a comfortable night's sleep for expecting mothers. The Today's Mom Cozy Comfort Pregnancy Pillow is specially designed to support the weight of the belly while you sleep. It also provides comfort for your shoulders and back so you wake up without pain.

www.babyage.com



5. Parenting By Nature Natural Wooden Baby Rattle/Teether

The Natural Wooden Baby Rattle is made of non-toxic, chemical free, pure solid maple wood. A rattle safe enough for your child to chew on, Parenting By Nature designs all its natural baby toys and products with your child's health and safety a top priority.

www.parentingbynature.com



6. SKIN by Monica Olsen

Monica Olsen has created an organic skincare line for babies, which includes a body wash, body lotion, diaper rash spray, shampoo and conditioner and an SPF 50 lotion. All of the products are made with natural and organic ingredients such as aloe and vitamin E. The SKIN by Monica Olsen will gently pamper your baby.

www.skinbymonica.com



7. MoBoleez Breastfeeding Hats

MoBoleez designed its modern bonnets to make breastfeeding fun and give moms a little privacy. The hat has been made to stay on the baby's head securely, and the wide brim cuts out distractions that might catch your baby's attention. The top of the hat is decorated with cute pictures and sayings like, "Catch the Milky Way" and "Café Au Lait" to make you giggle while you breastfeed your child.

www.moboleez.com





For a Better Pregnancy

CHIROPRACTIC CARE

Pregnant women under regular chiropractic care report a more comfortable pregnancy, with less low back and pelvic discomfort, less morning sickness, and less heartburn. There is also a significant decrease in labour time. Dr. Amy Robinson of the Vibrant for Life Chiropractic Clinic has a distinct passion for caring for a women who is experiencing this crucial life stage. Chiropractic care is of immeasurable value, simply because it helps to improve the function of the nervous system, allowing you to attain higher levels of health. www.vibrantlifechiropractic.com

NATUROPATHIC CARE

There is no doubt that healthy eating should be a part of everyone's daily ritual. Dr. Tanya Wylde stresses that it is vital for expecting mothers to adhere to a proper diet, abundant in vitamins and minerals essential to their child's growth. Forming a relationship with a naturopath can be quite beneficial, as he or she will often provide you with a meal plan, as well prenatal vitamins that will give your baby all the nutrition it needs. www.naturopathicmedicine.ca

HYPNO BIRTHING

Hypno birthing is changing the way many medical professionals view birthing. This new process encourages gentle birthing, teaching expectant parents to use self-hypnosis, guided imagery and special breathing techniques that can help bring about a shorter and comfortable delivery free of harmful drugs. Ronnie Singer, C.H.B.E says: "Hypno birthing promises to keep mothers awake, alert, and fully in control while giving birth to their new bundle of joy." ronnies@sympatico.ca, www.hypnobirthing.com

HELPFUL BOOKS

The Whole Pregnancy Handbook by Joel M. Evans, *The Thinking Woman's Guide* by Henci Goer, *Hypno Birthing: The Mongan Method* by Marie F. Mongan, *Immaculate Deception! It: Myth, Magic and Birth* by Suzanne Arms, *The Pregnancy Book* by William and Martha Sears with Linda Hughey Holt.

USEFUL WEBSITES

Breastfeeding www.lllc.ca, www.breastfeedingonline.com
 Health & Fitness www.bluedooryoga.com, www.sleepdoula.com
 Home Birthing www.midwivesofyorkregion.com
 Vaccination www.vran.org, www.phac-aspc.gc.ca



8. Skip Hop Canvas Duo Diaper Bag

With its 11 separate compartments, mom's will never be more organized. The Skip Hop Duo Canvas Tote is a diaper and tote bag. The bag can be hung on the back of a stroller and won't cause the stroller to tip. The strap can then be lengthened and easily converted into a tote so that moms don't have to carry more than they need. www.skiphop.com



9. Cards for the Yard

Welcome the tiny new addition to your family with these bright and colourful yard greetings. Full of colour and life, a Cards for the Yard message will help you make a production of a very special day. Also ideal for birthday wishes and special events. www.cardsfortheyard.ca



10. Sleep Sheep, Lavender Lab and Twilight Turtle

Sleep Sheep and Friends are perfect for helping your baby sleep. Sleep Sheep makes four soothing sounds that relax your child and helps them get to sleep faster. Lavender Lab, when squeezed, lets off a soft scent of lavender, which helps to soothe you and your baby. Twilight Turtle lights up your child's ceiling with a starry pattern to transform their bedroom into a magical, comforting place. www.sleepsheepandfriends.com



11. OskerBee Portable Baby Changing Station

This portable baby changing station makes it easy for you to change your baby on a clean surface. The OskerBee Portable Baby Changing Station is equipped with an easy care changing surface, and is lightweight, making it easier for you to bring it anywhere. www.oskerbee.com



12. 2 Chix Maternity Tees

Flaunt your mom-to-be belly in adorable cotton vintage-soft pregnancy tees from 2 Chix. With a variety of sweet and playful sayings like "Haute Mama" and "Preggo Fabulous," these humorous tees promise to add some fun flair to those long nine months. Look for 2 Chix at Bella Mom Maternity in Vaughan. www.2chix.com, www.bellamom.ca



Bella MOM

maternity

- Citizens of Humanity
- Paige Premium Denim
- Habitual
- Maternal America
- Olian Maternity
- Jules & Jim
- Jolou
- Ripe Maternity Wear
- OiOi Diaper Bags
- Fleurville Diaper Bags



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www.bellamom.ca

Look for our next Mom-To-Be feature in the Feb/Mar issue of City Life Magazine. We'd love to hear your thoughts and questions. Send the to info@dolce.ca