



*The secrets of a...*  
**NUTRITIONAL THERAPIST**  
**EAT GOOD FATS**

'After having a baby, your hormones ebb and flow, and depleted energy levels can leave you feeling low,' says nutritional therapist Angelique Panagos (angeliquepanagos.com). 'To help your body form hormones essential for beating baby blues, incorporate plenty of good fats into your diet, such as avocados, olives, nuts, seeds and coconut oil. My favourite postpartum food is salmon, which is rich in omega-3 fatty acid, and will really help boost your mood.'

**10%**  
of babies are conceived on holiday.

**6 WEEKS+**  
**47.5%**

**We asked you...**

How old was your baby the first time you took him swimming?



**3 MONTHS+**  
**42.5%**

**6 MONTHS+**  
**2.5%**

**1 YEAR OR OLDER**  
**7.5%**



Off to the seaside? This collection of poems with watercolour illustrations is a future classic. £14.99, Walker Books.



**1/3**

parents who post about their children and family life on social media admit it's not an honest reflection.

*M+B loves*  
**It's even better!**

A cult favourite with mums, Childs Farm Moisturiser is now available in a new unperfumed formula. Made from natural ingredients to keep skin soft and hydrated, the creamy moisturiser is a must for babies with sensitive and eczema-prone skin. £4.50, childsfarm.com

We love Stokke's new Caring Collection, all made from 100 per cent organic cotton. Our favourite? The snuggly Cotton Knit Blankets, £45, stokke.com



# FREZYDERM Baby Line

**FREZYDERM Baby Line** is a complete range that cares, soothes and protects the delicate physiology of your little one's skin. The range predominantly contains **chamomile extract** to calm and soothe irritated skin, as well as **wheat proteins** which softens and moisturises their skin.

All free from added colour, alcohol, parabens and preservatives, our Baby Line cares for your baby, from head to shoulders, knees and toes.

Give them the best they deserve.



@FrezydermUK  
frezyderm.co.uk