

PREGNANCY

Your *What's happening in there?!*
week-by-week
countdown
+ AMAZING PHOTOS

**The ultimate
BABY CHECKLIST**

Everything you need for:
✓ hospital ✓ home ✓ on the go

BODIES
after
BABIES

What other women
LOOK LIKE NAKED

How not to tear
down there

**THE FOOD
DIARIES** DID
SOMEONE SAY GHERKINS?

There were three in the bed ...
**How to stay loved-up
AFTER BABY**

The Cosmo
**Fashion
Bible**

- The perfect maternity jeans
- PM glamour
- Celeb looks for less
- Sexy (& supportive) lingerie
- Work & weekend

Your best birth:
**MIDWIVES
TELL WHAT
WORKS**

**23
REAL
LIFE**

pregnancy,
labour &
birth stories



ISSUE 4
Australia
\$11.95 (inc. GST)
New Zealand
\$12.95 (inc. GST)



"What I couldn't LIVE WITHOUT"



Melanie, 36, and Maia, 10 months

SAFETY 1ST QUICKSMART STROLLER, \$99.95

"This three-wheel stroller is super-light, compact and clever – folding down small enough to fit inside a backpack. It's great when we fly interstate as I can push it to the gate, pack it up and take it on the plane. At the other end it can be quickly unpacked, which leaves me a hand free to deal with the baggage. I also don't have to worry about luggage handlers breaking my more expensive pram. Being so tiny and light it can squeeze into small aisles and be easily lifted onto buses or trains. It's flimsier than my other stroller, so I'm more cautious safety-wise, and it takes a bit of practice to fold it up and get it in the backpack, but it is my travel saviour." For stockists visit quicksmartstroller.com

PLAYGRO ZANY ZOO MUSICAL MOBILE, \$54.99

"We'd take the mobile to our parents' house and, even though our son is in an unfamiliar bed, when we turn it on he falls asleep straightaway." Jane, 29.



GO GO BAG, \$149

"Ronan always kicked off his blankets. With the Go Go Bag sleeping bag I know he's always cosy and warm. The bag is 100 per cent cotton with a 100 per cent merino wool lining, and it's really soft and machine washable. Ronan also wears it in his car seat, as the design allows for the seat buckle." Louise, 32.



TOMMEE TIPPEE SAFETY DUCK TUB, \$29.95

"This product has been invaluable. I've bathed Brontë in it every day. We sit it on the kitchen bench, fill it with water and pop her in. It means no bending over the bathtub, no taps or sharp edges and you only need a small amount of water. It has a beak which quacks when you squeeze it and a temperature sensor to tell you if the water's too hot. Being inflatable it's perfect to take wherever you go. Over summer we used it outside as a little splash pool." Georgie, 35.

AVENT EXPRESS STEAM STERILISER, \$139.95

"A friend recommended the Avent steriliser. I'd heard the microwave ones weren't very good. It has a quick eight-minute cycle. You can fit in six bottles at a time so you always have clean ones on hand." Megan, 26.

BABYBJÖRN BABY CARRIER ORIGINAL, \$139.95

"I love my BABYBJÖRN Baby Carrier. It makes running errands and shopping easier, my hands are free and I don't have to manoeuvre a pram around. It takes two seconds to put on and take off, and it's really comfortable to wear. One of the best things is Annabel is with me all of the time and she always falls asleep in it. Certainly money well spent." Emma, 32.

BONDS WONDERSUIT, FROM \$17.95

"For the first three months of my son's life he lived in Bonds Wondersuits. They kept him warm from top to toe and were so easy to change his nappies in. We bought 000 sizes but he grew out of them very quickly, so next time I'll buy 00 and just have them a little big to start." Kasie, 34.

MOTHER-EASE CLOTH NAPPIES, \$19.95

"These nappies can be used from day one up until toilet training. They're sewn into the shape of a disposable nappy and you can buy extra inserts for night-time use. They don't leak and last longer than terry towelling nappies. They are great value for money – mine are still in good condition after two babies." Sofia, 27.

EARLY LEARNING CENTRE BLOSSOM FARM ACTIVITY RING, \$80

"Sienna and I couldn't have lived without this inflatable activity ring. It's like a tyre inner with a colourful cover that has toys on. When she couldn't sit unaided, Sienna used to get really frustrated lying flat on her back, so I used to sit her in the middle of the ring and she couldn't topple over. I moved it around the house with me depending on what I was doing and I took it on holidays with us. It was great to take to friends' houses as it folds down to nothing when it's deflated." Kylie, 30.

“Today he made his first friend”

Let your child's imagination grow
with Playgro's exciting products.

From safety at home to safety on
the go, infant developmental toys,
feeding, manchester and room
décor, Playgro offers the
complete children's
lifestyle solution.



Imagination grows with

