

Pregnancy & Birth

THE UK'S NO.1 PREGNANCY MAGAZINE

100 BEST BABY BUYS

End the shopping chaos with P&b's tried-and-tested list

TOO SHY TO ASK?

Embarrassing birth questions answered

YOU'RE HEALTHIER THAN YOU THINK

Discover the pregnancy body boosts

HOW TO

- ✓ Beat pregnancy exhaustion
- ✓ Write your birth plan
- ✓ Play with your baby

REAL LIFE

I gave birth on CCTV

www.askamum.co.uk



LOOK GREAT AT WORK

Easy yet stylish solutions

DADDY-TO-BE WORNIES

Is he getting the support he needs?

YOUR FIRST 24 HOURS WITH BABY

Enjoy this precious time



3 BRILLIANT OFFERS

SAVE!

20% off
AT ISABELLA
OLIVER



FREE!

MAMA
MIO GIFT
worth £10

WIN!

BEAUTY
PRODUCTS
worth £968



Label of THE MONTH

Jojo Maman Bébé ups its fashion credentials for autumn/winter

Always a go-to label for maternity essentials, Jojo Maman Bébé has seriously upped its fashion game this season. If the leather-look leggings are a little on the fierce side for your pregnancy style, we think you'd be mad not to love the floral prints in rich autumnal shades. They're perfect for everything from work to socialising, so stock up now and start wearing!



Floral-print dress, £39



Floral-print top, £26



Floral chiffon tunic, £26



Knitted dress, £39

Totally on-trend



Studded drape dress, £39



Jeans, £29



Floral-print dress, £39



Leather-look leggings, £39



Tweed skirt, £26

Stick with your skinnies

Smart & comfy



Floral tunic, £26, Jojo Maman Bébé



WORDS SARAH LANE & PHOTOGRAPH BY MURRAY HENNING

Necklace, £5, New Look



Check dress, £38, Mothercare

Bag, £99, Boden



Ideas TO STEAL

Create a capsule wardrobe of hard-working basics

Shoes, £12, Tesco



Jumper with shirt, £89, Isabella Oliver



Skirt, £20, Mothercare



Dress with cardigan, £109, Isabella Oliver



Trousers, £35, Gap Maternity



Brogues, £45, Next



Top, £29.50, Gap Maternity

Easy one-piece



BUMP UP



RUNNING
Paula Radcliffe ran 10k while pregnant, now P&B is running Adidas' Women's

5k on 5 September in aid of charity Bliss. Donate at just.giving.com/motherandbaby.



ANDY PANDY We hope Teddy and Looby Loo gave him a big birthday party, as the iconic Andy Panda just turned 60. Here's to six more decades of fun...

CHEWING GUM Suffering from baby brain? Dutch researchers have found chewing gum increases blood flow to the brain to boost memory. Unwrap that Wrigley's!

GOING TO WORK The late summer bank holiday on 30 August means a lovely long lie-in, followed by the chance to catch the last of the summer sun.

FEELING LEFT OUT ON SATURDAY NIGHTS With the welcome return of *The X Factor* and *Strictly Come Dancing*, staying in on Saturday nights is definitely the new going out.

CRISTIANO RONALDO From a Facebook update announcing his new baby to his ongoing bizarre childcare stories... Get down, Ronaldo!



BUMP OFF



'Hurry up and take the photo - it's time for my nap'

starSCAN
Human after all...

With their neat little bumps and penchant for expounding the joys of being with child, you'd be forgiven for thinking celebs find pregnancy easier than the rest of us. Not so Samantha Cameron, whose fourth baby is due in September. When asked if she'd be accompanying husband David to the US, she apparently said she felt 'too knackered.' Meanwhile, Denise Van Outen has stopped breastfeeding her daughter amid worries she might get papped feeding in public. It's refreshing to see the famous struggle along with the rest of us...



GOING GA GA!

'I've been feeling broody for about the past 30 years!'



After the longest gestation ever, pregnant ex-pop princess RACHEL STEVENS, 32, won't have to wait much longer to hold a baby of her own

New delivery alert Keep your baby warm this autumn with a cute cover-up



Cardigan, £18.
Mamas & Papas



Cape, £26.
Jojo Maman Bébé



Jacket, £30.
Frugi

*SHINE IN ROYAL BLUE: THIS SEASON'S MOST WANTED COLOUR!

Royal blue is a key trend for autumn/winter and has already been sported by top fashionistas like Dannii Minogue, who wore a stunning dress in the colour for her baby shower. Work the look with Séraphine's fabulous new range, which will take you from day to night in style - this blue sequin dress (£59) is set to be the hottest special-occasion dress of the season. The Parisian brand is an A-list favourite and has dressed the most glamorous pregnant celebs. Find the fabulous collection online at seraphine.com.

Seraphine



WORDS JESSICA WALTON PHOTOGRAPHY © RICK GETTY IMAGES

Rainbow lamp shade, £16, Jojo Maman Bébé



Bunting, £12, Gro Company



Rainbow sleepsuit, £18.99, Brights & Stripes



Blanket, £25, Polarn O Pyret



Alphabet letters, £19.50 for three, Marks & Spencer



Bedside lamp, £35.98, Becky & Lolo



Cute and colourful

Ideas TO STEAL

Add a splash of colour with some vivid rainbow brights

Brighten up your newborn's surroundings by adding tons of colourful toys and bright accessories. Choose animal friends and cute companions in rainbow hues and touchable fabrics to encourage visual and sensory development – and to bring some fun into his life!

Sleeping bag, £26, Gro Company



Storage box, £21.50, Skip Hop



Babies will love playing

Baby gym, £65, Mamas & Papas



Animal rug, £115, Funky Kids Furniture



WHAT TO BUY IN THE LATER MONTHS

There are a few items it's wiser to wait before investing in

- **Highchair** Wait until your baby is weaned and sitting up firmly.
- **A breast pump** Unless you plan to express and bottle feed from the start, it's worth waiting until you know how often you'll express and whether you need a single or double pump, and a manual or electric model.
- **A baby monitor** You're unlikely to use it for the first few months if you follow official advice that your baby should sleep in your room at night.
- **Weaning products** Most babies don't start on solids until they are around six months old.



56



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Feeding

Everything you need for breast and bottle mealtimes



61



62



P&b LOVES

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56 Nipple Balm, £8, Green Baby This blend of cocoa and shea butters soothes before and after breastfeeding 57 Feeding Pillow, £17.99, Dreamgestil Helps support your baby during feeding and can also be used as a nest when she starts to sit up 58 Bibé Au Lait Breastfeeding Cover, £26.60, Bibs & Stuff A designer solution for breastfeeding mums who want to be discreet in public 59 Soothers, £4.49 for two, Mam A nap-time essential for some 60 Microwave Steriliser, £19.99, Tommee Tippee Sterilises four bottles in four minutes – great for busy mums 61 Insulated Bottle Holder, £14, Storkish Keep your baby's bottle at the desired temperature 62 Bottle Warming Flask, £9.99, Fisher-Price A great aid to bottle feeding on the go 63 Digital Steam Steriliser, £60, Avent This top-of-the-range steriliser has a 24-hour clearing cycle 64 Feeding Chair, £159.99, Mothercare A comfortable haven for feeding time 65 Breastfeeding Top, £26, Jojo Maman Bébé A convenient breastfeeding aid 66 Bib, £1, House Of Fraser Protect clothes from dribbles and spills 67 BPA-free Bottles, £13 for three, Avent The free-flow teat on this bisphenol A-free bottle mimics breastfeeding.



89

90



91 Travel Tot, £50, Mothercare
This lightweight car seat is superb value for money

93

94 Baby-Safe Sleeper, £180, Britax Lets babies lie flat in the car

94

Travel

Essentials for family holidays and days out



91



92



95

95 Pebble, £130, Maxi-Cosi Safe, stylish and comfy, this fits a wide range of pushchairs



97

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98

100

99



89 Travel Mobile, £9.99, Babies R Us Attach this to a car window and let the adorable animals entertain your baby 90 Bubble Bassinette, £34.99, Samselite Ultra-portable and can also be used at home instead of a Moses basket. Suitable from birth to six months 91 Steriliser Bags, £4.99 for three, Lincam Sterilise two bottles in less than three minutes in the microwave 92 Travel Sleeping Bag, £25, JoJo Maman Bébé Travel-friendly sleep bag with harness slits and detachable sleeves so babies can stay in their bedtime gear on the way home 93 Weekend Changing Bag, £99, Pink Lining Generous on space and great-looking, this holdall includes a wet bag, bottle pockets and changing mat 94 Car Sunblind, £4, John Lewis Suction onto your car windows to keep babies cool and shade their eyes from glare 95 UV Travel Centre, £69.99, Necessity Weighing in at 2.2kg, this pop-up travel cot features a comfy inflatable mattress and makes a great sun-protection tent for the beach 96 Shade-A-babe, £35, Outback This nifty shade covers the entire pushchair with SPF50+ equivalent protection 100 Portable Blackout Blind, £29.99, The Gro Company Fix onto hotel windows to keep the room as dark as possible.