

CHOOSE THE PERFECT BABY NAME • BIRTH: HOW HE SEES IT

AUSTRALIAN

# pregnancy & birth

## LIFT! HOLD! SQUEEZE!

ESSENTIAL PELVIC FLOOR EXERCISES FOR RIGHT NOW

BANISH PREGNANCY ANXIETIES

### BUMPER REAL LIFE

*Pregnancy helped me beat depression*  
*A baby after two miscarriages*

**BIRTH SURPRISES:**  
what you need to know before the big day

**ON THE INSIDE**  
YOUR BABY  
WEEK BY WEEK

### C-SECTIONS

How to prepare for the unexpected

SAVE A BUNDLE  
\$40  
maternity jeans

7-PAGE NEWBORN FEEDING SPECIAL

# SUPPORT SQUAD

CHOOSING YOUR PREGNANCY CARE TEAM

PP259003/04819



SEP 1 OCT 2011  
GCPA magazines

\$7.50 (inc GST) / NZ \$8.70 (inc GST)



## The Circle of approval

The fabulous Silver Logie winning television presenter Chrissie Swan, host of *The Circle*, wore this fuchsia wrap front top, \$89.95, and basic stretch singlet, \$49.95, when she was pregnant with her second son. For these and more maternity styles for plus-sized pregnant women in sizes 18-28, visit [www.plusmaternity.com.au](http://www.plusmaternity.com.au).



## BLOOM-ING BOYS

Genetically blessed Flynn Bloom has been seen in this cute little 'Nathan' stripe knitted jumper, \$39.95, from Bébé by Minihaha, at [www.minihaha.com.au](http://www.minihaha.com.au). He's definitely inherited his fashion flair from model mum Miranda Kerr and Hollywood star dad Orlando Bloom.



## Carrying is cool

Singer Pink and hubby Carey Hart have been out on numerous walks since baby Willow was born. Instead of pushing a pram they've opted to use this fantastic Ergobaby Organic Carrier, \$159, in black with camel lining. Find one for yourself at [www.babesinarms.com.au](http://www.babesinarms.com.au).



## From catwalk to cot

### Prints



Escazo 'Milk Cotton' jumpsuit, \$39.95



Target garden print padded maternity bra, \$30



Pos in a Pos printed tie top, \$39



Snugglum vintage racing car jumpsuit, \$39.95



Isak 'Baby Bowler Bag' in Mexican Broc, \$49.99



Pumpkin Patch 'All Over' printed dress, \$42.99



Dotz 'Am Apple' hat, \$24.95



**PO BEST BUY**

Cheeky Little Soles 'Hoo Am You?' shoes, \$29.95



Mami SS11 Milan Fashion Week