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# SHOP 4kids

ISSUE 8, AUTUMN/WINTER 2010  
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## BEST INVESTMENTS

BABY GEAR THAT GIVES  
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6 easy looks to bring  
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# Sleep Easy

What you once took for granted has become an obsession. Here's what you need to know to help baby (and you) sleep.

BY SARAH BROOKS-WILSON



Shop 4 Kids have rated our sleepers in the best sleepsuits available across Australia!

## SLEEPWEAR

While it's tempting to be swayed by cute prints and colours, remember comfort is key. Dr Sarah Blunden, psychologist and founder of sleepshop.com.au, recommends onesies that keep baby's feet, back and tummy warm. For older kids, long-sleeved pyjamas and a top that tucks in (if they'll let you) are best. Avoid fussy details like buttons, which can be uncomfortable. Look for natural, breathable fabrics - cotton is ideal - that are soft on their skin.

## Best sleepsuits

\$29.95 (0000-000), Marquise, (03) 9509 0155.

WEB BUY

\$64 (0000-000), Eeni Meeni Miini Moh, (07) 3902 0088, eenimeeni.com.

WEB BUY

\$39.95 (000-1), Paul Frank, 1300 468 789, babysgotstyle.com.au.

WEB BUY

\$39.95 (3mths-8yrs), Snugglebun, 1300 657 131, snugglebun.com.au.

Wrap, \$49, Eeni Meeni Miini Moh, (07) 3902 0088, eenimeeni.com.

WEB BUY

Wrap, \$69.95, Cocooi, 1800 643 056, merinokids.com.au.

SPECIALISED WRAPS

WEB BUY

Joey Pouch, \$49.95, Bubbaroo, (08) 8339 3756, sleepshop.com.au.

Blanket, \$39.95, Miracle Blanket, 1300 886 470, miracleblanket.com.au.

WEB BUY

## IT'S A WRAP

There are two types of wraps that will help keep your newborn snug and, more importantly, asleep: specialised wraps, with an internal pocket and wings to make the swaddling process easy; and general wraps, which are a square of muslin or soft fabric. For newborns, either style will do - the aim is to keep them snug so their Moro (or startle) reflex doesn't wake them. Again, cotton and natural-fibre wraps are best.

Muslins, \$36.95 (for pack of 2), Aden and Anais, 1300 468 789, babysgotstyle.com.au.

WEB BUY

WEB BUY

GENERAL WRAPS

Wrap, \$45.41, Gai Organic Cotton, (02) 4962 3996, gaiorganiccotton.com.au.

WEB BUY



## 5 of the best... pyjamas

Shop 4 Kids selected  
Snuggles in top 5 of the best  
pyjamas

 <p>\$32.95 (0-7), Ouch, 1300 468 789, babysgotstyle. com.au.</p> <p><b>WEB BUY</b></p>	 <p>\$39.95 (3mths- 8yrs), Snuggles, 1300 657 131, snuggles.com.au.</p> <p><b>WEB BUY</b></p>	 <p>\$59 (00-12), Eeni Meeni Miini Moh, (07) 3902 0088, eenimeeni.com.</p> <p><b>WEB BUY</b></p>	 <p>\$39.95 (000-8), Huckleberry Lane, (03) 9571 8820.</p> <p><b>WEB BUY</b></p>
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## Cosy bags

If your baby is like Houdini every time you wrap him/her, it's time to invest in a sleeping bag. Before you buy one, Dr Blunden recommends looking at the 'tog factor' - the warmth of the bag. "Lower togs (0.35) suit warmer temperatures, while higher togs (2.0) are perfect for winter," she says. The best versions are cotton and are easy to get your baby in and out of for nappy changes, but not too easy for them to undo.

 <p><b>WEB BUY</b></p> <p>\$104, Eeni Meeni Miini Moh, (07) 3902 0088, eenimeeni.com.</p>	 <p><b>WEB BUY</b></p> <p>\$79.95, Uh-Oh! from Nest, (02) 9665 8885.</p>	 <p><b>WEB BUY</b></p> <p>\$69.95, Purebaby, 1300 894 203, purebaby.com.au.</p>	 <p><b>WEB BUY</b></p> <p>\$99, Go Go Bag, 1800 643 056, merinokids. com.au.</p>	 <p><b>WEB BUY</b></p> <p>\$74.95, Grobag, 1800 777 107, bambinipronto. com.au.</p>
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## The sound of music

Classical and other soft music (e.g. lullabies) is thought to have a calming effect on babies, so you can use it to relax your baby pre-sleep or to help them re-settle if they wake. White noise can also help little ones get to sleep and settle themselves, as it replicates the sounds of the womb. Try one of these CDs:



<p><b>WEB BUY</b></p> <p>Lullaby Renditions of U2 by Rockabye Baby!, \$33.95, from Baby's Got Style, 1300 468 789, babysgotstyle.com.au.</p>			<p><b>WEB BUY</b></p> <p>Sounds for Silence CD and book by Dr Harry Zehnirith, \$39.95, from Mamma Bella, (03) 9569 8993, mammabella.com.au.</p>
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## BEDTIME STORIES

There's nothing like a good book to calm down even the most excitable child. Kids love the ritual and you love the fact that it's (almost) quiet time. Just make sure the book is short and that it's one you can stand - chances are you're going to be reading it a lot. Our picks:



**WEB BUY**

*Time for Bed* by Mem Fox (Omnibus Books), \$14.99, from Booktopia, (02) 9954 1080, booktopia.com.au. A true classic, this soothing and sweet story in rhyme is a must for all ages.



**WEB BUY**

*Haiku Baby* by Betsy Snyder (Random House), \$16.95, from We Heart Books, 0434 261 337, weheartbooks.com. Uses poetic haiku to describe simple delights for newborns and up.



**WEB BUY**

*ZZzzz, A Book of Sleep* by Il Sung Na (Scholastic Books), \$14.95, from We Heart Books, 0434 261 337, weheartbooks.com. Simple text and lovely illustrations - perfect for kids two plus.



**WEB BUY**

*Little Hoot* by Amy K Rosenthal (Chronicle Books), \$18.95, from Borders, (03) 9285 3400, borders.com.au. A clever and funny picture book that children aged three and older will love.



# My Favourite Things

Three stylish mums share the things that make them and their families go gaga.



**Cool tops** Bright and lightweight pieces with a whimsical feel – to me this clothing is kids being kids.

Top, \$39.95 (0-5), Little Bubble and Tree, 0418 325 068, [littlebubbleandtree.com.au](http://littlebubbleandtree.com.au).



**Invitations** The kids get excited when they see party invitations, and I love this brand for the great illustrations.

Invitations, \$24.95 (for pack of 10), Alannah Rose, 0417 572 528, [alannahrose.com.au](http://alannahrose.com.au).



**Special moments** I love knowing that people have my photographs in beautiful frames in their homes, which they can treasure forever.

Frame, \$17.95, Freedom, 1300 135 588.



**Coffee** I can't start my day without a coffee, and Mozi mugs come in really pretty designs that make me smile.

Mug, \$19.95, Mozi, (03) 9885 9789, [mozi.com.au](http://mozi.com.au).

## Pru Trundle

The owner of Little Bird Photography and mother of two boys, Tom, 5, and Harry, 3, loves all things bright and modern.



**Flip Flop sofa** Prue loves our cowboys and indians pjs! This comes in stripes and works with everything. Flip Flop sofa, \$249.95, Teeny Me, 0414 255 040, [teenyme.com.au](http://teenyme.com.au).

Prue loves our cowboys and indians pjs!

French Bazaar, (03) 9017 7892, [frenchbazaar.com.au](http://frenchbazaar.com.au).



**Jeans** I wear jeans everywhere. Working with children, I need to wear something comfortable.

Jeans, \$190 (27-32), Sass & Bide, (02) 9667 1667, [sassandbide.com](http://sassandbide.com).



**PJs** The cowboys and Indians print is my favourite – it matches our playroom theme. Pyjamas, \$39.95 (3mths-8yrs), Snugglebum, 1300 657 131, [snugglebum.com.au](http://snugglebum.com.au).



**Featherston chairs** These are special, as they were passed down on my husband's side. I have dreams of the boys taking a chair each when they eventually move out.

Chair, \$3695, and Ottoman, \$1650, Gordon Mather Industries, (03) 9585 5528.



**The boys' rooms** I had fun decorating with a bit of everything. I keep adding cool pieces to their beds. Blanket, \$220, Lullaby Linen, (03) 9890 0022.