

▶ HOT METALLIC ACCESSORIES ▶ DRY SKIN SOLUTIONS

Win a
\$1,400
CELEBRITY
GIFT BAG!

Pregnancy

Good
Good
Thing

FIT & FAB with GABBY!

5 MUST-DO
prenatal exercises

EXPECTING SEX?

Your **GET-IT-ON GUIDE**
for before—and after—
baby arrives

Gabrielle Reece

in *Expecting* (p. 104)

- BLACK
- WHITE
- ✓ OTHER

The challenges and
choices of having
a multiracial baby

copling with
COLIC

Set Up a
**GREEN
NURSERY**

**BABY
GIFTS** for
EVERYONE ELSE

The best presents for you and yours

December 2011 (Vol. 12, No. 12)



it's the little THINGS

Make your L&D as comfy as can be with items designed for the big day and beyond

- 1 This soft, knee-length gown with gusseted knee has straps, so you can wear it in the hospital. **Dear Johannes Miller-Gowen in Lucy with Monogram** | 171. dearjohnes.com
- 2 Soothe aches anytime with this pad that can be chilled or warmed. **Comfort Mink Labor Shoulder Rest/Cold/Comfort Pad in Blue** | 122. comfortmink.com
- 3 Position yourself with this portable pillow or hold it tight during contractions (use it in nursing, too!). **Comfort Labor Pillow with Lumbar Cover in Blue** | 122. comfortmink.com
- 4 Enjoy that hot shower with this snug, velour wrap that protects tender breasts. **Solisma & Chandi Shower Hug in White with Side Blue Trim** | 141. showerhug.com
- 5 Once babies reach hospital visits, use pads and encourage feeding. **Mom Wipe Dry Bath** | 116. bloomingbabe.com **Earth Mama Angel Baby Postpartum Bath Wipes** | 86. earthmamaangelbaby.com **Babe Mama Herbal Wipe Bath** | 113. babemama.com