



BABY SAFETY QUIZ What you don't know could hurt your baby

HEALTHY MOM, HEALTHY BABY

FitPregnancy

Feel great for 40 weeks

- *Cope with those wild mood swings
- *Sleep when you can't get comfortable
- *The surprising way to make labor easier

THE EXPERTS' GUIDE TO YOUR BABY'S SLEEP

PLUS the latest on reducing SIDS risk

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Should you diet when you're pregnant?

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Can what you eat make your baby smarter?

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BONUS PULLOUT
Breastfeeding made easy

Courtney Thorne-Smith:
New mom at 40!

"I wanted this so badly"

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\$4.95 US/\$6.95 Can Dec/Jan 2008
Display until January 21, 2008



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BABY'S FIRST HOLIDAY
'GREEN' GIFTS
YOU'LL BOTH LOVE

beauty

Belly jellies

A softer, smoother, itch-free bump is only a rub away.

Thick and creamy Mustela 9 Month Maternity Stretch Marks Double Action (\$37) lotion absorbs easily into your skin.

Infused with rosemary, lavender and geranium oils, ErbaOrganics Mommy-to-Be Massage Oil (\$12) can be used on itchy bellies and aching limbs.



Palmer's Cocoa Butter Formula Tummy Butter (\$7) contains cocoa butter and vitamin E, along with the soothing scent of lavender oil.

Your body heat will soften the shea butter in Mi Amore Oh Baby! Belly Butter (\$29), making it easy to smooth over your belly and breasts.

Perfect when used just before bedtime, the ultra-rich Aura Cacia Lavender Harvest Massage Cream (\$9) has a lavender scent to help you relax.

Made for babies, California Baby Calming Massage Oil (\$11) soaks in quickly to keep bellies itch free—and can later be used for baby's first massage.

