



Pregnancy & Birth

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Hang it

Declutter your hall with this great idea. BuggUp is a specially designed, sturdy hook to get your stroller or pram out of the way. Two sizes are available, for strollers (\$49.95) and prams (\$59.95). Both can hold up to 25kg. For more information or to order a BuggUp, email kate@halfpintdesigns.com.au.



It's a rollover

The Ready2Roll adjustable pillow has two sides, so when you roll over at night, it rolls with you. It's \$79.95 and is available online from www.rpregnancypillow.com.au.



GREAT BODS

Cheers to these mums-to-be who showed off their beautiful bellies to celebrate what's gorgeous about a bump. Organisers of the recent Baby & Toddler Show in Melbourne invited pregnant women to bare all; this lovely picture is the result. And an online survey by The Baby & Toddler Show found mums-to-be love their shapely new bods. Four out of five of the 1000 women who responded were happy with their bodies and would wear figure-hugging clothes or a bikini. See www.babyandtoddlershow.com.au for information on the next big show in your area.

3.37kg

that's the average birth weight of babies in Australia, although weight can vary widely depending on variables such as genetics and nutrition during pregnancy.

Nut-ricious

High in protein, fibre and essential vitamins and minerals, nuts are perfect for helping to grow a healthy baby. Snack on a handful, or try these ideas for getting more of them into your pregnancy diet.

- Team orange juice and mixed nuts with dried fruit for a high fibre, iron-boosting snack.
- Toss a handful of cashews into your favourite stir-fry for an extra iron boost. Include vitamin C-rich

vegetables such as capsicum, broccoli and spinach to help increase iron absorption.

- Add chopped walnuts to breakfast cereal or yoghurt to boost your omega-3 fats intake.
- Layer berries, yoghurt and chopped hazelnuts and almonds in a sundae glass for an iron and calcium-rich snack or dessert. Visit www.nutsforlife.com.au for more great nutty ideas.





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Breastmilk bonus

Yet another reason to breastfeed your bub – in the future, your breastmilk could be tested to assess your breast cancer risk, as certain genes linked with breast cancer can be detected in breastmilk. US researchers have done a small study examining cells in breastmilk, and they say the results show a woman's breast cancer risk could be determined through a breastmilk sample.



"WE'VE BOUGHT A SEVEN-SEATER AND I WANT TO FILL IT WITH BABIES."

Dannii Minogue, who had her first baby last year and obviously wants more.

jargon buster

Fluid retention

Along with mood swings, hormones also cause your body to retain fluid, giving you puffy wrists and ankles. Alleviate the problem by raising feet whenever possible, drinking plenty of water and exercising regularly.



Mean streets

If you live by a busy road or freeway, you might want to have your hospital bag packed ahead of time. Queensland researchers found pregnant women who live near busy roads are more likely to go into labour earlier. The study of almost 1000 mums in Logan City, south of Brisbane, counted the number of roads around the mothers' homes up to a 500-metre radius. The more roads, the more likely she was to have a premature birth.

"The most striking result was the reduction in gestation time of 4.4% – or almost two weeks – associated with an increase in freeways within 400 metres of the women's homes," says senior research fellow Associate Professor Adrian Barnett, from Queensland University of Technology's Institute of Health and Biomedical Innovation.

Air pollution may be one factor behind the link, and noise pollution may also be a contributing factor. "Vehicles braking and starting means that road junctions have some of the highest levels of noise and air pollution," says Professor Barnett. "Disturbed sleep during pregnancy may cause extra stress and be a risk factor for adverse birth outcomes." **W**