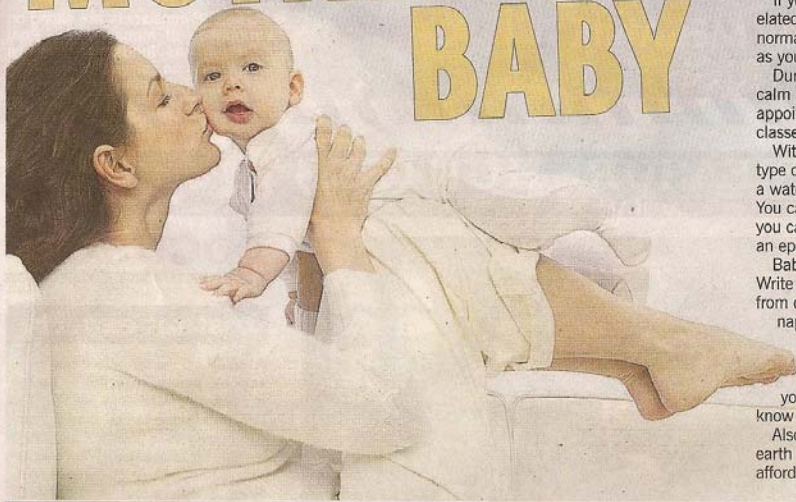


CLASSIFIED ADVERTISEMENT FEATURE

MOTHER & BABY



Congratulations! You're pregnant. Now it's time to prepare for all the exciting, new experiences to come.

If you're feeling anxious one moment and elated the next, don't panic – that's completely normal. The secret to it all is to be as prepared as you possibly can be for all eventualities.

During your pregnancy the trick is to stay calm and healthy. Attend all your medical appointments and find some ante-natal classes, preferably with a partner or friend.

With this information you can decide what type of birth you want whether it's at home, a water birth or a traditional hospital birth. You can also decide what pain relief options you can have ranging from gas and air to an epidural.

Babies are expensive once they get here! Write a thorough list of what you need to buy from cots to sterilising equipment and from nappies to blankets.

Don't go too crazy before the baby is born. Buy basic vests and all-in-one babygros to start with and then, once your dream bundle has arrived and you know its size, shop 'til you drop.

Also nursery equipment needn't cost the earth – there are budget DIY options and affordable furniture everywhere you look.

The secret then is to arrange a baby shower. Friends and family will then have fun helping you buy all you need and then watch you open the presents.

Next take a good look at your home and imagine your daily routine with the new arrival. Then you'll know what needs to be moved, decorated or replaced. However, one thing where you won't want to cut corners is on safety and travel equipment for the baby. For that first ride home you'll need a car seat.

Right from the moment they're born babies benefit from toys. It might be as simple as a colourful mobile in their cot or a squishy toy to help them clasp hold of things.

! Things to do...

Once the baby arrives, there are many different activities you and your child can do together:

1. Swimming classes
2. Baby Massage
3. Toddler groups
4. Gymnastic / baby yoga
5. Painting, Photos, Impression kits
6. Get ready for parties / fancy dress

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