

I'm **pregnant**

No 33 MAY/JUN/JUL 2010

EVERYTHING YOU NEED TO KNOW ABOUT HAVING YOUR BABY

YOUR BODY • YOUR BABY • YOUR BABY

6 PREGNANCY
SYMPTOMS
YOU SHOULD
NEVER IGNORE

YOU AND YOUR
GROWING BAE
WHAT HAPPENS
WEEK BY WEEK

WHAT'S THE BEST
BIRTH FOR YOU?

WATER BIRTH,
HOME BIRTH,
HYPNOSIS

GIRL OR BOY?

DO YOU WANT
TO FIND OUT?

get that
glow

PRAMS, CAR SEATS, COTS
and much, much more



US \$12.95 Canada \$12.95 New Zealand \$17.90 (inc. GST)

Health watch

Keep up-to-date with all the latest medical information



HEAR YOUR BABY

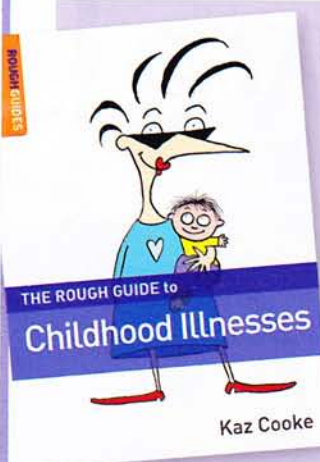
BabyMonitorsDirect.co.uk allows mums-to-be to listen to the unborn baby's heartbeat.

A small handheld device, the Luvion Doppler is easy to use with its highly sensitive Doppler probe that relays the sound of baby's heartbeat via the included earphones while the clear display shows the foetal heart rate.

A recording cable allows users to connect the Doppler to a computer or recorder to record the heart beat. Luvion Premium Doppler Deluxe 80 is available direct from **BabyMonitorsDirect.co.uk**, priced at £59.99.

FREE FREE FREE

The Rough Guide to Childhood Illnesses is a new free booklet for parents which offers down-to-earth, practical advice on coping with everything from common sniffles, fever and tummy upsets to serious diseases, such as measles, in babies and children making it a really nice resource for parents to have to hand. Parents can order a copy of the book for free by calling **020 7478 7849**. The publication follows the recent rise in childhood illnesses like measles and comes as a poll reveals that more than one in ten (11%) of parents are unsure of the symptoms of measles and over a third (38%) do not know the effects of rubella.



A NICE NEW START FOR MILK BANKS?

Most people are unaware of the existence of milk banks and it comes as a surprise to many mothers that they can donate their surplus breastmilk to help babies whose mothers are unable to provide any or enough of their own milk.

Becoming a breastmilk donor is now easier than ever although the lack of a nationally organised service means that many mothers live too far away from one of the 17 UK milk banks to make it a viable proposition. For those who live close enough to a bank, the main requirements are that they are healthy, that they don't smoke and that they are willing to be screened via blood tests for infections that could be passed on through their breastmilk. Milk banks usually prefer to recruit mothers fairly soon after their baby has established breastfeeding and many donors go on to donate for several months if not longer. Expressing a few ounces of milk on a daily basis and freezing it can then become part of their daily routine. The milk bank will usually arrange collection of the milk every few weeks and once at the bank, it is tested for bacteria and specially heat treated before being sent to a neonatal unit.

Details of how to find the nearest milk bank and what is involved in becoming a donor can be found on the website of the UK Association for Milk Banking (www.ukamb.org), a small charity based at Queen Charlotte's and Chelsea Hospital.

BE PREPARED WITH INDICARE™

INDICARE™ is a water and scratch resistant concertina booklet giving parents step by step instructions on what to do in an emergency. Instructions and images are clear and concise and are suitable for parents with little or no knowledge of emergency first-aid

INDICARE™ comes with a sturdy clasp that can be attached to absolutely anything; bags, keys, zips, prams and baby monitors. So wherever you or your child goes, INDICARE™ can go to!

Price £2.99 For a full range of stockists visit www.indicare.co.uk



OFFER...OFFER...OFFER SEAL AWAY THOSE GERMS!

A new baby means extra emphasis on hygiene in the home – and the first of an estimated 5000 nappy changes between birth and potty training.

So take the worry out of dirty nappy germs with the clever new Sanguenic Hygiene Plus from Tommee Tippee, the only nappy disposal system to wrap and seal every nappy individually in anti-bacterial film then store them

away inside the tub until it's convenient to empty. Hygiene Plus has a unique Easi-Push plunger to make disposal even cleaner and will save you – and your partner – endless trips to the outside bin.

We've got 20 Hygiene Plus starter kits – that's a Hygiene Plus tub with your first six cassettes of film included – worth £32.99 – to give away. And if you want to see how invaluable it really is, visit www.sanguenic.com for a demonstration video. To be in with a chance, text **PREGNANT TOMMEE** followed by a space then your name and address to **85070**.

The winners will be the first 20 names to be drawn after the closing date of July 31, 2010. This is a joint promotion between I'm Pregnant and Tommee Tippee with Tommee Tippee supplying the prizes.

Texts cost 50p plus your standard operator charge.



FOOD FOR THOUGHT

The Health Supplements Information Service's latest research reveals that Omega 3 fatty acids, which can't be made properly in the body, are essential to pregnant mums, yet most are still not getting enough. Omega 3 fatty acids

- are proven to help reduce post-natal depression
- taken during second half of pregnancy – babies have lower allergy related cells, plus lower asthma and eczema risk
- help aid normal eye and brain development
- benefit baby's immune system
- lead to improved child development – higher mental processing across early childhood

One portion of oily fish a week can provide enough Omega 3 for good health, however most of the population fails to reach this level so many people may be deficient.

Supplementation, for example with Cod Liver Oil or fish oil, is considered a safe and effective way of boosting intake of Omega 3 fatty acids.

The UK Department of Health recommends just 0.2g a day, but 0.45g is considered a better amount by the UK Scientific Committee on Nutrition/Committee on Toxicity.