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BODY BACK!
Easy ways to start



Mother & Baby

No.1 pregnancy and baby magazine

Nappies to potty training

Your essential guide

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What he needs to know

REPORT

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Expert solutions

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MATERNITY WEAR 40 WORK LOOKS



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Let's Shop!

150 KEYRINGS

Worth £5 each

MumstheWord.com stocks everything you'll need to take you through pregnancy and beyond, from stretchmark creams to babyclothes. It also stocks Indicare First Aid Keyrings – a tiny yet helpful 5cmx5cm first-aid guide that can easily be attached to a bag or buggy. (mumstheWord.com.)



Call 0906 751 3487 or text MBGV0207 to 88080

3 TRAVEL SYSTEMS

Worth £254 each

The Capri travel system from Hauck is lightweight and easy to manoeuvre, and crucially it's made from a high-quality and wipe-cleanable material. This great travel system comes with a first-stage ISOFIX car seat that is suitable from birth, making it easy to move from car to pushchair and back. It's available in three colours. (hauckuk.com; 01978 664362.)



Call 0906 751 3490 or text MBGV0210 to 88080

25 TASTY HAMPERS

Worth £25.44 each

Your baby will love the meals in this Hipp Organic stage-2 hamper of Wholesome Pots. Suitable from seven months, it contains new yummy meals like Scrumptious Cottage Pie and Yummy Bean & Beef Cassoulet, as well as a cuddly toy. (hipp.co.uk; 0845 0501351.)



Call 0906 751 3488 or text MBGV0208 to 88080

18 DOLLS

Worth £26.99 each

Classic Tiny Tears is the original drinking, crying, wetting doll – and the perfect playmate for your toddler. With lovely long hair and moveable limbs, Tiny Tears comes dressed in her pyjamas with a bib, feeding bottle, hairbrush, dummy and nappy, so your toddler has everything she needs to take care of her. (argos.co.uk.)



Call 0906 751 3491 or text MBGV0211 to 88080

10 GOODY BAGS

Worth £50 each

Chapman Entertainment has the perfect gift for toddlers. For girls there's a Fifi Petal duvet set and Fifi's Snowy Collection on DVD. For boys there's a Roary Light 'Em Up duvet set and a Roary Nintendo DS game. (fifishop.co.uk; roaryshop.co.uk.)



Call 0906 751 3489 or text MBGV0209 to 88080

20 PLANNING PACKS

Worth £25 each

Organised Mum is the creator of calendars and diaries to help busy families. This prize pack includes a Pregnancy Planner, a Life Book Diary and extra stickers that you can use with both the calendar and the diary. (organisedmum.co.uk; 0845 644 7507.)



Call 0906 751 3492 or text MBGV0212 to 88080

GREATCOMPETITIONS.CO.UK/MAB

HOW TO ENTER

Free to enter online and available 24/7. Simply log on to the address above and follow the on-screen instructions for your chance to win. To enter by phone: call the number under the offer(s) you're interested in and leave your name and address (and other details as required). Calls cost 75p per minute from a BT landline and should last no longer than three minutes. To enter by text: text the

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