

## WELCOME TO MOTHERHOOD



# Win!

POST Newspapers has three special gift packs to give away to a Mum-to-be. First prize is an Inspired Living Maternity Pillow and a set of three Mum to Mum DVDs, with two runner-up prizes of Mum to Mum DVD sets. To be in the running to win practical gifts to help expectant and new mothers, send in an envelope with your name, address and daytime phone number on the back, to: "Mother", POST Newspapers, 276 Onslow Road, Shenton Park 6008. The competition closes on March 7 and winners will be notified by phone.

**W**ithin days of bringing her beautiful baby daughter home from the hospital Melanie Farrell knew that her high-flying, high pressure marketing job was a cinch compared to looking after a newborn.

Like most first-time mothers, Melanie and friend Emma Grimwade, worried that they found parenting so challenging when they had thought it would all come naturally. Supporting each other through the trials and triumphs of mothering, the idea for Mum to Mum was born.

Knowing how difficult it can be to concentrate on reading a book while rocking a baby or when sleep-deprived, the two Melbourne mothers created an Australian first with a series of DVDs. The stylish, upbeat series of three DVDs, covers from preparing to bring your baby home, to caring for your baby in the first three months and from three to six months.

Medical practitioner Louise Johns, maternal child and health care worker Colleen Javernik and psychologist

ADVERTISING FEATURE



Emma Lund, answer questions in an empathetic manner and each DVD offers simple and engaging information to help mums and dads relax and gain confidence with their baby.

Another mother, Mardi, was inspired to design the ideal maternity pillow after a trip to France while she was pregnant.

The Inspired Living Maternity Pillow is a full-length body pillow filled with a non-allergenic fibre and with a soft cotton pillow case, providing the perfect amount of support and comfort to pregnant or breast-feeding women.

# freebies

Write in for your chance to win these products!

Write to the competition you want to win - c/o Australian Parents, Locked Bag 5030, Alexandria, NSW 2015

### 2-in-1 harness buddy

Check out this great idea from Goldbug - a children's safety harness that also doubles as a cute satchel. Kids will love wearing this fun backpack, while you'll enjoy the peace of mind that comes with knowing you're keeping them safe. Goldbug products are made from the highest quality materials and designed with comfort, fashion and innovation in mind. Available at major retailers, 2-in-1 Buddies retail for \$40. For more product information visit [www.goldbug.com.au](http://www.goldbug.com.au).



20 prizes to win

### Two kinds of support

The Inspired Living Maternity Pillow is a full-length body pillow, hand-stuffed with a non-allergenic fibre, that provides optimum comfort and support to pregnant and breastfeeding women. The soft cotton pillowcase is easy-care with a luxurious finish. The pillow features in the 'Mum to Mum' DVD series, a 3-part DVD guide to caring for your baby. For more details about the maternity pillow visit: [www.inspiredlivingaus.com](http://www.inspiredlivingaus.com) and to find out more about the DVD series go to: [www.mumtomumdvd.com.au](http://www.mumtomumdvd.com.au). We have 5 pillows and 5 sets of DVDs to win.



5 to win



## JPBinsidershopping



### Inspired sleep

Created by a Melbourne mum, the Inspired Living Maternity Pillow is a full-length body pillow, hand-stuffed with non-allergenic polyester fibre for the perfect level of comfort for pregnant and breastfeeding women. With a soft, 100 per cent cotton pillowcase, it can also be used as a bolster for support during pregnancy, or after pregnancy to help with breastfeeding. RRP \$89.95.



#### NURSING PILLOWS

1. PJB Nur Nursing Pillow, \$28.95. From PJB Nur. The yellow elastic binding on either side is secure and also has a convenient handle.
2. The lovely Baby Flex Pillow, \$29. This pillow is soft, but still firm when you need it. It's perfect for nursing.
3. Inspired Living Maternity Pillow, \$89.95. This pillow is a full-length body pillow for the perfect fit. It's perfect for nursing and also has a soft cotton pillowcase.
4. Sleepover by a Night Nursing Pillow, \$34.95. This pillow is a full-length body pillow for the perfect fit. It's perfect for nursing and also has a soft cotton pillowcase.
5. The Nursing Wedge, \$29.95. This pillow is a full-length body pillow for the perfect fit. It's perfect for nursing and also has a soft cotton pillowcase.

For the stockists turn to page 100

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# THE COSMO BABY PLANNER

## Your essential checklist

No idea where to start when it comes to getting ready for your baby? Don't stress – we've put together your foolproof checklist

### Nursery

You'll be spending lots of time here, so create a relaxed, cosy, comfy room

**□ BASSINET AND/OR COT** Always check for the Australian Safety Standards label. If you're buying second-hand, visit [www.accc.gov.au](http://www.accc.gov.au) for a safety checklist brochure (type "nursery furniture" into the search engine). The 4Ever 4 in 1 cot, \$1149, from Boori ([www.boori.com.au](http://www.boori.com.au)) converts into a bed for later. Or check out Babies Galore's range ([www.babiesgalore.com.au](http://www.babiesgalore.com.au)). Your baby will only need to be in a bassinet



for a few weeks so hiring one from the hospital is a practical option.

**□ CHANGE TABLE** Make sure it has a safety strap, and if it's on wheels, lockable casters are necessary. Try Childcare Universal Change Table, \$199.95, Babies Galore ([www.babiesgalore.com.au](http://www.babiesgalore.com.au)).

**□ SET OF DRAWERS** Handy for storing away baby clothes.

**□ MONITOR** Try Angelcare Sound and Movement Monitor, \$199.95, Babies Galore ([www.babiesgalore.com.au](http://www.babiesgalore.com.au)) or Tommee

Tippee Reassurance Monitor, \$139.95 ([www.tommeetippee.com.au](http://www.tommeetippee.com.au)).

**□ NIGHT LIGHT** Try Playgro Turtle Night Light, \$42.95, Babies Galore ([www.babiesgalore.com.au](http://www.babiesgalore.com.au)).

**□ RADIO OR MUSICAL MOBILE** Playgro has a huge range ([www.playgro.com.au](http://www.playgro.com.au)).

**□ COMFORTABLE CHAIR** for feeding. Also try Inspired Living's maternity pillow, \$69.95 ([www.inspirelivingaus.com](http://www.inspirelivingaus.com)), for comfy breast-feeding (also assists sleeping during pregnancy).

**□ WRAPS** Swaddling makes baby feel secure as it mimics the womb. Try Living Textiles' range, from \$9.95 ([www.imwrapped.com.au](http://www.imwrapped.com.au)).

**□ SMALL TABLE NEXT TO CHAIR** for snacks, water and tissues.

**□ PLASTIC-LINED CLOTHES HAMPER** To keep baby's mess from smelling – seal it!

**□ HANGING NAPPY STACKER** Try Living Textiles Nappy Stackers, \$29.95 ([www.essentialbaby.com.au](http://www.essentialbaby.com.au)).

**□ HANGING CLOSET ORGANISER** to store booties, beanies, mitts or clothes that are still too big.



### Bedding

Lessen the risk of SIDS (Sudden Infant Death Syndrome) with a safe sleep environment

**□ CHECK WITH SIDS AND KIDS** ([www.sidsandkids.org](http://www.sidsandkids.org) or 1300 308 307) for advice on cot, mattress, bedding and sleeping positions.

**□ MATTRESS** Buy a firm, clean mattress that fits the cot/bassinet well so baby can't roll into any gaps.

**□ THREE WATERPROOF MATTRESS PROTECTORS** They should fit tightly to ensure they don't come loose and cover baby.

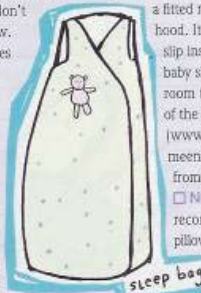
**□ THREE FITTED AND FLAT SHEETS** Make sure the fitted sheet is tight-fitting and the flat sheet is tucked in so they don't come loose. Try Freckles ([www.freckles.com.au](http://www.freckles.com.au)), Living Textiles ([www.livingtextiles.com.au](http://www.livingtextiles.com.au)) and Bay Bee Cino ([www.baybeecino.com.au](http://www.baybeecino.com.au)).

**□ COT BLANKETS** If you choose to use blankets, they should be lightweight, used according to the room temperature, and tucked in (not loose). Babies should be placed on their back, with feet touching the bottom of the cot.

**□ SLEEPING BAGS** SIDS and Kids recommends baby sleeping bags. Ensure it has

a fitted neck and arm holes, with no hood. It should fit well so baby cannot slip inside. Inside the sleeping bag, baby should be dressed according to room temperature and the thickness of the bag. Try Grobag, from \$50 ([www.grobag.com.au](http://www.grobag.com.au)) and een meeni miini moh Sleeping Sack, from \$44 ([www.eenmeeni.com](http://www.eenmeeni.com)).

**□ NO PILLOW** SIDS and Kids recommends babies don't have pillows for the first 12 months or any lamb's wool bedding, toys or positioning aid in the cot. ▶



< **mother love** The full-length body pillow's 100 per cent cotton case is hand-stuffed with non-allergenic fibre to provide maximum comfort for pregnant and breast-feeding women, and their babies. The Inspired Living maternity pillow is \$89.95, phone 9826 5870 or visit [www.inspirelivingaus.com](http://www.inspirelivingaus.com)

>> **Words Michelle Richardson**

> **it's showtime** Here's an alternative to buying an expensive projection screen for your home-theatre system. Consider creating the perfect surface with Mighty Bright's screen paint kits. Prices start at \$229 for the Mighty Bright Standard Screen that has enough base coat and top coat for a five-metre-square screen area. Phone 1800 536 026 or visit [www.canohm.com.au](http://www.canohm.com.au) for more information and stockists.