



## Simple steps to keep you and your growing happy

Congratulations, you're pregnant! Feel like you need a training manual?! Relax... here are some tips to help you make the most of the months ahead

- 1) **Enjoy your food** Eat well, and you and your baby will feel happy and healthy. Go for a good balance of fresh ingredients, including lots of fruit and veg (try blending juices together), foods rich in protein and wholegrain starchy foods like pasta and rice to give you energy. Go to [www.eatwell.gov.uk](http://www.eatwell.gov.uk) for more information.
- 2) **Talk to your bump** Babies start to develop their hearing pretty quickly, so get chatting to your baby and deepen your bond right from the start. They'll recognise your voice when they're born and this will help make them feel safe and comfortable.
- 3) **Music, maestro** Play your baby some soothing music to keep them happy and relaxed in the womb. Research suggests Mozart and Vivaldi are good options, and it's best to steer away from rap, grunge and hard rock.
- 4) **Step away from your high heels** Your gorgeous, Sex and the City-inspired heels will lose some of their appeal as your bump gets bigger. Feet get wider in pregnancy, so hunt for pretty pumps that will flatter your feet.
- 5) **Sole heaven** Pamper your feet with a reflexology treatment. This natural therapy is all about using massage to manipulate pressure points to relieve tension and clear blockages in the body.
- 6) **Breathe easy** You may be feeling a little short of breath as your bump puts pressure on your diaphragm, so make sure to practise deep breathing. It's also important to feed your body and your baby with enough oxygen.
- 7) **Yoga styles** A Yoga class is a great way to slow you down and give your body some love. The techniques can boost circulation, help with fluid retention, and relieve aches and pains.
- 8) **Walk it** Exercise boosts your mood and helps to strengthen your muscles and joints. Keep up your normal exercise routine for as long as feels comfortable, or if you don't feel it's right for you, half an hour's walking every day is ideal. And... squeeze. Remember your pelvic floor exercises every time you're waiting for the kettle to boil.
- 9) **A few new frills** Get fitted for a pretty maternity bra with wider shoulder straps, good support and an adjustable back.

10) Loads of love Get ready to dress your baby up in freshly scented clothes by washing them in Fairy Non-Bio and Fairy Fabric Softener, which leaves fabrics brilliantly clean, feeling soft and gentle next to delicate skin.