



BB (Before Baby) NEWS

The latest trends, accessories and advice for the stylish mum-to-be

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ASK THE EXPERTS

Pregnant women can often feel bombarded with conflicting advice – it's hard to know which pearls of wisdom to follow. Babyshop have endeavoured to make having your first child slightly less daunting by condensing advice from 27 experts. *Mom's Little Secret* is available free in stores, or can be downloaded from babyshopstores.com.



Designer Bump

It's a tough one – the balance between looking like a yummy mummy and not going overboard on maternity wear. Stretchy fabric, wrap dresses and kaftans needn't be scary when some of your most loved designers are involved. And the best part is, you can wear them post-pregnancy too.



ETRO



HELMUT LANG



DIANE VON FURSTENBERG

BATTLE SCARS



One of the more unwelcome side effects of pregnancy, while many women embrace stretch marks as badges of honour, others a bit more self-conscious. For those who are concerned about the appearance of their marks, laser therapy is a great way to reduce the scars and smoothen skin. dubaicosmeticsurgery.com



Bump Training

As pregnancy progresses, you may have to skip some of your favourite exercise classes. But if you're looking to stay in shape and keep a normal routine, Physique 57 has the answer. The low impact, controlled and focused nature of the workout is easily adapted for pregnant ladies, ensuring that you keep fit throughout each trimester. physique57.com

THE NAME GAME

According to nameberry.com, these names are on the up:

BOYS	GIRLS
ASHER	MOGEN
DECLAN	KHALEESI
ATTIUS	ISLA
SILAS	CHARLOTTE
HENRY	CORA
OLIVER	PENELOPE
MILO	VIOLET
JASPER	HAZEL
EZRA	ELEANOR
SOREN	AMELIA