

PREGNANCY BLEEDING THE REASSURING TRUTH

Pregnancy \* Birth \* Baby \* Toddler \* Pre-school

9 770954 984213 02

PRACTICAL

# parenting

and pregnancy

FEBRUARY 2009 £2.70

**6 sleep plans**  
to try tonight!

EXCLUSIVE



**Jo Frost**  
"How to get your tot behaving"

Plus naughty step 2009

**Potty train from BIRTH**  
(Yes really!)

REAL LIFE

"My one-hour labour shock"

A BRAND NEW YOU!

How to be one **sexy mama**

BABY-TO-BE



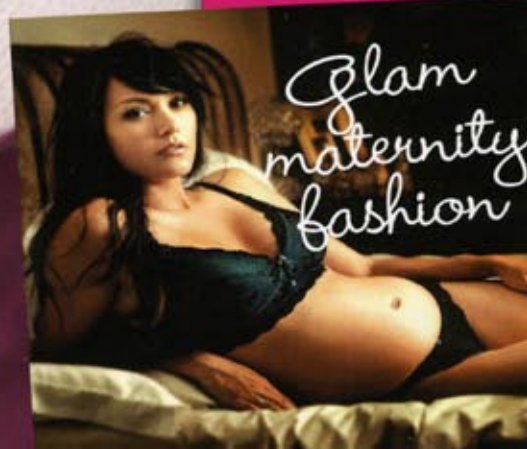
Incredible pictures *inside*



5 LIES YOU SHOULD TELL YOUR TODDLER

MUST-HAVES!

Cool highchairs  
Feeding bras  
Nightlights  
Baby snowsuits



Glam maternity fashion



1



2



3

# Drink up!

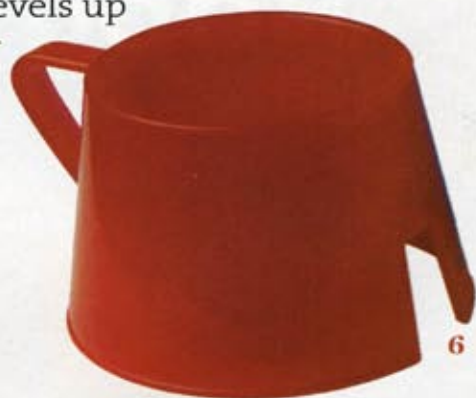
Ensure your tot keeps his fluid levels up with a fun cup or beaker



4



5



6



7



8

- 1 Fluid toddler cup**, £7.49, Lula Sapphire (0870 850 7541; [www.lulasapphire.co.uk](http://www.lulasapphire.co.uk)) **2 Cow training mug**, £3.49, Blooming Marvellous (0845 4587407; [www.bloomingmarvellous.co.uk](http://www.bloomingmarvellous.co.uk)) **3 Cammo Sippy non-spill cup**, £5.95, Elodie Details (01892 750 336; [www.thechildrengalaxy.co.uk](http://www.thechildrengalaxy.co.uk)) **4 Glow-in-the-dark Litecup**, £7, JoJo Maman Bébé, (0871 423 5656; [www.jojomamanbebe.co.uk](http://www.jojomamanbebe.co.uk)) **5 Mini Bud Sippee Cup**, £5, Cath Kidston (0845 026 2440; [www.cathkidston.co.uk](http://www.cathkidston.co.uk)) **6 Stackable Steadycup**, £2.19, HippyChick (01278 434440; [www.hippychick.com](http://www.hippychick.com)) **7 Dombo mug**, £9.95, The Design Museum ([www.designmuseumshop.com](http://www.designmuseumshop.com)) **8 Penguin beaker**, £5.99, Letterbox (0844 8885000; [www.letterbox.co.uk](http://www.letterbox.co.uk))