



**What you
need to
know
about
labour**

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CHECKLIST**

**BIRTHING PLAN
& MORE!**

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What you Need to Know About Labour



Unless you have been pregnant before you have no idea what labour will be like and the unknown is quite scary.

You find yourself asking your friends and family for their childbirth stories and quite frankly a lot of the time you wish you had never bothered, they all seem to finish their stories with "but it's so worth it in the end" which really does not help the feelings of panic and anxiety at all. So what do you actually need to know about labour?

When I was pregnant I would ask the midwife and friends... "how will I know when I'm in labour" and their responses were "you'll just know"....

GREAT thanks for that!!!!

Signs and Symptoms that You Could Be Going in to Labour

There are a few signs that labour is starting these can be;

- Waters breaking
- Back ache
- Urge to go to the toilet (the baby is pressing on your bowel)
- A bloody show (the plug of mucus from the cervix has come away)
- Regular contractions

What happens when your waters break?

After the many pregnancy chick flicks I have watched in my time, I always assumed

that there would be a huge gush of water just before labour begins however this is not the case most of the time the waters break during labour.

If your waters do break you may feel a slow trickle, or a sudden gush of water that you cannot control. It can be difficult to tell amniotic fluid from urine as it can be similar in colour (straw like colour). When your waters break, the water may be a little blood-stained to begin with.

Keep a close eye on the colour of the waters, it should not be cloudy or smelly, also ensure that you are not losing blood as this could mean that you and your baby

require urgent attention.

Remember that without amniotic fluid your baby is no longer protected and there is a risk of infection. If your waters break before labour starts, phone your midwife right away.

What Do Contractions Feel Like?

Contractions are your uterus tightening and then relaxing, they are often described as a stronger version of period pains. The contractions are pushing your baby down and opening your cervix (entrance to the womb), ready for your baby to go through.

When you start having regular and more painful contractions that feel stronger and last more than 30 seconds, labour may have started.

It is likely that your midwife will advise you to stay at home until your contractions become frequent. Call your midwife when your contractions are lasting between 30-60 seconds and occurring every five minutes, call your midwife for advice.

As the contractions get stronger and more painful, you can try relaxation and breathing exercises – your birth partner can help by doing these with you.

Your birth partner can rub your back as it can help relieve pain.

If you have a tens machine start using it now.

So When should you go to the hospital or birth centre?

If you are experiencing



contractions and you are unsure when you should go to the hospital, it is best to call the maternity unit for advice. The last thing you want to do is drive all the way to the hospital to be told to go home.

If you are having contractions but your waters have not yet broke. You will most likely be told to wait until your contractions are:

Tips on How to Cope When Labour Begins

- **Keep moving** – this can take your mind of the pain and the gravity helps pull the baby downwards.
- **Drink plenty** – Keep energy levels up by drinking plenty of sports drinks.
- **Have a snack** – Eat snacks if you can to help with your energy levels if you feel up to it. This can sometimes be difficult as many women don't feel very hungry at this time.

Regular and strong about five minutes apart lasting about 45-60 seconds

It is important to remember that second babies often arrive more quickly than the first so phone your midwife a little earlier than you normally would.

Don't forget your notes and remember to phone the hospital or unit before leaving home so they are aware that they are expecting you.

If you are planning a home birth, follow the procedure you have already agreed with your midwife.

Take a tour of your maternity unit before the big day

Speak to your midwife about having a tour of the maternity unit before the big day.

If you have any special requests that you would like during your childbirth experience speak to your midwife so that she can ensure your desires are met or if they cannot be met she can explain why they can't.

what has been happening and then she will proceed to examine you further;

The midwife will:

- take your pulse, check your temperature and blood pressure.
- check your urine
- check the baby's position by feeling your abdomen.
- record or listen to your baby's heart
- check how far your labour has progressed by completing an internal examination to see how far your cervix has opened.

These checks will be repeated at intervals throughout your labour.

Remember to show the midwife your birth plan so they can try and meet your wishes.

Maternity Unit

Take your notes to the maternity unit's reception. You will then be taken to the labour ward where you can change into a hospital gown or other clothes of your own. Choose something that is loose, light and ideally made of cotton so that you don't get too hot. Ensure you are keeping your energy levels up by having plenty of snacks and energy boosting drinks.

Delivery rooms

Delivery rooms have become a lot homelier than they used to be. Most delivery rooms now have chairs, bean bags, birthing balls and mats. This means that you can move about in labour and change position to get more comfy. Some have baths, showers or birthing pools. You should feel comfortable in the room where you are giving birth.

Water births

If you are interested in a water birth speak with your midwife about this beforehand to ensure that your hospital has the facilities for this and they can make the arrangements for this well in advance.

The Midwife's Examination

The midwife will ask you for more information on



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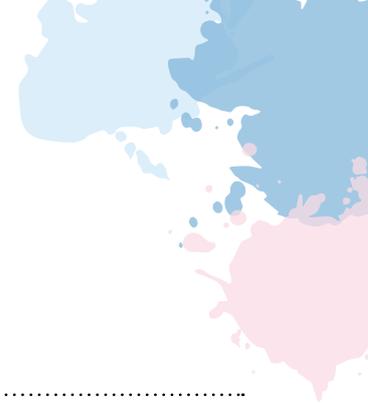
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BIRTH PLAN



Mother's Information

Full Name:..... **Preferred Name:**.....

Birth Partner Name(s):.....

My Due Date:..... **This is my First Birth:** Yes/ No

I have given birth before by:
.....
.....
.....

Labour

What I would like my labour to be like:
.....
.....
.....

Preferred Birth Positions

- Birth Ball
- Birth Stool
- In Bed
- Lying on side
- Kneeling
- Sitting
- Squatting
- Standing
- Water Birth

Induction

- I don't want to be induced unless it is medically necessary.
- I do not mind being induced.

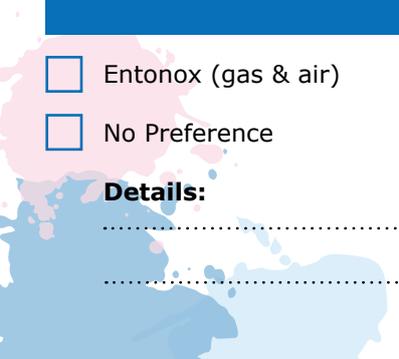
Pain Relief (natural & drug)

- Yes
- No
- No, But I may change my mind
- As medically advised

The Pain relief I am happy to use

- Entonox (gas & air)
- Epidural
- Pethidine
- TENS
- Water Birth
- No Preference
- Alternative Therapy
- Other

Details:
.....
.....



BIRTH PLAN



Care & Support

- I would like female only care I do not want medical students or midwives at my birth

My Birth Partner(s)

- At all times When possible Just Near my head

What I would like my birth partner to do:

.....
.....
.....

Birth

When the head is crowning I would like to:

- See it in a mirror feel it Don't mind Rather not be asked

If an episiotomy is suggested, I would:

- Be happy to follow advice Only if it is absolutely necessary
 Like to avoid having one, even if it means tearing naturally

If an assisted delivery is necessary, I would prefer:

- Ventouse Forceps Medical staff to make the choice

If a caesarean is advised:

- I am happy for medical staff to make the choice Only if medically necessary

During the caesarean:

- I would like the screen to remain in place Like the screen lowered to see my baby being born
 For my birth partner to be there if possible

BIRTH PLAN



Immediately after birth

I would like the umbilical cord cut by:

- By medical staff My partner I would like it to remain attached for as long as possible

I would like to be told the sex of the baby:

- By medical staff My partner For myself

I would like the baby to be cleaned up:

- Straight away Only after a cuddle

I would prefer to deliver the placenta:

- Naturally Managed by injection

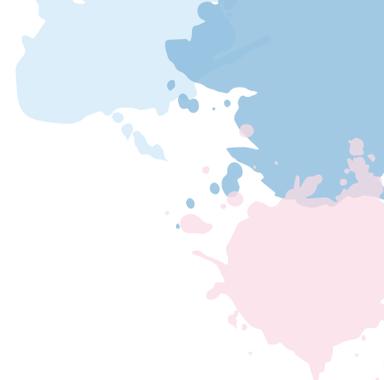
I would like my baby to have Vitamin K:

- Yes No

I plan to breast feed my baby:

- Yes No

BIRTH PLAN



Important Medical Information

Group B Strep:

- I've tested positive I've tested negative I don't know

My blood type is Rhesus (RhD) Negative:

- Yes No

Gestational Diabetes:

- I have tested positive I have tested negative I don't know

Other Pregnancy Medical conditions:

.....
.....
.....

Important medical background (allergies, disabilities, conditions):

.....
.....
.....

Religious consideration:

.....
.....
.....



NEW BABY CHECKLIST



General Care

- Baby Wash
- Baby Shampoo
- Wash cloths
- Towel
- Lotion/Oil
- Thermometer
- Petroleum Jelly
- Plastic tub for sink or bathtub
- Baby Power

Feeding

- Bottles (if needed)
- Muslin Cloths
- Bibs
- High Chair
- Bottle Warmers
- Nursing Pillow
- Nursing Bras
- Breast Pads
- Nipple Cream
- Nipple Shield
- Breast Pump & Accessories
- Milk Freezer Bags
- Infant Formula

Clothing

- Bodysuits
- Baby Grows
- Sleep bags
- Caps & Socks/ Booties
- Baby Mitts

Baby Bag

- Baby Wipes
- Nappies
- Change of clothing
- Changing Mat
- Hand sanitiser
- Sun cream
- Nappy cream

Sleeping

- Bassinet or crib
- Sheets & Accessories
- Swaddling Blankets
- Blankets
- Rocking Chair
- Baby Monitor
- Baby Books

NEW BABY CHECKLIST



Travel

- Rear facing car seat
- Baby Pram
- Pram Umbrella
- Travel Crib
- Baby carrier (sling or wrap)
- Car sun visor
- Car seat mirror

Entertainment

- Bouncy/vibrating seat
- Floor Gym
- Jumper
- Swing
- Baby Toys
- Music

HOSPITAL CHECKLIST

For Mum

- Nursing Bras
- Comfortable Underwear
- Slippers/ Booties
- Socks
- Nightgown/ Pyjamas
- Soft Nursing Friendly Tops
- Comfortable Bottoms
- Going Home Outfit
- Deodorant
- Hair ties & bobby pins
- Hair Brush
- Lip Balm
- Shampoo & Conditioner
- Toothbrush & Toothpaste
- Special pillows & blankets
- Book/ magazine
- Water bottle
- Birth Plan
- Maternity Sanitary Pads/
- Underwear

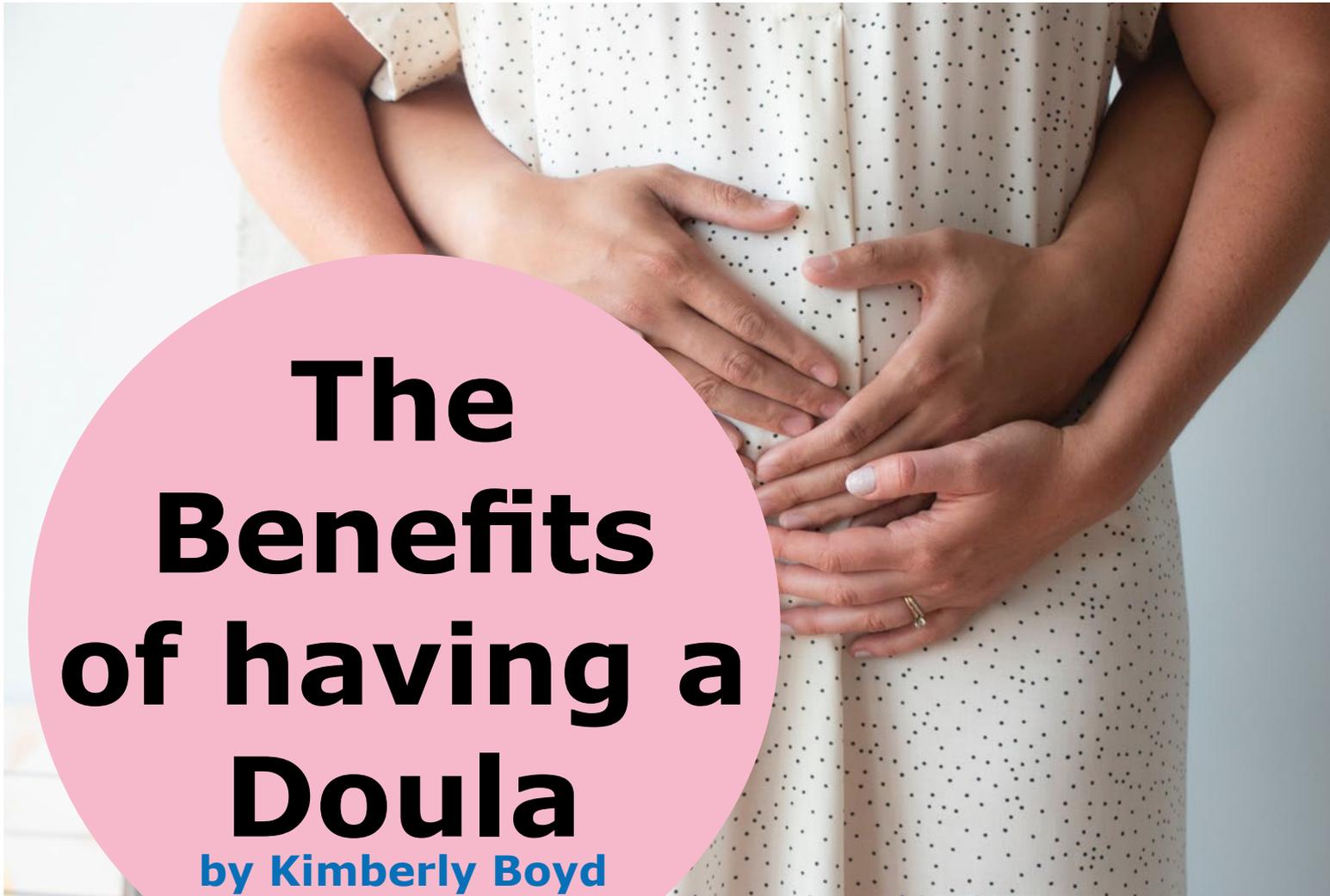
Extras

- Makeup
- Ipad/laptop
- Camera
- Chargers
- Snacks

For Baby

- Blankets
- Baby Socks
- Baby Hat
- Sleepers
- Onesies
- Nappies
- Going Home Outfit
- Infant Car Seat
- Cotton Wool

Notes



The Benefits of having a Doula

by Kimberly Boyd

Some of you may have heard the word Doula but a lot of people are still unsure of what it is and what a Doula does.

A Doula is someone (usually a woman) who is a trained professional providing emotional, physical and educational support to women and birthing people before, during and after the birth of their baby.

She is not medically trained and does not replace your midwives and doctors or work for the medical team but is hired independently by the woman/couple. She does not advise or tell you what to do but can support you to find good evidence based information to enable you to make your own

informed decisions on what is right for you and your family at each stage of your journey.

The services Doulas offer can vary greatly between each client she works with and their individual needs. Some Doulas work just as birth support, some just as postnatal support and some offer a complete package of support. A lot of Doulas come with a wealth of knowledge and other qualifications such as Hypnobirthing/ Antenatal Education, Aromatherapy, Pregnancy Yoga/ Massage, Baby Yoga/ Massage and Mental Health Training are

just some examples.

What is a Doula?

A Birth Doula supports all kinds of birth at home, in



MUMSAID

MumsAid is an award-winning charity providing pregnant women and new mums with specialist counselling for emotional or mental health difficulties. Our vision is of a society where all mothers are supported with giving their babies the best start in life. See website for more details

birth centres and consultant led hospitals. From water birth to caesarean birth and everything in between, there is no one way to birth and no agenda or criteria from the Doula. Her aim is to enable you to have a more positive birth experience and get the best outcome for you – which is different for every woman/birthing person.

She provides continuous support for the woman/birthing person (and their birth partners) throughout the pregnancy with various meetings, helping prepare the couple for the birth and exploring all of their options, talking through any fears and directing to information/services to support the pregnancy all while building a trusting relationship. She is then with you through your whole labour and the immediate postnatal time. She offers many comfort measures to the woman and is a guide on your path to birth, she holds and protects your space, she empowers and comforts, massages

and holds, reassures and encourages you all while explaining events to your birth partners and supporting them too. Following the birth she can assist in the initial

your baby into the world. To be in the presence of this is an absolute honour and privilege.



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bonding with your baby, initiating breastfeeding and admiring the amazing work you have just done in bringing

So what are the benefits of having a Doula?

The presence of a birth doula has shown huge benefits towards a more positive birth experience.....

Women cared for during labour by a birth Doula compared to those receiving usual care were:

26% less likely to give birth by caesarean
41% less likely to give birth with a vacuum extractor or forceps
28% less likely to use any analgesia or anaesthesia
33% less likely to be dissatisfied or negatively rate their birth experience (Findings of Hodnett's et al meta-analysis of 15 trials from N.America, Europe

and Africa.) You can also find more information and research on either doula.org.uk or thedouladirectory.com – this is where you can

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33% less likely to be dissatisfied or negatively rate their birth experience.

find a doula in your area also.

Postnatally a Doula supports the family in the early weeks/months following the birth of a baby. "The Fourth Trimester" – the period of transition from womb to world for your baby and recovery from birth for the woman. She serves you in whatever way you need, just as with the birth, she is led by you and meets the needs of each individual client differently, the length of time she supports a family may vary also.

Doulas are effective after birth

Some things a postnatal Doula may be able to provide to you is someone to talk to, a doula is a good listener and holds space for you to be heard and express any worries

you have. She is a guide in your new role as parents, offering practical support in all parenting tasks, she can help around the house to enable you to rest and recover and focus on your baby. She is usually trained in breastfeeding support and can troubleshoot and encourage/reassure you on your breastfeeding journey. A Doula will have strong links with other services and professionals in your area too for signposting to when needed/requested. As always she provides evidence-based information for the parents to make their own informed decisions around parenting.

Unlike a maternity nurse the Doula is not there to care for the baby for you all

The time but to support you to be the parent you want to be.

Having a postnatal Doula has

proven to lower rates of postnatal anxiety/ depression and improve rates of initiating and establishing breastfeeding.

I genuinely believe that every woman/family can benefit from having a birth and/or postnatal doula to support you through one of your biggest life events.

One of my favourite quotes...

"Whenever and however you give birth your experiences will impact your emotions, your mind, your body and your spirit for the rest of your life"

~ Ina May Gaskin ~

Value yourself, value your birth and value your experiences, you are worth it.

Kimberley Boyd



Birth & Postnatal Doula, Hypnobirthing Practitioner, Emotional Health Coach and Baby Massage Instructor in Lincolnshire.

www.kimberleyboyd.co.uk

Facebook: <https://www.facebook.com/kimberley.boyd.doula/>

Instagram: https://www.instagram.com/doula_kimberley/



The Benefits of a Natural Birth

By Jordan Davis

Photo by Devon Divine on Unsplash

Jordan is a Registered Midwife working in London, Founder of Curate Babies – a Natural Award winning skincare brand. She is also a certified Baby Massage and Baby Yoga Instructor.

Before delving into the benefits of 'natural' birth, I would like to dissect this commonly-used phrase. To some, the term 'natural birth' may hold different definitions. Many expectant and new mothers might deem a birth 'natural' if no pain relief or medical intervention was required during labour and delivery.

However, health professionals like myself and institutions including the Royal College of Midwives (RCM) and the National Childbirth Trust (NCT) use the term "normal" birth and define this as giving birth vaginally – following spontaneous onset of labour – without the aid of medical intervention or anaesthesia.

Here, the term 'medical intervention' would include inductions of labour (using prostaglandins, oxytocin drips or artificial rupture of

membranes), epidural analgesia and/or assisted instrumental delivery.

So, now that we've looked at the technical side of things, let's begin discussing the benefits of a 'low risk' normal birth:

Freedom of movement

Being low risk in labour provides you with the opportunity to pretty much, do as you like. As there is no need for continuous monitoring of the baby's heartbeat, women are encouraged to mobilise freely and adopt the best positions to help with their progress.

Positions such as being on all fours, squatting and rocking on birthing balls help to open up the pelvis and encourage baby's descent into the world.

Having your mobility restricted may impede the progression of your labour, so where possible – remain active.

Better bonding

Providing that the labour and birth were straight-forward for mum, and the baby was born in good condition, the opportunity for bonding will occur immediately. Midwives encourage skin to skin within the 'golden hour' – the first hour of an infant's life, where they begin to learn about life outside the womb and where bonding is critical.

Without the side effects of anaesthesia or the need to be separated post-delivery, both mum and baby can concentrate on getting to know each other.

Babies will be able to recognise their mother's heartbeat and become familiar with her smell, voice and touch.

Getting feeding off to a good start

There are better chances of

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initiating adequate breast or bottle feeds when both mum and baby are well and in stable condition. The effects of anaesthesia and opioids in labour, as well as trauma during delivery, can affect how efficiently and quickly a baby begins to feed.

From the maternal perspective, if a woman is still recovering from numbness or drowsiness, she may feel too weak and tired to initiate feeding.

Also, experiencing a traumatic delivery can increase cortisol (stress) levels, which inhibits oxytocin levels – the hormone responsible for lactation. Side effects of opioids, where they are administered close to delivery, can cause infants to be more sleepy than usual, therefore making them uninterested and less likely to muster the energy it takes to have their first feed.

Maternal empowerment

Birth is a natural process

and women have been bringing life into the world for thousands of years. However, with the hundreds of births I have been privileged to witness, the strength of each woman still amazes me.

From the longest labours to the most precipitate deliveries, the process is humbling. For the mothers who thought they would



need every drug under the sun, but then deliver naturally with minimal pain relief, the process is empowering for them. The look of relief, shock and amazement that can be seen on a woman's face after she has a straightforward birth reaffirms the fact that women are strong and can conquer anything.

Better recovery

Following a normal vaginal delivery, mothers are expected to recover easier than those who have had instrumental or operative deliveries.

Midwives understand that women will be feeling delicate and fragile following birth, but trust us, it is for your benefit.

Getting back on your feet as soon as possible does not just make you feel better, but it will allow your body to heal faster. Mobilising around the home, birth centre or postnatal ward will allow proper blood flow around the body, particularly to areas that may have sustained trauma.

Despite these benefits of normal birth, it is essential to remember that women should be open-minded during labour and birth and understand that health professionals will always want to prioritise the safety of both mother and child. Regardless of the type of delivery you have, the most important thing is healthy mother, healthy baby.



ANA THERAPIES

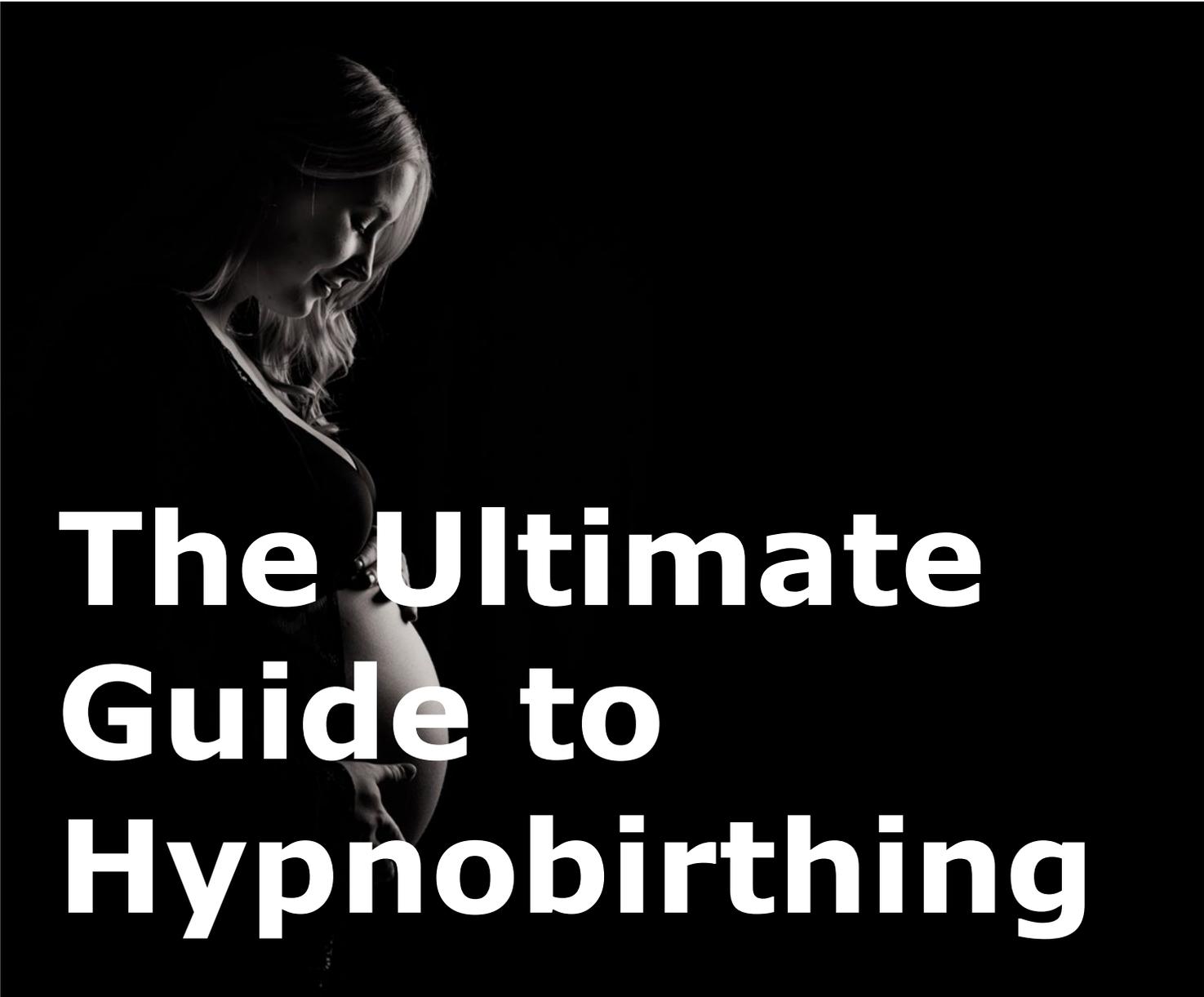
We at ANA Therapies offer a variety of women's health services. We have specialists who offer The Mummy MOT pre and post-natal musculoskeletal assessment including checking pelvic floor strength and tummy gap. Also offering Cranial Osteopathy for babies and children as well as pre and post natal training and massage.

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FIFTY SHADES OF
MOTHERHOOD

BY CARLA LETT

LISTEN NOW



The Ultimate Guide to Hypnobirthing

Hypnobirthing is a great way to give pregnant women a positive view of birth. Attending regular hypnobirthing classes helps expectant mums and the belief that childbirth does not have to be painful. Hypnobirthing train expectant mums to use natural coping mechanisms to support them during birth. The aim is a shorter, more comfortable, easier labour, with less need for intervention and pain relief.

How Does Hypnobirthing Work?

The idea behind Hypnobirthing is that when

you are completely relaxed, free from fear and tension, your uterus can work as nature intended, helping you give birth more easily. Your body can produce more endorphins which acts as a natural pain killer. According to obstetrician Dr Grant Dick-Read, fear and tension causes pains in approximately 95% of birthing women. He believes that by simply removing the 'fear tension-pain syndrome of childbirth' in women would reduce pain.

Hypnobirthing techniques include

- Breathing Techniques
- Relaxation
- Fear Elimination
- Turning down the pain
- Going with contractions

Does Hypnobirthing Relieve Pain?

Hypnobirthing cannot guarantee pain relief from childbirth. Hypnobirthing is not a drug – but it can help you have a more positive experience of childbirth by training your mind to be calm. Hypnobirthing aims to help women trust their body and be at one with the sensations of labour. The aim is to keep the women in control and not to let fear take over.

When women are fearful during labour this can reduce the amount of blood and oxygen flowing to essential organs. If blood and oxygen are restricted the muscles simply cannot work as well as they could before. This

can make labour harder and longer.

Sessions usually last a couple of hours and can also include your partner.

What Are the Benefits of Hypnobirthing?

Some of the other benefits you get from hypnobirthing is that it can shorten the stages of labour and reduce the chance of postnatal depression. Hypnobirthing can give your baby a more calm and gentle birth experience.

Is Hypnobirthing Safe?

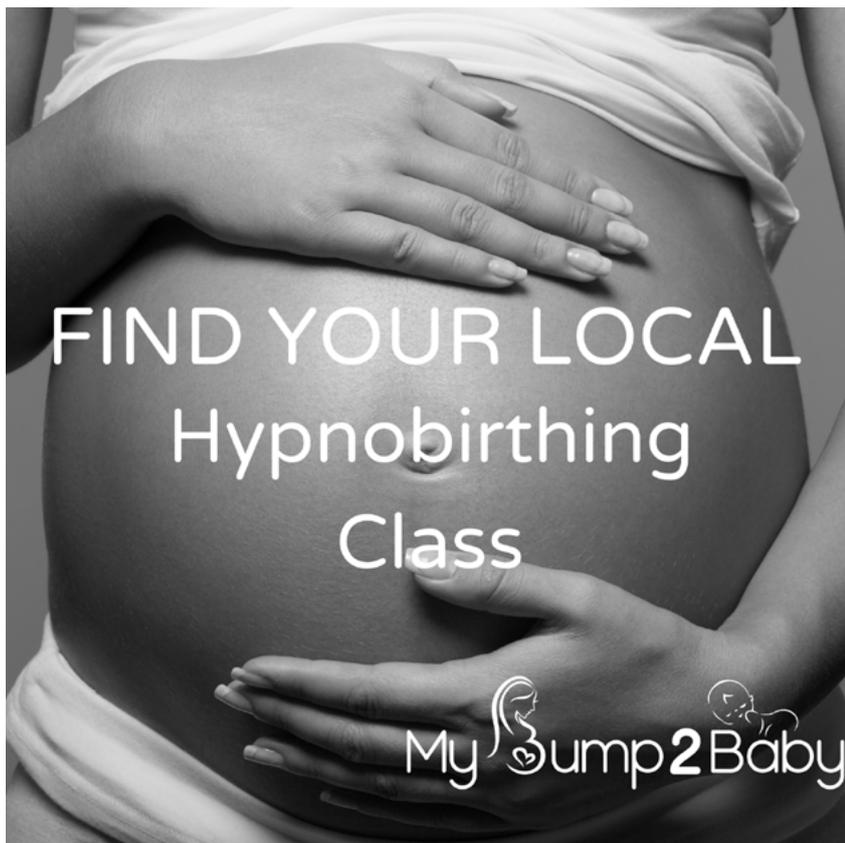
Hypnobirthing is completely safe. You will be aware of everything happening during labour you and hypnobirthing helps you be totally relaxed and in control. However, it is important to remember that hypnobirthing does not prevent complications from happening.

How Can I Learn About Hypnobirthing?

The MyBump2Baby pregnancy – pre-school directory is home to pregnancy classes throughout the UK, including hypnobirthing classes. You can find your local Hypnobirthing class by searching in our main directory.

When Should I Start Hypnobirthing Training?

The ideal time to book a Hypnobirthing course is after your 20-week scan, but of course it also depends on the availability of the classes in your area.



Clare 33, Newcastle

"I recently attended Hypnobirthing with my husband and I found it totally empowering and informative. I would highly recommend Hypnobirthing to anybody looking to learn more about hypnobirthing."

Hannah 37 London

"Me and my partner couldn't recommend Hypnobirthing enough! Hypnobirthing helped my partner and I so much, we are no longer apprehensive about birth and are excited"

Bryony 26, Hertfordshire "We did a hypnobirthing course and it was the best decision we ever made! We learnt so much and it really

made a huge difference to our second birth. We could not recommend this course enough. To any MyBump2Baby parents reading this, I strongly recommend booking in at your local hypnobirthing course.

Emma 33, Lancashire

"Hypnobirthing honestly saved me lots of worrying, I have feared birth since childhood and I felt it was important I have a positive birth experience. I came on mybump2baby and found the best hypnobirthing course to suit me, I ended up having a water birth and the whole experience was just incredible. I strongly recommend finding a local hypnobirthing course to any expectant parents. It makes a massive difference and I felt in complete control through the whole experience."

We asked our MyBump2Baby mums for feedback on Hypnobirthing classes they attended....

Hypnobirthing Reviews

Tanya 28, Berkshire

" I have had one birth without hypnobirthing and one with and I cannot believe how much better I felt. I felt in complete control the second time around and the birth was so much better. I went to the course anxious because of my previous traumatic birth and finished my course feeling confident that I could do it. My birth story is beautiful and I recommend any pregnant woman to attend a local hypnobirthing class.

Eve 32, Lancashire

"It has changed my view of birth for the better. The information provided, the setting of the class and the course in general was fantastic – I would recommend hypnobirthing to anything"

Ultrasound emerged in maternity during the 1950's.

Since then there has been a revolution and the speed of the technological advancement has been astonishing.

At first there was 2 Dimension (2D), then 3D and now 4D. 2D is the black and white grey scale image that is the standard for doing most fetal ultrasound work and this is also amazing because this allows assessment of fetal structures and

The Benefit of Private Scans

by Dr. Jacqueline Bamfo from The Aster Baby Scan Clinic in Dunstable

From the moment you get your positive pregnancy test you are aware that a little person is growing inside of you. It's the start of a blossoming relationship which is everlasting. That bond between mother and child has begun and gets stronger and stronger as the days go by.

Ultrasound allows expectant parents to

watch this journey. Whilst ultrasound allows the performance of pregnancy screening tests such as the nuchal scan, non-invasive prenatal testing, anomaly scan (which allows assessment of the development of the fetal anatomy), ultrasound also allows you to take a sneak peek at your developing baby.

fetal growth. 3D allows you to see still realistic images of your baby. It can be possible to recognise features and parents often say "that's your nose" or "he or she looks just like me". It cements the bonding between expectant parents and their fetuses. The 3D images can be rotated so you see the fetus at different angles.

However, 3D is surpassed by 4D because 4D shows the real time movement of the fetus. Intricate facial features in real time are obtained. Smiles, grimaces, thumb-sucking, swallowing, body movements, all are plain to see on 4D bonding scan.

In terms of 3D/4D technology, the crème de la crème is the HD Live technology.

You will often hear this mentioned when you look up baby scans, but what does it really mean. Well, you are in for a treat. HD Live is an amazing method of showing the fetus in its best light.

HD Live uses an amazing technique

called rendering to show remarkably realistic images of the fetus. The fetal skin is illuminated using a virtual light source which creates contrasting shadows and shows the fetus in its best light. You will be amazed that the fetal skin looks so real and translucent.

3D/4D scans are best done between 28 and 32 weeks although they can be done earlier. This is because later in pregnancy the fetus gets bigger and begins to position itself in the pelvis, getting ready for labour. The more advanced you are in pregnancy, the less likely you will obtain good images.

A scan during the 3rd trimester, whilst providing an opportunity to see the fetus in 3D/4D HD Live is also a chance to check the growth and wellbeing of the fetus. The wellbeing scan can assess the fetal growth,

amniotic fluid around the fetus and look at the blood flow in the umbilical cord (umbilical artery Doppler).

If you did not want to know the gender and cannot resist then it's not too late to find out! Scans in later pregnancy also inform you of the way the fetus is lying down in your pelvis (presentation).

These scans are additional scans and not routinely available but can provide more reassurance that all is well if required. Family and friends can share in the joy and excitement of the scans.

Question: So why you should have a 3D/4D HD Live Bonding Scan?

Answer: All of the above applies.

Use code BUMP2BABY for 10% off your order!



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Tips on Picking the right Car Seat



For your Baby

Most parents buy a car seat before their new baby arrives. This is because you'll need one to travel anywhere with your baby, such as home from the hospital or to the hospital for check ups. When purchasing a new car seat, you should ensure that it is suitable for a newborn baby. This is really important because if not, it may compromise the safety of your baby.

Car seats come with different weight groups, making it easier to find out which ones are suitable for you at the time. There are 5 different groups, which are suitable for babies from newborn up to approximately 11 years old. Up to 15 months, all babies must be rear facing, but after that, you are fine to make this decision yourself.

So many car seats to choose from...

Now, we know there are so many different car seats for you to choose from and by only looking at them online, it can be tough to get a real idea of whether that's the right car seat for you. That's why it's a great idea to visit a large retailer that stocks a range of different ones, so that you can ask them if you can try to fit the car seat into your car.

Practicing with Car Seats makes Perfect

Another benefit of purchasing a new car seat before your baby is born is that it means you can practice taking it in and out of the car, we know

that doesn't sound like many people's idea of fun, but it will be useful for you to learn. Sometimes car seats can have tricky parts to connect, so get yourself familiar and you'll be a pro by the time your baby is born. It is important to note whether your baby will be frequently travelling in another car too, you'll need to ensure that the car seat fits in that car as well.

Car Seat Safety

You should ensure that the car seat has passed the relevant safety regulations and has been tested accordingly. Accidents in cars do happen and a lot of them cause impact to the side of a car, so you'll need to check that your car seat has high protection levels from side impacts. This has been introduced as a new regulation that all car seat manufacturers must adhere to.

Car Seat Online tutorials

Some car seat manufacturers have provided online tutorials for fixing car seats into cars, this can make life much easier for you as it means you can see exactly where each part of the seat should be connected.

Check the information leaflet

When choosing your baby's car seat, you'll need to look into the average weight of the seat. If you know you're going to be lifting the car seat in and out of the car frequently then it's a good idea to look at a more lightweight seat, rather than a big, heavy one. Make sure you check back with

the instructions manual frequently, so you know exactly what age or weight your baby must be before you purchase their next car seat.

We recommend buying a car seat brand new or only accepting car seats from close friends and family, where it's likely that you know the history of the seat. Having a damaged seat will most definitely limit the safety of the car seat and you definitely don't want that. Choose your seat carefully and don't be afraid to say 'no' if you don't want to accept a secondhand car seat.



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Tips to decorating the Nursery on a budget



Decorating a baby's nursery can be so much fun, although with the pressures of trying to compete for the best nursery and extravagant ideas, it can get expensive. Today, we're giving you some tips on decorating a small nursery on a budget.

We've all been there, scrolling down Pinterest for numerous hours a day, you've seen loads of amazing ideas for your baby's nursery. You've searched everything that has caught your eye and you've got a total figure, only...your bank account doesn't agree.

The truth is, you don't need to spend a fortune to decorate the perfect nursery for your baby.

Decorate the Nursery yourself

You don't need to hire a decorator to come and paint the walls in your baby's new room, you can do it yourself! If you aren't the arty and creative type, why not have a look around for some nice wallpaper that might be easier for you to fit? Many people think they have to spend lots of money on something for it to look good, but that's not always the case. Choose some paint or wallpaper that you like and take your time with it, you might really enjoy it and you'll feel extremely proud of yourself by the end of it. Top quality, low price Bedding can be expensive,

but when you're buying bedding for your new baby, it's almost certainly not going to last very long. So, we suggest getting down to your local town centre and choosing some high quality, inexpensive bedding. Try to pick a pattern that you'd like to use throughout the whole room, or, if you've already sorted the wall decorations, try to match the bedding with that.

Long lasting furniture

When you're expecting a baby, you always want to buy the cutest pieces of furniture, however, if you're on a budget, this might not be the best choice for you. Instead, try purchasing furniture that you can tell will last for years to come. Your baby will need a dresser and perhaps a wardrobe, but there's no need for these to have a baby themed design on them. It will save you money in the long term if you don't have to update their furniture when they've decided they've grown out of it all. Why not have a look on your local Facebook page for people giving away furniture? This would save you lots of money!!!

Bursts of colour

Trying to add a bit of flair to a room can feel like a tough task when you're trying to decorate a nursery on a budget, but one really easy and inexpensive way to do this is to buy a brightly coloured doorknob or a couple of bright photo frames to go up on the wall. These bursts of colour will make a massive difference to the room. Like we said earlier, just try to stick to a certain colour scheme and you won't go far

wrong.

Saving time

Shopping online can be really helpful when you're purchasing new furniture on a budget, not only do we have second hand selling shops but you can also compare various products on price and quality quite easily before you make any decisions. This can save you a lot of time, you can shortlist a few products that you definitely want to see in person before you buy them.

Shop Second Hand

Don't be afraid to buy some things second hand, such as dressers or decorative photos. A lot of the time, these products are still in fantastic condition with a lot of life still in them. Or, if they need a bit of work putting into them, why not take them on as a small project? They might only require a couple of layers of paint and they'll be like brand new again.

Decorating your baby's nursery doesn't need to drain your bank account. You can find everything you need at certain shops, that are high quality and don't break the bank. Just make sure you shop around and follow a simple design, there are plenty of extras you can include that will provide bursts of character in your baby's nursery.



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I'm Emma Gahan, a Certified Child Sleep Consultant. I provide worldwide help to exhausted parents to help their babies and children learn independent sleep skills. I work closely with you to provide a bespoke package, taking a kind, caring and gentle approach. I'm dedicated to helping you every step of the way.

When I was told that I would have to have a C-Section I was secretly happy...

Truth is I was actually terrified of pushing a baby out of my lady bits and after spending a lot of time on the maternity unit and hearing a lot of women in labour, it put me off a vaginal birth completely.

I was actually glad I was having a C-section. I had never watched "one born every minute" and I wasn't about to start either. So what can you expect when having a c-section?

C-Section Operation

Preparation

Initially you will be asked to sign consent forms, your doctor will go through the risks attached when having the operation. Although the risks may seem scary it is important to not to worry, remember that C-sections are carried out every single day and doctors and nurses know exactly what they are doing.

Your obstetrician and the anaesthesiologist will most likely choose a spinal block to numb you so that you don't feel anything from the rib cage down. A spinal block is an injection that goes in to your back. You will then drink a chalky substance called Bicitra this helps neutralize your stomach acids. You will then be given a catheter and IV.

You will then head in to the operating room where you will meet your partner, they will be wearing scrubs and a mask. You will be moved on to the operating table and a curtain will be pulled across your midsection so that you can't see what's going on (it won't be the nicest of sights).

You will be shaved so that the incision can be made clearly and accurately. You scar is usually the length of your middle finger.

The operation usually takes 40 – 50 minutes in total.

The C Section



C-Section: What to Expect

Delivery

You may feel prodding or pulling but let me assure you... this is completely painless. It is at this point that the doctor usually reaches his or her hand underneath the baby's head so that they can safely pull the baby out.

Your baby then is cleaned and placed in the "warmer," which has radiant heat above it and keeps the baby's body temperature steady. You normally get to see your baby before they are whisked away for care.

The doctors and nurses then begin to sew you back up which usually takes the longest as they have to put you back together like a jigsaw.

You'll spend about an hour in the recovery room and you will be attached to a heart monitor and an oxygen saturation monitor which will be attached to your finger. You will feel your legs coming slowly coming back to life and may be offered morphine to help ease the pain.

The C-section Recovery
You will need a lot of rest as your body is just beginning the recovery process. You will need to wear pads as you will be bleeding for at least a few days (I was bleeding for about a week). Your painkillers may be fed through a pump or given orally.

The catheter is usually

taken out on the second day and you may feel like the nurses are pushing you to walk before you are ready. The thought of having to walk to the bathroom for a wee scares the hell out of you let alone the thought of a shower. It's always important to get your body moving and working again quickly after surgery.

From the third day midwives will be starting to try to get you ready for home. If you're still really tired, push for as long a hospital stay as possible to rest because once you get

home it is all go.

Once you get home it is important to rest as much as possible. At around 3 weeks post op, I began to feel like I was really getting there and started to do a lot more than I should have and I ended up getting an infection. I had to go to the doctors and get some antibiotics. After 5 weeks I made the same mistake again and ended up bedridden with the strongest antibiotics possible.

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Vitamins you should take during pregnancy

For a woman, motherhood cements her legacy as an individual capable of nurturing a person to live. Every woman reacts differently when a pregnancy is detected. Some are anxious, doubtful, and clueless. But, all of them (like you) rejoice to have a miracle in their lives.

This is one of the main reasons why being healthy during your pregnancy is crucial. Not only for the baby but your sake as well. With this in mind, we're going to discuss prenatal vitamins and which ones are great for your pregnancy.

Vitamin D

As the experts would recommend, 600 IU of Vitamin D per day is needed by the body. However, pregnant ladies need more as they are partaking not only for themselves but for their babies too.

Vitamin D is a fat-soluble vitamin that is essential for bone health, cell division, and boosting the immune system. But, as a precautionary measure, a woman should consult with her ob-gyn for Vitamin D deficiency as abnormal amounts have adverse effects on the pregnancy.

Calcium

Since birth, calcium plays an essential role in growth and development. From strong bones, teeth, and healthy muscles, calcium is your body's natural builder. As a mum-to-be, you must know that your body can't make calcium. You need to eat or drink calcium-rich foods to prepare you and the baby for optimal health.

Iron

It doesn't matter if you're anaemic or not; pregnant women require elevated iron levels for herself and the baby. A recent study discovered that in the United States alone, 18% of pregnant women are diagnosed with iron deficiency.

As per recommendation, 27 mg of iron is needed per day. But, you need to have a consultation with your ob-gyn as pregnancy can require more than what is recommended. Iron is essential for the development of the placenta, oxygen transport, and overall growth of the foetus.

Folic Acid

A staggering number of congenital disabilities because of folic acid deficiency occur in the first trimester of pregnancy. Most women weren't aware of the pregnancy and aren't eating folate-rich meals, which lead to this seemingly avoidable incident.

Folic acid is integral to a woman's nutrition because this vitamin is responsible for red blood cell production, baby's growth and development, and DNA synthesis. Moreover, recommended intake levels of folic acid have been proven to minimise the risks of cleft palate, heart defects, and neural tube defects.

Probiotics

Speaking of mum-belly, research has shown that probiotics help in benefiting your digestive system. Probiotics reduce the risk of infant eczema, dermatitis, gestational diabetes, and postpartum depression.

Magnesium

Unknown to many, this mineral is essential for nerve function, muscle development, and strengthening the immune system. Some researches proved magnesium deficiency increases the risk of premature labor and chronic hypertension.

As our final note to mums-to-be, it is essential to consult with your ob-gyn for supplements and nutritional intake. Pregnancy is not a one-size-fits-all where one advice works for you. We want you to be aware and to practice responsibility because pregnancy is a miraculous event that you must take care of and cherish.

We hope this article helps and if it does, don't forget to share your experiences below as we'd love to read them. Take care, mum-to-be!



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I am Paula, senior midwife specialist on Gestational diabetes and Rainbow pregnancies. I help mums to control their sugar levels while enjoying their food and offer the best antenatal and postnatal course to overcome your fears so you can have the best experience possible during birth and motherhood. Join me!

20% of marked price on website



Safe Exercise during Pregnancy

First of all, let's just take a look at what's happening to your body.

Some really incredible things happen to your body during pregnancy. It has to adapt, not only to accommodate the baby growing inside you, but also has to prepare for the birth. So, we're going to have a little look here at what your body has to cope with, and why, so that you can really understand the importance of exercising safely and adapting what you do as your pregnancy progresses.

First Trimester

During the first trimester, us mums experience a whole variety of different symptoms. Maybe you have/had morning sickness and exhaustion? One of the first hormones to start flooding your system causes the blood vessel walls to relax and become more elastic. This is to prepare the body for the extra blood volume it will need later on. But in the early days, you don't have that increased blood volume, it hasn't caught up yet, so you might feel faint, exhausted or dizzy and your blood pressure usually drops. You also start to develop a resistance to insulin. This makes your body store more fat, so that bit of

weight gain, (7-11lbs) is perfectly normal in the first few months.

What does this mean for exercising in the early days? If exhaustion is really causing you problems, (and I hold my hand up, I absolutely needed that nap when I got in from work!) then maybe look to exercising at a time of the day when you have more energy. Listen to your body and rest when you need to.

Aerobic activity is fine, if you feel up to it, so aim for around 15-30 minutes of activity up to three times a week. Muscular

conditioning will help to keep your posture in check and prevent back pain. Just be mindful of changing position quickly and making yourself feel dizzy.

Some people (that can be friends, relatives and partners) may worry that exercise may be too demanding for you or could even harm the baby and cause a miscarriage. The best thing to do is to talk to your doctor or midwife. If you have had previous miscarriages, or a family history of them, then it shouldn't stop you from exercising full stop, but you should definitely get advice and reassurance from a health care professional before continuing or taking up something new.

Many studies have proved the benefits of safe exercise during pregnancy for both mum and baby, and none so far have found any detrimental effects on a healthy person.

Second Trimester

As your pregnancy progresses past 12 weeks, you start to enter the second trimester and a host of new things are happening. It's very exciting and you might begin to feel that pregnancy glow. Your blood volume has finally caught up and your energy levels rise again.

To adapt to the increasing weight of the growing baby, your lower back starts to arch and the pelvis tips forwards.

Back ache is common but corrective postural exercises can help to counteract any discomfort.

It does, however, mean that your centre of gravity has changed. The hormone, relaxin, is also surging around your body making all your joints more flexible and less stable.

Now is the time to think about reducing the risk of falling. Contact sports, high intensity exercises or high impact exercises are not advisable now. The placenta is placing a high demand for oxygenated blood and nutrients on your body. Over training could, potentially, reduce the necessary amounts being carried to your baby.

Switching to lower impact activities such as cycling, walking, cross-training, Pilates, Yoga and swimming will give you all the aerobic exercise you need without putting undue stress on your joints.

Now is also the time to work with lighter weights and to stop exercising on your back. When we lie down, all that weight from the bump presses down on important blood vessels which could reduce the flow of oxygen to your baby.

Taking a bit longer to warm up and cool down from

your session will be very beneficial and prevent any unwanted hikes in blood pressure.

Third Trimester

At 27 weeks you're on the home straight! The third trimester is here, and your bump is coming along nicely.

So much is happening now. As baby grows, you have to make room. Your ribcage is pushing outwards, your internal organs have miraculously rearranged themselves, your tummy muscles have stretched so far that they have stopped being able to contract and you have the best cleavage ever!



THE 1:1 DIET

This is Wendy Heller: Independent 1:1 Diet by Cambridge Weight Plan Consultant. This is Wendy Heller: Independent 1:1 Diet by Cambridge Weight Plan Consultant.

I can support, guide and motivate you to achieve your weight loss goals using our delicious products any my 'One-to-One' support. When you're ready to start thinking about losing weight after your pregnancy, contact me to find out more.



Your Ultimate Guide to Paternity in the UK

Pregnancy is a milestone that both parents share. When this life event showers you both with radiance and a newfound sense of priority, it's easy to drop things out of your life to focus on parenthood.

For a mum, this is the start of beautiful discoveries and sleepless nights of pondering. On the other hand, this is the moment for a dad to muster up his courage and work twice or even thrice as hard as before. When adult responsibilities pile in, and work doesn't seem to stop,

as a dad-to-be, you have one card to use to cherish such precious moments.

We're talking about your right to paternity leave. But, how much do you know about this and are you eligible for one? Let's find out.

Proof of Responsibility as the Father

In this societal dynamic, there is more than one way of being a child's father. You have to be proven to be responsible for the child's upbringing through the following options:

You are the biological father of the child. Your partner is about to have a baby (for unmarried couples), adopting a baby or will be having a child through the process of surrogacy.

Checking for Eligibility from the Employer

After proving that you are bound to the responsibilities of parenthood, it's now time to assess if you are legally bound by the law to be granted with paternity leave.

You are legally identified as an employee.

You worked for the same employer for at least 26 weeks ending with the 15th week before your partner's childbirth.

Notifying Your Employer

It is recommended that you take notes of the following and have them prepared in writing as a formal correspondence when informing your employer about your paternity leave.

Tell your employer when childbirth is anticipated. Assess if you want

a one-week or two-week paternity leave. The starting date for your paternity leave. To help you as well, notifying your employer about the intended paternity leave should happen before the 15th week from your baby is due.

Surrogacy, Adoption and Same-sex Parents

For this particular portion of this article, we're going to delve further into the unconventional ways of being endowed with the responsibility of being a father.

Same-sex parents can still be granted paternity leave. One partner will apply for an adoption leave or maternity leave while the other partner tries for paternity leave.

If you're having a baby through surrogacy, the other partner will apply for an adoption leave while the dad-to-be applies for paternity leave.

For those that will adopt a child, you can be granted with a paternity leave by noting these factors:

You have worked for the same employer for a



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Award-winning, comprehensive, online First Aid for Babies course – covering key medical emergencies including CPR and choking. With videos, infographics, step by step directions, test yourself sections. Stop and start as often as you like, full access for an entire year.

minimum of 26 weeks before the end of the week when you have been notified that you've been matched with a child (adoption within the UK). You have worked for the same employer for a minimum of 26 weeks before the end of the week just in time when the adopted child will enter the country (for overseas adoption). Now that we've given you a quick guide for everything about paternity leaves, we hope that as a dad-to-be, you use this time to build life-long connections and moments with your family.



Your Ultimate Guide to Maternity Leave in the UK

Pregnancy affects a mum-to-be not only in her personal life but in many aspects as well. A miracle as such requires a sacrifice of gigantic proportions from a strong mum. She'll have to eat twice as much; she'll have to endure the sight of stretch marks, she'll experience bodily constraints and more.

But, pregnancy is never a question of a woman's capacity. All women are capable of rearing a child. However, a mum is beyond determined to the devotion of a lifetime. At this point, she needs to exercise final caution and love to herself and her baby.

As such, the government acknowledges the need for a mum-to-be in subjecting herself to maternity leave. If you are a first-time mum or are blessed again but forgot what a maternity leave constitutes, this guide is made for you.

Statutory Maternity Leave
A woman is entitled to a statutory maternity leave despite her employment length. As the law prescribes, she's entitled to 52 weeks of maternity leave but only 39 weeks are granted with maternity pay.

The earliest you can start on maternity leave is 11 weeks from your childbirth. However, if you gave birth earlier than intended, your maternity leave will begin after the first day of birth. Although you have the option of not completing the 52 weeks you are given, you are required to take at least two weeks of a break after you gave birth.

Ordinary Maternity Leave or Additional Maternity Leave
There are two varying aspects of maternity leave.

First, you have the ordinary maternity leave and the other one, the additional maternity leave.

The Ordinary Maternity Leave consists of the first 26 weeks of your maternity leave. If you return to work within this period, you will go back to your original working arrangements.

The Additional Maternity Leave, on the other hand, occurs when you exceed the first 26 weeks of maternity leave before coming

You're protected from unfair dismissal.

You're entitled to employment benefits (medical insurance, exclusive perks and memberships, etc.)

You're entitled to pension payments and rights during the period of your Statutory Maternity Pay.

Statutory Maternity Pay

While on maternity leave, you are entitled to maternity pay, and this is what the law identifies as the Statutory Maternity Pay. These are the conditions you must meet to be granted one:

Must work for the same employer for 26 weeks when you reach the 15th week of pregnancy before childbirth.
You must earn on average at least £120 each week.

Further Details About Statutory Maternity Leave and Maternity Pay
Since the computation of maternity pay involves taxes and percentages, we highly recommend that you consult with your human resource head for details and clarifications. They can also answer your queries and attend to organisational concerns if your employer doesn't agree to your leave or doesn't give you maternity pay.

As much as you need financial resources for the needs of your child, you must take a break and care for yourself as well. Every woman deserves to enjoy and cherish the moments of motherhood without any job woes.



LILY & RIBBON

Sort all your pregnancy and postpartum wardrobe dilemmas by shopping with specialist maternity and nursing brand Lily and Ribbon. Lily and Ribbon are an online boutique full of stylish yet practical pregnancy and nursing clothing to see you through each trimester of pregnancy and beyond. There's everything from their famous maternity jeans (voted best maternity jean by The Independent) which come in sizes 10-26, to everyday essentials t-shirts (with a built-in nursing panel); maternity and nursing activewear and bamboo PJs.

DISCOUNT: bump2baby15

back to work. For this matter, you can go back to your work if it's still available.

Rights On Your Maternity Leave

If you're currently on your maternity leave, these are the rights you are entitled to.

You're granted with paid holidays.

MONTHLY BUDGET PLANNER

Starting Balance

Total Monthly Income

Starting Debt

| HOUSEHOLD | £ |
|-----------------|----------------------|
| Mortgage/ Rent | <input type="text"/> |
| House Insurance | <input type="text"/> |
| Council Tax | <input type="text"/> |
| Miscellaneous | <input type="text"/> |
| TOTAL | |

| COMMUNICATION | £ |
|-----------------|----------------------|
| Mobile Phone(s) | <input type="text"/> |
| Insurance | <input type="text"/> |
| Miscellaneous | <input type="text"/> |
| TOTAL | |

| UTILITIES | £ |
|---------------|----------------------|
| Water | <input type="text"/> |
| Gas/ Electric | <input type="text"/> |
| Internet | <input type="text"/> |
| Miscellaneous | <input type="text"/> |
| TOTAL | |

| CHILDREN | £ |
|--------------------|----------------------|
| Clothing | <input type="text"/> |
| Day trips | <input type="text"/> |
| Toys/ Books/ Games | <input type="text"/> |
| Miscellaneous | <input type="text"/> |
| TOTAL | |

| TRANSPORT | £ |
|------------------|----------------------|
| Car Payment(s) | <input type="text"/> |
| Car Insurance(s) | <input type="text"/> |
| Road Tax(es) | <input type="text"/> |
| Petrol | <input type="text"/> |
| Maintenance | <input type="text"/> |
| Miscellaneous | <input type="text"/> |
| TOTAL | |

| MISCELLANEOUS | £ |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
| TOTAL | |

Total Expenses

Savings



What are Antenatal classes and why you need to attend one?

Pregnancy is both a miracle and a scary time for expectant parents. For mums-to-be with no idea how the rollercoaster goes, going on several classes and orientations work like a charm. Not only do these classes and activities teach future mummies of what to expect; participating in one ensures a healthy pregnancy.

One of those beneficial classes is the antenatal class. If you don't have any idea about antenatal class, I bet it's safe

to assume that you're a first-time mum. However, if you've given birth, there's nothing wrong with being reminded of its benefits.

If you're just as excited as I am with the news of your pregnancy, we'll tackle first the most vital information about the antenatal class.

What Is an Antenatal Class?
Antenatal classes are like instructions and activity-filled sessions that you enroll in as preparation for pregnancy. In

these classes, you'll get an interesting perspective on the adventure of pregnancy and meet people with the same emotions as you and your partner. Moreover, you'll be guided by birth experts that provide you with the latest and the top-notch innovations of childbirth.

An antenatal class provides you with valuable information such as care and what to expect within six weeks of pregnancy, how to breastfeed, and supplements you'll need to ensure your welfare and health.

When to Start attending my class?

As per the recommendations of birth experts and antenatal instructors, it is ideal to join classes when you're about 22-26 weeks in your pregnancy. Doing so will give you ample time for decision-making. These include personal choices of birthing options, clinic information, and preferred caregivers.

What are the Benefits of

FIND YOUR LOCAL

Antenatal Class

MyBump2Baby



such search. Family and friends are good sources of recommendations. Your gynaecologist may have a particular class on mind for you. Not to mention the fact that the internet is an excellent tool for looking at antenatal class in your area.

As you welcome another member in your family, it only fits that you look after your child's welfare and yours as well. In exercising a healthy pregnancy, your choices are not only limited to health decisions but overall

goodness.

Do you have an antenatal class that you highly-recommend and would like to share with future mummies? Comment them down below to help a mum-to-be!

Reviews from MyBump2Baby Mums on Antenatal Course
Laura 33, Grantham "I am so pleased to I attended my local antenatal course, it helped prepare me for birth"

Liv 28, Bromley "I loved my antenatal class and found myself loads of mummy friends too, I am so glad I went"

Sarah 32, Blackburn "I believe every woman should have a calm, confident and in control pregnancy and birth. By going to antenatal classes it made me less fearful of birth"

Libby 31 Bolton "I gave birth to my third child on the 3rd September 2019 and wanted to leave a review to say how well I was looked after throughout my whole pregnancy. The class was amazing throughout and made sure any concerns were addressed straight away and kept me updated which was so reassuring. She

text me to make sure things were ok or how appointments went which was so nice. "

Danielle 37 Wrexham " This was my 1st labour experience and I never took advantage of antenatal classes before. I had many worries and concerns about what was going to be like. I delivered my son easily, I knew exactly what to expect thank you to the antenatal classes. As a new mum you hear so many horror stories that this really does help you understand and remain clam about everything. I also did a hypnobirthing course which helped me massively."

Susan 35, Preston " Having a baby can be a scary and daunting time, especially if you have no idea what to expect but honestly mums to be do not fear! you've got this & attending a local antenatal class is so worth it. It helps you know what to expect and remove horror stories from your mind so that you can create your own experience.

Antenatal Classes?

As a pregnant woman, you're bound to have regular check-ups with your gynaecologist for the health aspects of the pregnancy. However, tossing in time for antenatal class is also an exciting way of enjoying the process, especially with your partner coming with you. Here are the benefits of an antenatal class for every mummy and daddy to enjoy.

Complications in pregnancy are always a risk. With an antenatal class, you get to be aware of those complications and what can you do to minimise its risks.

Your antenatal instructor assures that aspects of pregnancy are discussed in detail. These may include but is not limited to nutritional requirements, labor expectations and the emotional rollercoaster of pregnancy.

When both partners attend an antenatal class, they are given a various perspective of the pregnancy. They are informed about the process of labor, childbirth, parenting and the emotional needs of each other at this period of adjustment.

How to Find your Local Antenatal Classes?

Don't forget you can check out our directory to find your local antenatal classes!

Luckily for mums-to-be, some numerous groups and organisations cater to



SLEEPY LAMBS

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DISCOUNT CODE: CHLOE10

Financial planning for a family is very important. This article will provide you with all of the helpful financial planning tips that you need to consider whilst being pregnant. Having a baby is an expensive time in a parent's life, but we're here to help you out along the way.

Plan your budget early

Do not put this off until your baby arrives. You must keep track of your spending, there are many budget planners that you can use to make this easier for you.

Working this out early can help you prepare so that you don't have to worry about any unexpected costs creeping up on you in the future.

Don't be Afraid to Make Cutbacks During Pregnancy

Try and cut back where you can. Obviously we're not saying leave yourself short, but try not to buy things that you know aren't a necessity. Try to shop around for better deals on the expensive things, such as prams, car seats, high chairs, there's no point in

paying over the odds for something if you don't have to. Try and use cheaper supermarkets to feed your family, they probably won't even notice.

Pregnancy Funding

Do your research into any extra funding you can get while you're pregnant. It may not be a lot but it can be a massive help in the long run. The government offers a one off, tax free payment of £190 to help keep mum's healthy for birth. You can claim this funding when you are at least 25 weeks pregnant. It's easy to apply, just ask



Financial Planning during Pregnancy

**A child loses a parent
they depend on financially....**

....EVERY 22 MINUTES



Are you covered?

MyBump2Baby

your midwife for a signed claim form and send it to HM Revenue & Customs. Check out our guest to Maternity leave here.

Debt Re-Payment before Baby

If you have any unpaid debts, do not ignore them. Try and maintain paying off the minimum amount that you can each month. Do some research into trying to find better rates for credit card debts, often there are better rates available but they do have specific requirements that you'll also need to research.

Boost your Income During Pregnancy

Try something new, whether it's working from home, selling your unwanted gifts, you can make some money in other ways to support yourself. You could also ask fellow parents if there are any products that they bought and didn't use to avoid spending more money on unnecessary things.

Get Saving

Save as much as you can. Saving is a huge part of life and can come in extremely handy when you're having

a baby, it's nice to have a backup plan in place and your savings can act as that. We would recommend opening a savings account that you can access whenever you need to, instead of one that you can't.

Maternity & Paternity

Start researching your maternity & paternity options. They will be different based on your employer, so you should do some extensive research into the policies that specifically apply to you. These will include vital information such as how much money you'll receive and how much time you can take off while still receiving payment from your employer.

Get your Life Insurance

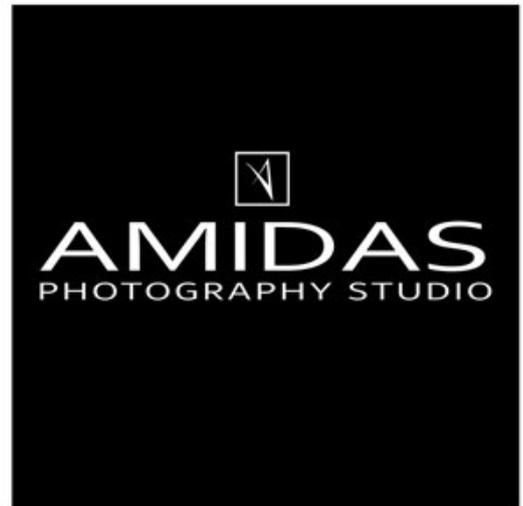
If you don't already have life insurance, consider taking it out. It'll be set up by the time your baby arrives and then you can add them to it at a later date. It just provides a layer of protection for your family, in the absence of yourself. Click here to make contact with your trusted Financial advisor.

Prepare your Will

Another thing you'll need to sort out is your will, you should include where you'd like your money to go in the event of your absence and also state a legal guardian (that you've contacted previously) who you trust to care

for your child in the future. This legal guardian can be a family member or a close friend, just make sure you talk to them before you give them such a huge responsibility. Contact your local financial advisor about writing your will.

We know there's a lot of information there, we hope it's useful for you in your pregnancy journey. The main advice that we can give you at MyBump2Baby is to plan your finances as much in advance as you can. If you need any more tips, check out the finance section on our website and don't hesitate to contact us.



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7 Benefits of Pregnancy Massage

Pregnancy massage is really effective, it can usually be done at any stage of your pregnancy. Be sure to check this with your massage therapist, some will not perform pregnancy massage during the first trimester of pregnancy. While it is similar to any massage you'd get at any stage in your life, pregnancy massage focuses on ensuring that mother and baby are comfortable and happy.

Here are some of the benefits of pregnancy massage;

Pain Relief in problem areas

Pregnancy massage can help to reduce pain in certain areas of the body. During pregnancy, it is common for women to experience back pain, due to carrying the weight of the unborn baby. By attending a pregnancy massage, your massage therapist can ensure that they focus on these problem areas to [provide you with maximum comfort. They may be able to teach you some massage techniques to take home for your partner to perform on you, should the pain continue.

Stress Relief

We know how stressful being

pregnant can be, we all want things to be perfect, sometimes they're not and that's OK. Having regular massages while pregnant means that you allow your body specific time to relax, this will be good for your mind too. Being relaxed as a mum means that you're more likely to have a relaxed baby, that won't stop them kicking you though!

Increased Blood Circulation

We've all been there, or read about it, during pregnancy is it common for certain areas of the body to swell, including

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your ankles. Pregnancy massage will allow your blood to circulate more, which reduces swelling in the body. Swelling can be uncomfortable and it's difficult to reduce swelling once it's started, so why not treat yourself to a pregnancy massage and help reduce your chances in the first place?

Eases Labour Pains

It has been reported that attending pregnancy massage has reduced labour pains in many women. Like we said earlier, you can ask your massage therapist to teach you massage techniques that your partner can perform on you at home, these can also be used when you go to hospital to have your baby. This will help your mind to relax,

you can go to the happy place that you've experienced during the massages throughout your pregnancy.

Improved Sleep

We all need sleep to help us feel refreshed and sleep can be difficult during pregnancy, due to certain positions being uncomfortable. Having pregnancy massages increases your relaxation levels, which allows your muscles to feel more relaxed, allowing you to sleep better at night. You will find a comfortable position to receive your massages in, which is likely to be on your side, you can then imitate this when it's time to sleep.

Decreased nausea and heartburn

Some women have reported previously that attending

pregnancy massage has led to decreased nausea and heartburn, which can both be very much present throughout pregnancy.

A new friend

While your massage therapist's job is to teach you massage techniques and allow you to feel relaxed, they can also be someone to talk to, a friend. They will listen to you and if you have regular massages they will likely feel like a large part of your pregnancy journey by the end of it. Pregnancy massage is highly effective and we would encourage women to participate in it, please ensure that you have checked with your midwife that it is safe to do beforehand.

The Best Prams 2020



A new pram is an essential for all new parents and finding the perfect one can often be a long process. There are lots of factors that must be considered when purchasing a new pram, such as the size, colour, weight, comfort and of course the safety of your little one! MyBump2Baby has compiled a list of the best prams in 2020 to help you make your decision

Work out what you need
The first step to finding the perfect pram is to work out exactly what you need from it;

DO you want the pram to be front facing or do you want the option of having your child both facing you and looking out the front?

How much room do you have in your boot to store the pram?

What about inside your house?

Is the pram for one baby or more?

What is your budget?

Prams aren't usually cheap, so you'll want to make sure you take your time to consider all of your options to find the one that works for you. If you take time to consider all of these key options then you'll be able to start filtering your results so you can find the perfect pram to suit you and your family.

You will have to purchase new prams as your baby grows, we've compiled this list of our best prams of 2020!

Silver Cross Wave

Silver Cross are a fantastic brand, they have been around

for a long time, and have proved their durability and safety for children and parents who use their products. Their great reputation is reflected in their pricing, but for a great quality pram, it's worth it. This Silver Cross Wave pram has the amazing feature of being able to easily transform into a double pram by just adding another car seat to it, perfect for those expecting twins or another child in the near future. This product also allows parents to choose whether their child faces them or the world, it's incredibly versatile and stylish!

Baby Jogger City Tour 2

This pram is perfect for wherever you're heading out for the day! Its wheel formation allows for full swivel, so you can easily get around obstacles. This pram is long lasting, it is advertised that it can be used for children up to 3 years. Baby Jogger have thought of everything with the City Tour pram, it's lightweight feature along with carrying straps, meaning that you can carry the pram hands free on your back when it's not in use. This pram is just front facing, meaning your child can enjoy watching the rest of the world in a comfortable pram.

Besrey Baby Stroller

An affordable, lightweight and simple pram. This pram is perfect from newborn, it features many different seating settings, so that you can recline both the seat and the footrest to suit your baby's position. Besrey has put safety first by including a reflective strip to ensure higher safety and visibility at night, so you can feel safe at all times. The pram is completely collapsible, making it an easy and good choice for family trips when the car's full. An amazing price for a reliable, safe and lightweight pram.

Joie Mytrax

Joie has brought another fantastic pram with this one! The Mytrax pram is stylish and comfortable for both parents and baby. It is compatible with a range of different carrycots, giving parents more options for which one they would like. This pram is suitable from birth and has a reclining seat which can go flat, perfect for when you're out and your baby wants to sleep. Its automatic locking system makes it easy to collapse this pram and its high quality brakes means that it's easy to use just about anywhere.

Out 'n' About Nipper Double V4

This brightly coloured pram is perfect if you're expecting two little ones! This pram is long lasting, it is advertised as suitable from birth up to approximately the age of 4. It features a 5 point safety harness, so you know your babies will be safe in this one. The seats recline to a number of different positions, to ensure comfort. The Nipper Double V4 is a 3 wheel pram, so even though you'd expect it to be much heavier carrying two children instead of one, the difference is not too vast. This front facing pram has an adjustable handle so that parents can be comfortable as well. It's a durable pram, perfect for family days out and your little ones can bond being sat just next to each other.

BabyStyle Hybrid Edge

BabyStyle strikes again with their beautifully designed prams, available in a range of stunning colours. This pram is suitable for babies over 6 months up to 3 years. It's high quality seat can be easily removed to parent or front facing, depending on your personal preference. Its safety harness is durable and comfortable, so you can rest assured that your baby is safe. This compact pram is perfect for a city walk or a countryside stroll. This pram is great for parents, it has hooks for your shopping bags along with a 12 point adjustable handlebar, so you can ensure peak comfort for you too.

ABC Pepper Design Travel System

This pram has won awards for its stylish look and durable features. The adjustments available on this pram are incredible, it almost looks like 2 different prams! This pram is advertised as suitable from birth up to 15 kg. Its safety harness is high quality, with an attachment available for a dummy, so you won't lose them as much. This pram is handmade with luxurious leather, adding to its beautiful design. This pram from ABC has been crafted with travel in mind, it can be folded completely flat, making it easy to store and take on day trips in the car.

Sue 
Kennedy
your family photographer

I'm a photographer who captures childhood for parents from pregnancy onwards so they don't miss out on the memories, as this time will never be repeated.

I help parents to remember their child's milestone moments (and character) as it unfolds with Professional Portrait Photos at my studio in Harlow, Essex.

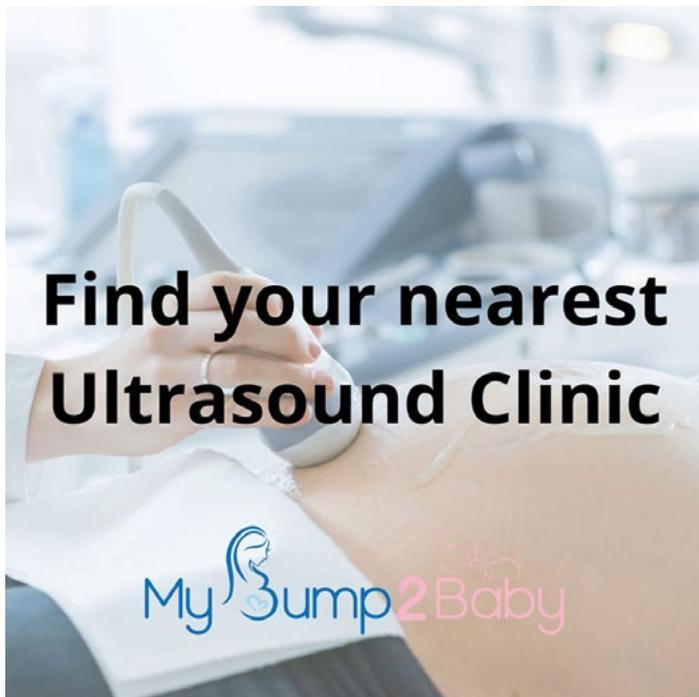
I am offering a limited number of weekday portrait experience sessions, (worth £100 each) ... for just £19.95, and free entry into our Portrait of the Month competition.



When do you have an Ultrasound during Pregnancy

At MyBump2Baby, we are proud to be able to educate our readers on everything they need to know about pregnancy. This blog tells you when you need to have Ultrasound Scans in Pregnancy. Ultrasounds help to promote a healthy pregnancy and they offer parents the chance to discuss any issues and receive any advice they require.

When do you have Ultrasound Scans in Pregnancy
How many Ultrasound Scans do you have during Pregnancy
In England, using the NHS, a woman will have two ultrasound scans throughout their pregnancy. It is often in the first scan where the nurse will be able to estimate your baby's due date. In the second scan, the nurse will check your baby for a number of physical conditions, these results will be available to



Find your nearest Ultrasound Clinic

you immediately. It's also likely that you'll be able to find out the gender of your baby, however this is not guaranteed.

Ultrasound scans generally don't take very long, between 20 minutes and 30 minutes and you are able to take someone into the hospital room with you.

It is important to note that some women may experience more than two ultrasound scans during their pregnancy, your nurse will advise you best based on your health and other factors that may impact your pregnancy.

When do you have Ultrasound Scans in Pregnancy?

The first scan tends to be performed between 8 and 14 weeks of pregnancy and the second scan is usually done between 18 and 21 weeks.

Towards the end of your pregnancy, your midwife may encourage you to have another ultrasound scan to check the growth of your baby. If you're having twins, this is more likely to happen too, as often twins do not share the nutrients from your food equally.

An ultrasound scan can also be used to monitor the

location of your placenta, this can help to ensure you have the best advice on how to give birth to your baby safely.

If your nurse is concerned with any aspect of your health or your pregnancy, there's a chance you may be invited for more regular ultrasound scans during your pregnancy.

Private Ultrasound Scans in Pregnancy

While it is possible to have ultrasound scans for free using the NHS, you can also pay to go private. Prices can vary drastically based on your location.

If you decide to pay for private scans, you will likely have your first scan earlier than you would with the NHS. Your first scan would take place between 6 and 10 weeks, to determine if your baby is growing at the appropriate rate.

You can generally have a private scan to determine your baby's gender earlier than you could with the NHS. With private, it can be performed anytime after 16 weeks, however it is still not guaranteed

that the nurse will be able to tell you this information.

One interesting benefit of having a private ultrasound scan is that you can often have a 3D or 4D scan, which enables you to see your baby much more clearly. You may even be able to see them performing certain actions in real time. These private benefits come at a price however, check your local area to work out how much it'll cost you.

Before you settle on which scan you're going to have, you must consider all of the options carefully, but remember that you'll have people there to advise you the whole way through your pregnancy.



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MyBump2Baby Expert

This podcast is a really helpful one for pregnancy – pre-school parents. This podcast shares advice from the experts. If you're struggling or just need a bit of advice with any aspect of parenting then this is the one for you. This is a library of pregnancy to preschool experts sharing helpful tips on various areas of parenthood. Parents can easily select the specific episodes they would like to listen to.



Here We Go Again – Stacey Soloman

Stacey Solomon is a well known Mum and TV presenter, her podcast reflects this. She talks about life as a Mum in the spotlight and how things have changed since she's had a second child. The Loose Women presenter is funny and honest in her chats, making them more enjoyable.

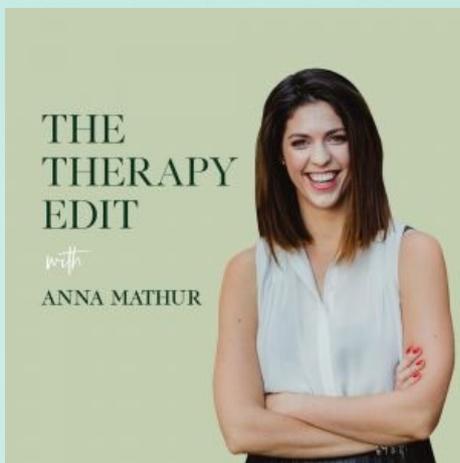
The Best Podcasts for Mums



Mum Talk – Emma Jaulin

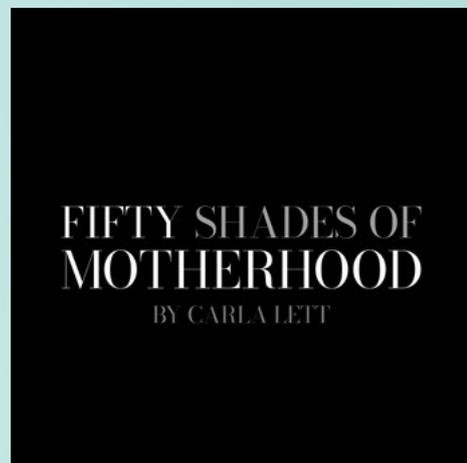
If you want a laugh then this one is great, Emma Jaulin shares her experiences in a hilarious way. Emma chats to everyone, Mums, Dads, midwives and all of her listeners. This podcast is perfect for when you're feeling a little low, it'll cheer you up.





The Therapy Edit – Anna Mathur

These quick podcasts are delivered by Anna Mathur, a psychotherapist. Each episode lasts for just 10 minutes, so they're really easy to keep up with and the tips she offers can be learnt quickly. This podcast is a really positive way to improve your mental health.



Fifty Shades of Motherhood

This hilarious yet tear jerking podcast is real, raw and uncensored mum chats launched by our founder Carla Lett. It's all about sharing motherhood journeys and struggles and giggling along the way. This honest podcast embraces imperfection when it comes to parenting. This podcast is described as uncensored, unhinged and unapologetic and those 3 words sum this podcast up perfectly.

As a Mum, time alone is quite a rare occurrence, so when you do get those bliss few minutes, how do you like to spend them? Many parents on MyBump2Baby love podcasts and we can see why. Podcasts are a fantastic way to multitask and feel less alone. Podcasts are great because you can listen while you walk, run, hang the washing out, during the night feeds or in your car whilst your little one sleeps.

The podcasts mentioned are all fantastic for different ways and we want to share our favourites with you, so here are our 7 podcasts that every mum needs to listen to.

Happy Place – Ferne Cotton

This podcast features some amazing people chatting to Ferne Cotton about the ups and downs of life. It is an uplifting and honest podcast that appreciates that life can be tough. Some special guests include – Jessica Ennis-Hill, Katie Piper and George Ezra



Happy Mum, Happy Baby – Giovanna Fletcher

Giovanna Fletcher's podcast explains that there is no such thing as a perfect parent. She chats to high profile parents about the benefits and challenges of life as a parent. This podcast offers support for parents, they will discuss anything.



Recognising Domestic Abuse during pregnancy

At MyBump2Baby, we feel that it is so important to highlight and raise awareness about important issues that can happen to anyone. Today, we're talking about domestic abuse during pregnancy. Please be aware that if you are suffering in a domestic abusive relationship during pregnancy, you are not alone and there is help available to you.

Unfortunately, 1 in 4 women will experience domestic abuse at some point in their life, whether it's physical, emotional, sexual, financial or psychological.

Triggers Can Trigger New or Repeated Abuse

Pregnancy can act as a trigger for new or repeated abuse, which will cause the victim to be more anxious, due to protecting their baby as well as themselves. Experiencing any kind of abuse during pregnancy causes stress for the expectant mother, which means there's stress on your unborn baby too, which can lead to a number of complications throughout pregnancy and birth.

1 in 3 cases of domestic abuse begin during pregnancy, this is because

your partner may not like that you have full control over your unborn baby.

Recognising the signs of Abuse

Often women can find it difficult to admit that they are victims to abuse, but that's why it's important to recognise the signs. Maybe you're experiencing it or maybe you're worried about a loved one and want to know how you can help them in a discreet way.

While abuse can come in many different forms, it is generally done in any way that belittles you and makes you feel powerless. Remember that your partner does not need to physically hurt you for it to be domestic abuse, you don't need to wait until it goes too far to speak out.

Getting help with Domestic Abuse

There are many ways in which you can get help when experiencing domestic abuse, but getting help may not be an easy thing to suggest to your partner. Instead, you should find someone close to you that you can confide in and you know will not share your story with others. They can help you to find the best way of dealing with the abuse. Remember that your friends will want what's best for you and this may be a new situation for them too, be brave and speak when you're ready

to. You can contact your local family law solicitors by clicking here or contact the helplines at the bottom of the post.

Are you a friend of someone suffering?

If you're a friend thinking of confronting someone who you suspect may be a victim of domestic abuse, please be mindful about the situation, don't force your friend to speak out if they aren't ready and if they feel unsafe, allow them to stop talking. They will be ready one day, but you should ensure that you provide them with a shoulder to cry on and support them through whatever they decide to do. Your help will mean more to them than you'll ever know.

It's so important to realise that as a victim of domestic abuse, you are never at fault and you are never alone. During the coronavirus pandemic, there are safe spots located within pharmacies across the country and you are not expected to follow the self isolation rules if you or your baby are put at risk by someone living in your household. Please do not suffer in silence, things will get easier and better for you.

Helplines for Domestic Abuse If you need to talk to someone...

If you want to access support over the phone, you can call:

National Domestic Abuse Helpline – 0808 2000 247 (www.nationaldahelpline.org.uk/)

The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327

The Mix, free information and support for under 25s in the UK – 0808 808 4994

National LGBT+ Domestic Abuse Helpline – 0800 999 5428

Samaritans (24/7 service) – 116 123

Rights of Women advice lines, there are a range of services available



6

NETFLIX

“MUST SEES”

FOR PREGNANT MUMS

We know how rare a movie night can be in a house with children, so you need to make the most out of the time you have now if this is your first, if its not you deserve chilled nights watching netflix and eating your favourite sweet treats.

Taking time out of your schedule is really important, it allows you to relax and can give you some quality time with your significant other. We've compiled this list of 6 of Netflix's "Must Sees" for pregnant mums, so that you don't have to waste any more time scrolling through Netflix.

"What To Expect When You're Expecting"

This one is an emotional rollercoaster, it'll have you laughing and crying in the same minute! This amazing story follows a number of couples and single people through their journey of having a baby, whether that be through pregnancy or adoption. There are a number of twists and turns, as you'd expect, life as a pregnant woman doesn't exactly go as planned. This is a great film, definitely one to watch when you're expecting.

"Baby Mama"

This is an emotional and funny storyline, we follow Amy Poehler and Tina Fey through their journey of surrogacy. The women struggle at first to find anything in common, but after a long and hard struggle, they end up being friends. This storyline has so many unexpected twists that you'll never guess what's

coming next. A truly happy and emotional ending for everyone involved.

"Are We Done Yet?"

This film is perfect for the expectant parents. With Ice Cube as the main character, this one is full of humour, a follow on from 'Are We There Yet?'. Follow this family move their whole lives for their new additions to the family. They have to deal with a lot of issues in their new house, which causes a devastating split. In the end they realise the importance of family and everyone works together to build a happy life.

"The Notebook"

This is the perfect throwback, romantic film. We follow Ryan Gosling and Rachel McAdams through the ultimate love story. This one came out in 2004, but follows the journey as if they're living in the 1940s. It tells the love story that we all desire. This is an honest and powerful story, showing their separation and the struggles of living with Alzheimers.

"P.S. I love you"

You'll be sobbing from the get go, this one really is emotional! You follow Hilary Swank trying to live a normal life after the loss of her husband, played by Gerard Butler. He leaves her letters with heartfelt and inspirational words, along with 'P.S. I love you'. These letters make the widow feel stronger and as if her husband is still with

her through her journey of life.

"Knocked Up"

This one definitely doesn't begin as a romance, it is definitely more of a comedy. When Seth Rogan and Katherine Heigl meet, they end up having a one night stand, leading to pregnancy. Neither of them are ready to be parents, this story follows them trying to become accustomed to parenting in a funny way. This film does get rather emotional, but it'll definitely make you laugh.



MONKEY MUSIC

Join us at Monkey Music and support your little one as they learn new skills in a magical, musical environment. Book online today at www.monkeymusic.co.uk – your first class is free! My Bump 2 Baby readers can enjoy £1 membership (usually £18) by using this exclusive discount code (T&Cs apply).

The Discount Code is: MB2BMM and this is now active on our site – the code reduces our membership fee from £18 to £1 for My Bump 2 Baby customers.

The Best Changing Bags for Mums



At MyBump2Baby, we know how hard it can be to find the perfect products for you and your baby. One product that is really important is your baby's changing bag, it's something that you might not think is so important, but you will take it everywhere you go. Today we share the best changing bags for Mums in 2020.

Changing bags will become your new handbag, you'll take it everywhere with you and you'll feel bare when it's not there. Inside your changing bag, it's a good idea to include some nappies and nappy bags,

baby wipes, a spare pair of clothes, comforters and food, whether that's in a bottle or a jar, you will have room for it inside your changing bag.

Features on Changing Bags

There are lots of features that come with changing bags, waterproof material, room for bottles, long straps or short, the features are endless. It's up to you to work out which changing bag works best for you and your little one. Obviously you can't do a trial period on every changing bag on the planet, so let us share the most popular ones with you.

There's a lot to consider when purchasing a changing bag,

lots of styles, designs and features that you may want to research.

Do you feel comfortable?

Comfort is key, especially if you plan on carrying your changing bag around, rather than hooking it on a pram, which it's likely you will want to do. You'll need to look closely at the design of the straps to work out if they'll be comfortable for you. Wider straps may provide more comfort and stability for you. You should also consider the shape of the changing bag when it's full, the shape can often be uncomfortable when

you're carrying a baby too, so it's important to carry out substantial testing before you buy the bag.

Big or small?

While a big bag may seem more ideal, you can fit everything you want in it, but you may struggle to find what you're looking for. As a new parent, you'll have enough to do without having to rummage through a ginormous bag trying to find your house keys. That being said, you will need to make sure the changing bag isn't too small, because you'll want to ensure you can fit everything inside. Like we mentioned earlier, you'll need to include a fair few baby products in your changing bag. Nappies, wipes, spare clothes and food will all take up a fair bit of room inside your changing bag, then you'll need space for your purse and any other belongings you need to take out with you. Running out of room in your bag is not an option with a baby.

Do you like the design of the bag?

Now, this might not be a priority for you, but you will want the changing bag to look nice and perhaps match the colours you've chosen for various other baby products, such as the pram. Some parents choose to have bright, colourful and elaborate changing bags, while others prefer to have

simple, plain designs, either way, there's something out there for everyone. We would recommend purchasing a changing bag which has a wipeable interior, it's quite likely that you will have spillages inside the bag, so you'll want to make life easier for yourself when cleaning them up. How do you wear the changing bag?

Some changing bags are designed to be worn over the shoulder, where some are designed to be backpacks. The best way to decide which type of bag is right for you is to consider how you think you'll be using the bag the most. If you plan on not using a pram very much, a backpack style change bag may be right for you, whereas if you think you'll be using the pram everywhere you go, an over the shoulder bag which you can hook over your handlebars may work best. Every parent is different and there's generally no right or wrong choice, it's whatever works for you.

Are there any added extras included?

Extra features can be really handy, of course some will come at an extra price, but they might be really useful and be something you haven't yet considered. Most changing bags come with a

foldable changing mat, which is crucial when changing your baby outside of your home. These mats don't tend to take up a lot of space and they are really easy to unfold and put away when you're done. Some bags also include an insulated bottle pocket, to allow bottles to retain the desired temperature.

See the next page for a few of our hand selected Best Changing Bags for Mums in 2020:



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Babymoov Baby Chic Changing Bag

This is for the stylish parents, it's cute and pretty design means it'll go with anything. This bag has sturdy handles and also includes the option of a shoulder strap, making it easy for everyone to carry. It includes a changing mat which can be found at the front of the bag, making it very accessible. A deluxe feature is that it includes a fleece blanket for your child, so you can always keep them warm on those long walks. It looks great and even has a pouch specifically for your baby's dummy.

The Best Changing Bags for Mums



Anglink Changing Bag, Red

This backpack is made using environmentally friendly materials, making it high quality. The material is also waterproof, so it can be cleaned with ease. This can be worn as a backpack or attached to pram handlebars, the choice is yours.



LITTLE TREASURES BOOK CORNER

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Ted Baker Baby Bag Pink Floral

This stunning design features two choices of handle, a long over the shoulder strap, which can be removed or two short handles on the top of the bag, so you can wear it any way you like. It has two insulated bottle pockets, along with four internal pockets.

Accessotech Waterproof Baby Diaper Nappy Mummy Changing Handbag Shoulder Bag with Mat Travel (Giraffe Orange)

This playfully designed changing bag features an adjustable nylon strap, to allow for maximum comfort and a removable bottom board as well as a transparent bag which can be used to temporarily store wet items.



Comfy Degree Nappy Changing Backpack Waterproof Multi- Function Large Capacity Diaper Baby Travel Bag Rucksack w/USB Port, Stroller Straps & 3X Insulated Bottle Warmer Pockets (Gray)

This one is perfect for parents that work from their phones or the tech geeks, featuring a USB port so you can always make sure your phone is charged. This changing bag is great for a long day trip, with insulated pockets for three bottles, as well as separate stroller straps to fit to any pram.





Just4baby Laminated Water Proof Insulated Thermal 5pcs Baby Nappy Changing Hospital Bag (Grey Leaves)

This quirky design will brighten up any simple pushchair. It has two pushchair clips which means it can be attached to almost any pram. It also has plenty of compartments, some even separate for you to take food and drinks for your baby to have throughout the day. The changing mat features the same quirky design, making it the perfect set for you and your baby.



Nappy Changing Backpack, Baby Diaper Bag with Stroller Straps, Wide Opening Multi-Functional Baby Travel Backpack. Perfect for Mum and Dad. by NALKA (Grey)

This stylish changing bag is designed with comfort in mind, it doesn't look like a typical changing bag, which means you can use it as your own everyday bag too. It has a wide opening, so you can move items in and out easily. It has three bottle compartments, which are insulated so your baby's milk can stay at the temperature you need.



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RUVALINO Large Weekender Travel Nappy Tote Stylish for Mom and Dad Convertible Baby Bag for Boys and Girls with Changing Pad, Insulated Pockets (Grey)

This bag is perfect for long trips, there is plenty of room inside for all of your baby's essentials. The simple design means that it fits in just about anywhere. It has an over the shoulder strap with a whopping 14 compartments.

Skip Hop Duo Signature Changing Bag Chevron, Grey

This bag comes in a range of patterns and colours, so there's one for everyone. The main compartment has a zip lock, meaning that all of your belongings are secure. It comes with 10 compartments, so you can find a home for everything inside. There are options for your straps, along with an adjustable shoulder pad to make wearing the bag more comfortable.



Hafmall Changing Bag Backpack Waterproof Multi-Function Travel Nappy Bag Rucksack with Insulated Bottle Pockets for Baby Care, Stylish Macaron

This bright yet simple design is great for sophisticated parents, this waterproof bag can be worn as a backpack, a handbag or strapped to the handle of a pram. It comes in a range of different colours and features a separate area for storing wet items.

