

Bumps & Birth

♥ WE LOVE ♥

New at Natural mat (naturalmat.co.uk), the Combi Sleeper can either be used on its own in summer months, or be cleverly zipped together for a snugly winter sleeping bag when the weather turns cooler. Prices start at £68.



get some time

Katrin Bain is mum to Inigo, three and Luisa, one and the founder of mum-me-time, a personal development class for mothers in London where they can bring their children. These weekly classes provide a shared space to grow and learn where the mothers have time to talk about their needs and challenges, exchange views, try new methods and discover the strengths within them. "My own background is personal, team and organisational development," explains Katrin. "I take Luisa with me to class which works really well." From September, there will be six week classes covering one of the following three topics: authentic parenting, everyday time management and mum-me-me (about the impact on motherhood on the identity). See mum-me-time.co.uk for more details.



summer breastfeeding

Breastfeeding in summer can be hot work, but mums can stay cool with the multi-purpose Emma-Jane nursing top made from ultra soft bamboo and available in black or white. Bamboo is fast drying and has natural anti-bacterial properties, natural UV protection and moisture-wicking capabilities to draw moisture away from the skin, which make these tops brilliant for keeping cool while clutching a warm bundle to your chest. The tops can be worn as outerwear, layered, as underwear or sleepwear and are easily opened one handed. See emma-jane.com.



five of the best stretch mark products



1 PURE NATAL MOISTURISER A rich, pure and gently soothing moisturizer, raw-blended with unique nourishing properties for delicate skin. Mildly antiseptic and anti-inflammatory. When used regularly throughout pregnancy may aid in preventing stretch marks. £43.50, livenative.co.uk



2 MAMA BELLY RUB STRETCH MARK OIL This is loaded with Omega 3, 6, 9 enriched oils especially formulated for use before, during and beyond pregnancy. Regular use helps prevent stretch marks. All the products at Shea Mooti are handmade in the UK. £14.99, sheamooti.co.uk



3 ORGANIC STRETCH MARK CREAM Formulated especially for pre and post pregnant skin with pure organic rooibos, rosehip and frankincense. A powerful blend including antioxidants and essential fatty acids that will help prevent stretch marks. £7, organicatheart.co.uk



4 JASON VITAMIN E OIL This sumptuous rich nourishing oil is perfect for use in pregnancy. A natural antioxidant mix of pure almond, apricot, avocado and wheat germ oils that helps protect against fine lines and wrinkles leaving skin silky smooth. £6.99, jasonnaturalcare.co.uk



5 BUMPS AND BOOBS LOTION This anti-stretch mark lotion is rich and moisturizing and especially created for use in pregnancy. Contains certified organic oils of; sweet almond, macadamia, olive oil fairtrade shea butter and rosehip. £16.99, soothe-me.com

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