

THE LUXURY PREGNANCY &

PARENTING MAGAZINE

babby

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YOUR EXPERT
GUIDE TO

sleep

From
pregnancy
to
routines

**Carole
Middleton's**
top tips for
Mother's Day

WIN!
a **BABY**
PHOTO
SHOOT
*with our cover
photographer*
WORTH £X,000

POWER
OF SENSES
**HOW TO BOND
WITH YOUR BABY**

SHARING
IS CARING
**SKINCARE TO
STEAL FROM BABY**

**EXPERT ADVICE
FROM ZITA WEST**
**CAN STRESS
AFFECT YOUR
PREGNANCY?**

Newborn life
WHAT TO EXPECT
**YOUR SIX-WEEK
CHECK UP**

All you need is
LOVE

MOTHER'S DAY SPECIAL

9 772516 517013 03

£4.40

breastfeeding families welcome!

Medela's breastfeeding campaign has returned



2 MARCH

Mama's still got it

Work up a sweat at Physique London's Mum & Baby Barre class, which offers new mums the chance to exercise without leaving their little one behind. Held from 11am at the Shepherd's Bush studio, tots can be left to play or sleep during the class, or be worn in a carrier. **From £22, physique-studio.co.uk**

MARCH

1 COME ON IN!

Medela has relaunched its brilliant campaign that invites cafés and shops to display a sticker on their front windows welcoming breastfeeding mums in. Use the hashtag #BreastfeedingFriendly to share your fave spots! **medela.co.uk**

5 STORY TIME

World Book Day is back for its 23rd year! And what better way to celebrate than with Axel Scheffler's latest read, *Farmyard Friends: Higgly Hens*, which hits shelves today? Find local WBD events at **worldbookday.com**

6 LAND OF NOD

Learn healthy sleep habits at The Sleep Show, which takes place at London's Business Design Centre this weekend. Head there today for the Mindful Minis segment, where there'll be fun workshops and expert talks specifically



Personalised necklace, £89, **mercimamanboutique.com**

dates for your DIARY



Baby carrier, from £80, **izmibaby.co.uk**

Pens at the ready – we have a few suggestions to keep you and baby busy this month

aimed at young families. **From £12.50, mindfullivingshow.com/sleep-show**

9 GET MOVING

Sport Relief returns today, and Spot the Dog is the furry face fronting this year's campaign. Hundreds of nurseries and schools across the UK will be raising much-needed cash for the cause; to play your part, download a free fundraising pack at **sportrelief.com**

22 GIVE THANKS

Mothering Sunday is here, which means – that's right – today is all about you! Searching for gift ideas? We love Merci Maman's personalised jewellery, which can be beautifully

engraved by hand. **mercimamanboutique.com**

24 TOTS ON TOUR

If your grizzly babe is putting you off the idea of visiting an art gallery, check out Bristol Museum's Bring Your Baby tours, where you can explore a fascinating range of displays in a baby-friendly environment. This month's exhibition, *Being Human*, offers a great insight into modern sculpture and the human form. **£3, bristolmuseums.org.uk**

29 CLOCK WORK

Don't forget to set your

clocks forward an hour this weekend, as British Summer Time returns and the days finally start to get longer – hooray! For tips on adjusting baby's sleep routine, **turn to page 76.**

30 TOUCHY FEELY

Visit Lyth Arts Centre in Caithness, Scotland from 11am today for Baby Sensory Films, where tots can experience different colours, shapes, sounds and textures in this monthly workshop. Perfect for babies under 12 months, this free session is ideal for

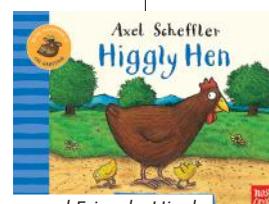
building brain structure and developing her senses. **lytharts.org.uk**



13 MARCH

Shop smart

Cybox, Silver Cross and Snüz are just some of the iconic baby brands exhibiting at the North West Baby and Toddler Show at Manchester's EventCity this weekend. There'll be free talks to attend, plus Izmi is offering trials of its new hybrid baby carrier. **From £11, babyandtoddlershow.co.uk**



Farmyard Friends: Higgly Hen, £5.99, Noisy Crow