

► MORNING SICKNESS SOLUTIONS ► HOW TO BUY A CAR SEAT

Pregnancy

Expect
Good
Things.

13 things
to ask your
OB today
(The answers
will surprise you!)

RELAX!
5 THINGS
YOU REALLY
DON'T NEED
TO WORRY
ABOUT

**FIND THE
PERFECT
BABY NAME!**

PLUS the best and worst
celebrity baby names

**Your 3-second
get-dressed
solution**

Look great in under
a minute with
summer's best dresses

How to survive
the first **6 WEEKS**
OF MOTHERHOOD

New Mommy Must-Haves

These top-of-the-line products will
make your life a whole lot easier.

► **Lily Padz Nursing Pads** – These ingenious nursing pads are without a doubt the best option out there for nursing moms. They conform to the shape of your breast and can even be worn braless or with a swimsuit! (\$19.95, www.lilypadz.com)

► **Baby Daze** – Trying to keep up with food intake, diaper output, sleep schedules and about a million other things that you can't remember? Baby Daze makes it easy to keep vital new baby info organized. (\$19.95, www.babydaze.net)

► **Belly Bars** – Keep a supply of Belly Bars on hand for snack-attack moments – these energy-boosting healthy snacks are perfect for pregnant or nursing moms. (12 bars for \$27, www.babycenter.com)

