

\$1,400 WORTH OF FREE STUFF UP FOR GRABS! FLIP TO PAGE 16 FOR DETAILS

PREGNANCY & newborn

NEW MOM SURVIVAL GUIDE

WHAT TO EXPECT THE FIRST SIX WEEKS

Prenatal power foods

MAKE IT WORK

Juggling career and baby

Premie care 101



Psst!
The best-kept secrets of pregnancy



Small space nursery design

HAPPY CAMPERS
Fall looks for cool kids

SCAN NOW FOR



SPECIAL OFFERS!

November 2015



Display until November 24, 2015

pnmag.com



Digital humidifier,
*Great sleeping,
one breath at a time*

A 2 in 1, ultra-complete humidifier to help baby sleep peacefully!

- Programmable humidity rate and start time
- Night light function (two colors)
- Rotating 360° nozzle
- Variable output controls
- 8 to 22 hours capacity



babymoov
with mums

www.babymoov.com

eratings



Monthly planner

A recent study published in the *Journal of the American Medical Informatics Association* investigated whether your birth month affects your health later in life. After analyzing data on 1.7 million patients treated between 1985 and 2013, researchers found that infants born in late winter and early spring were more likely to have heart disease. Overall, May babies seem to have the lowest risk of disease, and October babies have the highest.

SPEEDY RECOVERY

Postpartum must-haves to keep mama feeling her best after baby.



Support and tone your former bump.
The Choc tunny wrap, 99€, @sbandpactfit.com



Protect and heal sore nipples.
Lansinoh Soothe gel pads, \$11, target.com



Take the pressure off those first No. 2s.
DulcoEase stool softener, \$9, drugstore.com



Spritz on all-natural cooling relief south of the border.
Bath Mama Angel Baby bottom spray, \$10, target.com



Keep things clean down below with an easy-squeeze bottle.
Fridababy Fridet personal bottle, \$15, fridababy.com



Barish hemorrhoids with this drug-free device.
Anuice treatment kit, \$40, anuglobal.com