

# This month I'll be...



...stocking up on **NAPPIES** to contribute to this year's Pampers UNICEF campaign. Our Features Editor Wendy travelled to the Congo to see how your donations will change the lives of mums and babies threatened by tetanus – turn to p94 to read her emotional special report.



January 2008

## Welcome to Mother & Baby

...making the pile of bottles, teats and dummies drying on the sink into a bit of a modern art installation with the **SPLASH BOTTLE DRYING RACK**, £25, from bibsandstuff.com, in marine, poppy or white.

**M**y children have changed me in so many ways – and for the better. I'm a more loving person, more understanding, more patient, a great multitasker and I definitely have more fun. So a little jelly belly and less-than-perky boobs shouldn't really matter at all – but they do! So this is the year I'm going to tackle the mummy tummy, and we've prepared a mum-tested, expert-approved action plan on p86. Don't worry – you won't find mad celebrity diets or hour-long fitness routines, just excellent nutrition advice and simple exercises that'll be easy to fit into your life as a mum. Good luck!

Whether you're coping with colic or tantrums, the best parenting tips always come from other mums. That's why we're so proud of our new website, [askamum.co.uk](http://askamum.co.uk) – it's packed with real mums' advice. Log on today to ask questions, offer answers, share videos and chat on our parents-only social networking site. We'd love to know what you think of our new baby – please email us on [admin@askamum.co.uk](mailto:admin@askamum.co.uk) or visit the online forum to help us make it even better. Have a wonderful start to 2008.

*Jana*

Editor and mum to  
Kate, four, and  
Tom, 15 months



...trying out Annabel Karmel's new recipes! We're delighted to welcome Annabel, the world's leading children's food expert and writer (the *Baby & Toddler Meal Planner* has sold over 600,000 copies!), to the team. You'll find her new recipes and advice in every issue of *M&B*.



...turning the thousands of photos of my kids into printed photo albums at **BLURB.COM**. Download the free software, pop in photos and captions and make Granny's day by ordering her a copy so she can brag about her grandkids! Prices start at £6.95 for a 20-page handbag-sized book.



...brightening up mealtimes with the new **BIBETTA BIBS**. THE UNSTAINABLE AND DURABLE **ULTRABIB**, from £2.95, now comes in a gorgeous pink flower design. Suitable from four months and with a reversible pocket to catch food, it's super-soft and won't rub your baby's neck.



...getting out and about, whatever the weather, having bundled Tom and Kate up in **ALL-IN-ONE RAINSUITS** from Raindrops (six months to four years, £32). Soft and cosy with elasticated wrists and ankles to keep the rain out, they're just the thing for crawling in the garden or making a few mud pies!



ask a mum