

# pregnancy & BIRTH

## INSIDE:

Pregnancy glow

Choosing a baby's sex

Pregnancy diary

Readers' birth stories

Feeding Q&A

The latest SIDS news

Roadtest: sunscreens for kids



## 5 WAYS TO TREAT HEARTBURN DURING PREGNANCY

Heartburn can be triggered by hormonal changes during pregnancy. It's got nothing to do with the heart, however – it's more like a burning sensation at the centre of the chest, and common in later pregnancy. Here are some ways to relieve it:

**1 Eat smaller meals** more often throughout the day and try to avoid a big meal close to bedtime. Make sure to wait an hour after eating before you lie down.

**2 Avoid spicy, fatty or acidic food and drinks** (such as oranges and gherkins) that can make symptoms worse. It is also a good idea to give up drinks that contain caffeine.

**3 Avoid bending** over too much and lying flat. Instead, try sleeping with your head higher than your chest.

**4 Milk can help** and is also a good source of calcium, so drink a glass before going to bed each night.

**5 Some antacids** are safe to take during pregnancy. Ask your GP for advice.

**DID YOU KNOW?** A doctor from the US Long Island Jewish Medical Centre has discovered that taller women are more likely to have twins due to an insulin-like growth factor.

Source: *Journal of Reproductive Medicine*

## The lady is a champ

Don't know what to expect once your baby arrives? UK midwife and paediatrician Hazel Champion has spent 40 years caring for newborns and has even 'lived-in' with families to help them through the first weeks of their new baby's life. Hazel has channelled her extensive experience into a 185-minute DVD that covers newborn care issues, from feeding and sleep to bonding and postnatal depression. Priced at RRP \$49.95, *The Baby Champion* is available at [www.babychampion.com](http://www.babychampion.com).



## High brows

Taming your eyebrows can be tedious at the best of times but even worse when pregnancy hormones temporarily weaken your vision. La-Tweez has come to the rescue by adding a built-in spotlight to illuminate the brow area and all those stray hairs. The tweezers come in a handy lipstick-sized case with a built-in mirror. RRP \$19.95, available in pharmacies.



**"A new baby is like the beginning of all things – wonder, hope, a dream of possibilities."** – writer Eda J. Le Shan