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# prima Baby & pregnancy

PULL-OUT  
PREGNANCY  
GUIDE

Will my baby  
be okay?  
Your a-z **SAFE**  
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Complete guide to  
labour **PAIN RELIEF**

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the arrival of your  
newborn

## Have an | easier birth

### Hypnobirth

You'll go to hypnobirthing classes and practise at home to learn how to achieve deep relaxation. Exercises include visualisation and self-hypnosis. The aim is to learn techniques to combat fear and anxiety of the birth, boost confidence and feel calm and in control. The theory is that by harnessing the power of the mind you can relax muscles and, in turn, ease the pain of labour.

**PROS:** It's empowering and will give you something to focus on in the run-up to the birth. There are no side effects.

**CONS:** Classes are expensive. You'll need to practise for a while beforehand.

**IT HELPS TO KNOW:** You need to believe that it will work. If you approach it with a sceptical

attitude, chances are it won't help to relieve your pain. For more information on hypnobirthing visit the website [www.hypnobirthing.me.uk](http://www.hypnobirthing.me.uk).

'The more I relaxed, the less it hurt'



'I went to hypnobirthing classes and during labour I visualised my body opening up for the baby. I was so relaxed I even rested for a

few hours in preparation for the pushing stage. It just felt right.'  
Amanda Talbot, 32, a school technician from Derby has one son, Oscar, 6 months.

**want!'**  
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ODDLER to  
live and get

Protect  
them  
from the  
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hidden  
hazards

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