

\$2,500 IN FREE STUFF UP FOR GRABS! SEE PAGE 15 FOR DETAILS

PREGNANCY & newborn

Empower yourself

THE KEYS TO A
CONFIDENT
pregnancy

The latest buzz
on caffeine

**SMART
RESPONSES**
to nosy questions

**Design
inspiration
for the
nursery**

**BABYMOON
AFTER BIRTH**
Bonding with your
new arrival



**TRAINING
FOR LABOR**
Get your head
in the game

**BABY
SKIN
CARE**

**Mama
got back
... PAIN**

**TRICKS
AND
TREATS**
Costumes
for moms
and tots

October 2011

\$5.99US \$5.99CAN



Display until October 31, 2011



WATCH IT



© THE WEINSTEIN COMPANY

Footloose
Paramount Pictures

We're all familiar with Kevin Bacon's performance in the 1984 original, but this month, dancer Kenny Wormald takes on the role of Ren McCormack. Comparisons are sure to be made, so don't get left out of the conversation about how this version rivals the classic.

SURF IT



truebluematch.com

A solid support group is crucial for novice parents, but old friendships can often get lost in the excitement and exhaustion that accompany a new baby. Enter **truebluematch.com**, a free site that matches moms and dads with nearby parent peers who share their interests and baby-rearing styles—and who can relate to the highs and lows that come with the territory.

See shopping guide for details

This month we're gonna ...

DO IT



Get a flu shot

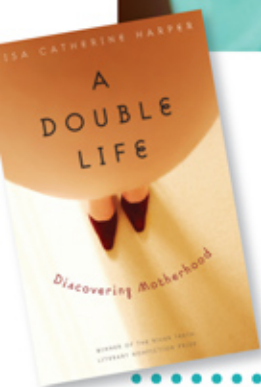
According to the Centers for Disease Control and Prevention (CDC), "If you're a pregnant woman, a flu shot is your best protection against serious illness from the flu." Immune system, heart and lung changes during pregnancy leave expectant moms particularly prone to severe flu suffering, so it's especially important for them to receive the vaccine. Plus, the shot helps protect mom's baby-to-be as well!

Already given birth? The CDC recommends every person 6 months and older receive a flu vaccine annually.

READ IT

A Double Life: Discovering Motherhood

Lisa Catherine Harper artfully blends humor and knowledge into her poignant memoir, inviting readers to join her as she iterates the emotional and biological transformations that motherhood brings about. Not just for the female crowd, dads-to-be will also appreciate the light she sheds on the ins and outs of your nine months and beyond. *University of Nebraska Press \$17*



HEAR IT

Midnight Lullaby

Jane Roman Pitt's latest album is a soothing complement to any bedtime routine. As you wind baby down for the evening, let Pitt's soft take on the tunes of Bob Dylan, the Dixie Chicks, Tom Waits and others lull your little one (and perhaps even you) into sweet slumber. *Running Pine Music \$13*

