

THE ONLY MAGAZINE THAT'S 100% BUMP TO BIRTH

# Pregnancy & birth

MARCH 2013  
£2.99

EXPERT EDIT



Ursula Wesselingh, founder of children's interior design company Room To Bloom, picks out art to hang in your nursery

1



2



3



**1 Bunny Bear print, £7, Mika Art on Etsy**  
'This ink drawing looks perfect in black and white, as it keeps the room feeling peaceful.'  
**2 Family Tree print, £45, Famille Summerbelle at Bodie and Fou**  
'Fill your baby's room with photos of loved ones to help him recognise family members.'  
**3 Farmyard poster, £25, Graziela at notonthehighstreet.com**  
'A fun print adds a splash of colour in a white nursery. It's a good learning tool, too.'

## FEELING FABULOUS STARTS HERE!

- ✓ TWO-MINUTE HAPPINESS TRICKS
- ✓ SIMPLE PREGNANCY FITNESS TIPS
- ✓ STAY-CALM LABOUR SECRETS

### Bump up your confidence

And get that seat on the bus today

### KATE'S ROYAL BIRTH

The inside baby story the whole world wants

And push!  
WHERE'S BEST FOR YOU TO GIVE BIRTH?

**WIN**  
**£3500**  
**IN PRIZES**  
PLUS 50% OFF  
MAMA MIO  
KITS

### ENERGISE!

Nell McAndrew  
on how to avoid  
the 3pm slump

## YOUR SPRING STYLE EDIT

STATEMENT JACKETS, DAY-TO-NIGHT DRESSES  
AND EASY CHIC FOR YOUR NEW SHAPE