



PREGNANCY & BIRTH

SPRING 2006

L-O-O-N-G LABOUR

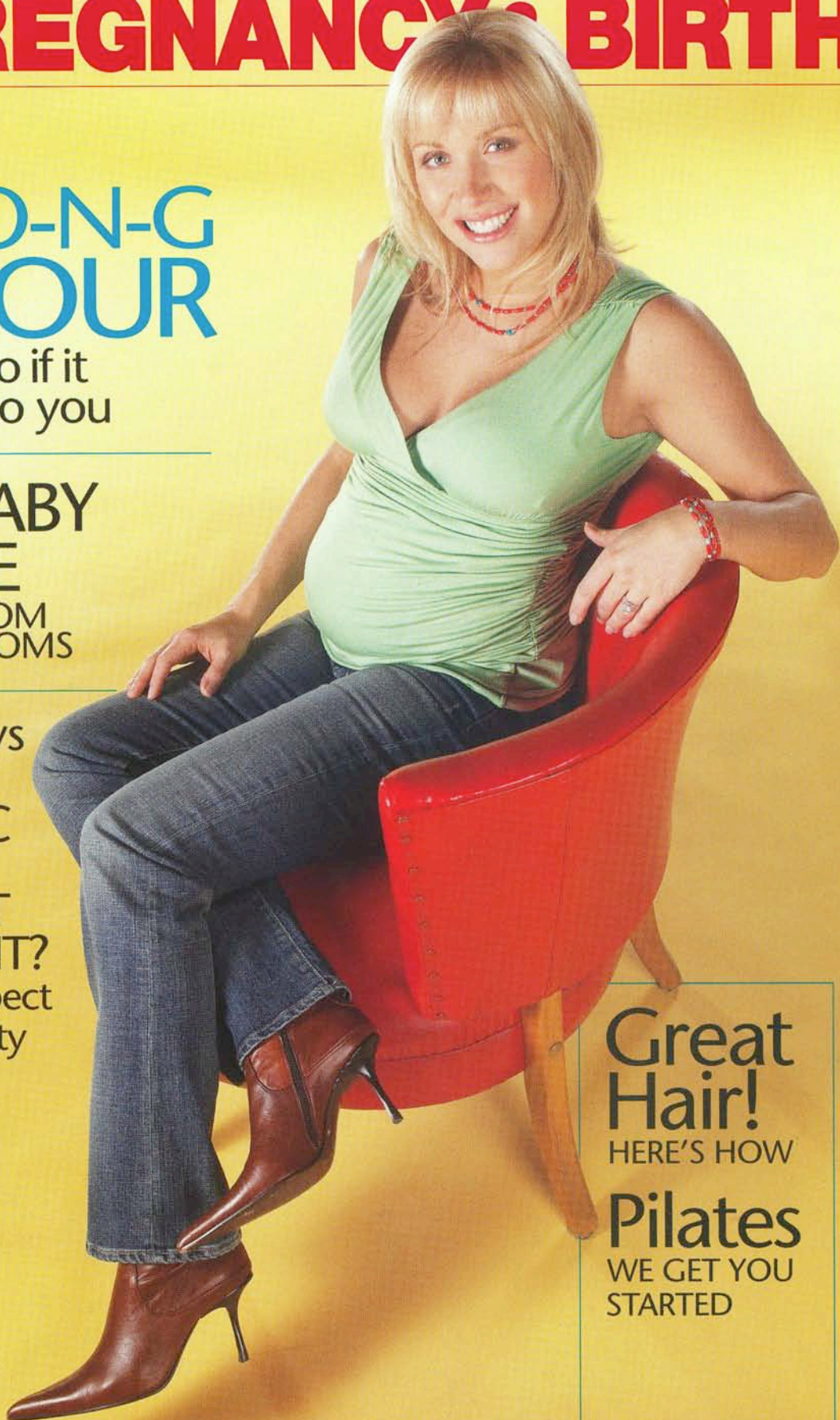
What to do if it happens to you

BEST BABY ADVICE

10 TIPS FROM
REAL MOMS

Smart ways
to eat
ORGANIC

STILL NOT
PREGNANT?
What to expect
from a fertility
workup



Great
Hair!
HERE'S HOW

Pilates
WE GET YOU
STARTED

CONTENTS

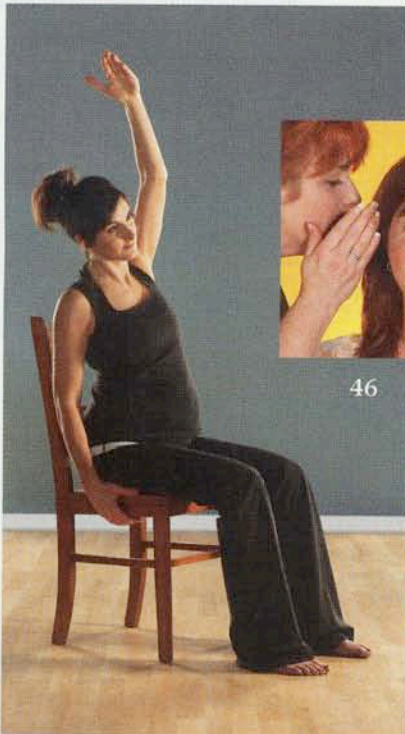
27



SPRING 2006 • VOL. 06 NO. 01

Features

- 27 LONG LABOUR SURVIVAL GUIDE**
Maybe nothing can really prepare you for a labour that becomes a marathon, but extra support and a stockpile of coping techniques can help
By Teresa Pitman
- 33 TRADE SECRETS**
Psst! Wanna know what raising babies is really like? Here's the inside scoop from the real pros — moms who've been there
By Astrid Van Den Broek
- 37 THE FERTILITY WORK-UP**
You've been trying for a year, maybe two. Still no baby. What next?
By Wendy Haaf
- 46 SMOOTH MOVES**
Is Pilates the right exercise for your pregnancy?
By Keltie Thomas



33



46

WE'D LOVE TO HEAR FROM YOU

Please let us know how you like *Pregnancy & Birth* magazine, and what else you'd like to read about.
pregnancybirth@tpg.rogers.com



Our cover model Kiki gave birth to Stella Margaret Anne on Feb. 20, 2006. She weighed 8lb., 15oz.
Cover photography: Brian Pieters
Hair & Makeup: Barb Webber
Styling: Josette Luyckx
Clothing courtesy: Belly Maternity

The editors of *Today's Parent Pregnancy & Birth* are advocates of breastfeeding as the best feeding choice for babies. We are committed to helping mothers gain the knowledge and support that will allow them to breastfeed successfully and to enjoy the experience. At the same time, we respect the decision to bottle-feed, understanding that it may be the best choice for individual families. Our magazines are financed through advertising revenue. Consumers should be aware that advertising does not necessarily reflect the editorial philosophy of a publication.

