

american baby

HEALTHY PREGNANCY, HAPPY BABY

Swaddling For Rookies

Turn Your Babe Into A Burrito!

Happy-Baby Tips The Experts Use At Home

Hot And Cranky? Refreshing Mom-To-Be Beauty Finds

Make Shots Hurt Less

And Other Vaccine Advice From Docs

PROUD OF YOUR PREG BELLY?

Upload a pic at americanbaby.com/babybump

ACB

7 Social Milestones

When To Look Forward To The First Smile, Giggle, And More

all about mom

LIVING WELL | LOOKING GOOD

3 reasons to move

"Think about an instant payoff from exercise and you'll be likelier to stick with it than if you consider a long-term goal, like preventing cancer," says Michelle Segar, Ph.D., a researcher at the University of Michigan, in Ann Arbor. These work:

1 "I won't snap at my partner."

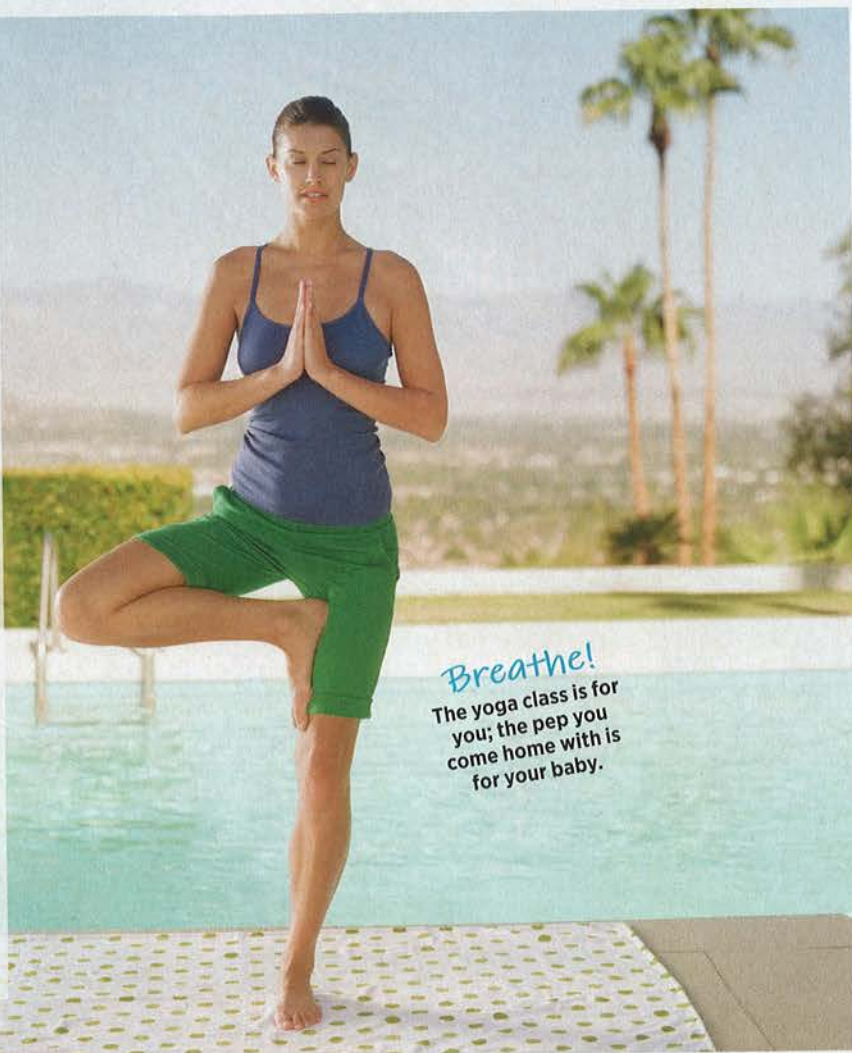
Activity increases the mood-boosting chemical dopamine in the brain, says Dr. Segar. Sneak in a Zumba class and your guy's purchase of the wrong milk (again!) won't make you seethe.

2 "I'll be more productive."

Skipping lunch-hour spin class may mean more time in the office, but not necessarily more work accomplished. "Just walking for ten minutes can bring you extra focus," Dr. Segar says.

3 "I'll have fun with my baby."

"Moms are the energy center of their family," Dr. Segar adds. When you feel good post-Pilates, everyone benefits.



Breathe!
The yoga class is for you; the pep you come home with is for your baby.

Don't look!

Getting blood work done is a big part of pregnancy. German researchers studied **the pain of that needle prick** and found that the commonly held advice is true: If you look away, it really does hurt less.



I Earned a Little Blue Box—cheeky name, cool hue!

POLISH CHANGE

You may already be paying for gentler soaps and lotions. Now the trend has trickled down to your little preggo toes: Meet Knocked Up Nails, a new line of colorful polishes you can slick on without worrying that formaldehyde or phthalate is cozying up to your cuticles. That's attractive whether or not you're expecting. (\$10, KnockedUpNails.com)