

PRACTICAL parenting

EXPERT ADVICE YOU CAN TRUST

STOP
Ult
pregn
birth

'No more tears'

MUM TESTED Crying solutions that really work

REAL-LIFE MUMS ON WHEN TO WEAN AND HOW TO DO IT

You're pregnant!

Look good feel great action plan

SUMMER HEALTH SPECIAL
Sun safe keep cool tips for you and your baby

5 SKILLS THAT MAKE A GREAT MUM

Potty-training

made easy!



Your baby's first steps

Those feet w... made for walk

ON T

- *Lightweight bug
- *Slings & carr
- *Outdoor t

Postnatal depression

You can beat the b

Our best summer buys

Shade a babe This handy sun and insect shade fits most pushchairs, £30, from Boots, John Lewis and by mail-order from Cheeky Rascals (0870 8732600).



UV-protective clothing There's a whole range of UV-protective clothing on offer now - we love Koolsun's funky, brightly coloured hats, clothes and sunglasses. Prices start at £23.99 for a sunsuit (01483 417753; koolsun.co.uk).

Ambre Solaire Kids Colour Control Spray SPF 30, by Garnier, £14.29 for 200ml (from chemists and supermarkets).



Summer sleeping bag These fantastic baby sleeping bags are approved by FSID as the ideal thickness for safe sleeping. They're available in 0.5 or

1.0 tog for spring and summer weather and come with a guide telling you how to dress your baby in different temperatures. From £17.95, Grobag (01548 854444; grobag.com)



MosQuit This medically-certified gadget works by delivering a burst of heat which neutralises the poisons within the mosquito's bite, stopping the swelling and itching. It costs £29.95 (plus p&p) from Allergymatters (0800 052 8228; allergymatters.com).

