

Pregnancy & birth

The best selling pregnancy magazine

IS MY BABY HEALTHY?

Pregnancy worries explained

Your first 12 weeks

The questions you wish you'd asked your GP

GET THE BIRTH YOU WANT

20 ways to an easier labour

Summer mama

STAY SAFE IN THE SUN

BOOST YOUR ENERGY

ESSENTIAL TRAVEL TIPS

Bye bye big knickers!

Seriously sexy undies

FREE! PARENTING BOOK*

*To send for



REAL LIFE
'My baby healed my heartbreak'



Whether you're bronzing your bump for a week in Benidorm or just heading off for a weekend in the country, you'll need our pregnancy travel guide

Pack your bags

The best time to go on holiday is in your second trimester, around weeks 14 to 27. Your morning sickness and tiredness should be starting to go and your bump won't be too big for comfort yet. With a bit of luck you'll be blossoming into a radiant beach goddess any day now...

It's safe to fly during your first and second trimesters – although if you have high blood pressure, spotting or diabetes, check with your doctor first. Most airlines will let you fly up to 36 weeks – although lots of travel and medical insurance packages won't cover you after 28 weeks. You may need a letter from your doctor saying you're safe to fly, so check with the airline.

Going on a boat or ferry? There are no restrictions on P&O Ferries on how late in to pregnancy you can sail, but if you're going with another operator, contact them to find out their guidelines.

Destination, destination

You're safe to travel to most countries in Europe and North America, but more exotic places are out of bounds during your nine months. It's not a good idea to visit anywhere that malaria is present (anti-malarial drugs aren't suitable in pregnancy), or countries that you need to have special jabs to enter. And remember that growing a healthy baby is hard work and you'll feel hotter than usual (so Greece in August is not ideal).

Little biters

Bit of bad news it is: pregnant women are mosquito magnets. Your breathing is heavier and you're

sweating buckets, which means you're more likely to get bitten. Get yourself a non-DEET-based repellent, such as Spezia's Organic Body Firming Oil with natural insect repellent (£25.50 with special-price p&p at £2.50). Or if you've already been bitten, try the little bug busters, by Mosquito Mousse (£29.95), a little gadget which naturally neutralises the poisons in a mosquito bite to stop the swelling and itching.

Get travel sick?

Unfortunately, it could get worse now you're pregnant. Avoid that icky feeling by using a drug-free remedy like Sea-Bands acupressure wristbands (£7.99) or Ginger Gum (£8.97), both from pharmacies.

Sun worshipper

Sunbathing while you're pregnant carries the same risks as at any other time, but you're more likely to dehydrate in the heat when you're pregnant – so drink lots of water. You'll have to skip the hot tubs and saunas, too – overheating isn't good for your baby, and can make sickness worse.

What if I'm ill while I'm away?

Take a copy of your notes and your midwife's telephone number with you – and check with your midwife that you won't miss any important antenatal appointments while you're away.

It's also a good idea to find out what sort of medical care your holiday destination has before you go. >>>

