

Get Your Glow On! / Surprising Perks Of A Bump / Sweetest Nursery Finds

# fitPREGNANCY AND BABY.

#GETCONFIDENT

## Be A Baby Pro

New Rules To Up Your  
Parenting Game!

—  
**GEAR MOMS  
LOVE MOST**

—  
**Slay Your  
Maternity  
Wardrobe!**

We're Jam-Packed  
With Inspiration

—  
**All Your  
Formula Q's  
Answered**

**NIKKI REED**

“Pregnancy is the moment you find your path to do what you want, when you want.”

**WHAT  
EVERY  
HOSPITAL  
BAG  
NEEDS**



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This seat's  
incline  
is a soother  
for reflux.

## 2. Fisher-Price Rock 'n Play

"My younger son, Jacob, slept so well in this because it made him feel snug and secure. I wonder what I ever did without it for my first son? Oh wait, that's right. I was up all the time."

● *Tara Lustberg, deputy managing editor, Fit Pregnancy and Baby* **\$120 with Smart Connect; amazon.com**

## 3. Halo SleepSack Swaddle

"This held my son's arms to his side for the first three months, as a swaddle. Now he's old enough to use it as a wearable blanket with his arms free."

● *Joanna Muenz, photo editor, Parents* **\$29; halosleep.com**

## 4. Boppy Pillow

"The extra support is key for a tired mama and made my breastfeeding experience better. I'd say pack it in your hospital bag!"

● *Jennie Utschig, art director, FamilyFun* **\$40 plus \$10 for slipcover; babiesrus.com**



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## 5. Keekaroo Peanut Changer

"Let me count the ways I love this! You wipe it clean, unlike fabric-covered changers, so you have less laundry. The cushiony surface is no-slip, so your baby doesn't slide around. And once my son got wiggly, we laid it on the floor for safe diapering."

● *Laura Fenton, lifestyle director, Parents* **\$130; buybuybaby.com**

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