

YOUR Pregnancy

THE HEAT IS ON!
SUMMER COSSIES & FRESH FOOD

ISSUE 124 DECEMBER 2018 & JANUARY 2019
R35.50 (VAT INCL.) NS38.00 (NAMIBIA)

IS IT B-DAY?
REAL LABOUR OR
FALSE ALARM

EPIDURALS
FROM A-Z

Water
DOES WONDERS
FOR YOUR BIRTH

**HELLO
2019!**

**NEW BABY
NEW YOU!**

**SKINCARE
GUIDE FOR
YOU & BABY**

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**SYMPTOMS
TO NEVER
IGNORE**

HOW TO
STAY COOL & FIT
BOND WITH BABY
TREAT NIGGLES
EAT FOR BABY

VACCINATIONS
IT'S NOT A DEBATE

BABYMOON SPECIAL DESTINATIONS

