

YOUR **Bahw**

ALL KITTED OUT!
ACCESSORIES & ESSENTIALS FOR SCHOOL

ISSUE 238 JANUARY & FEBRUARY 2019
R35.50 (VAT incl.) NS\$38.00 (Namibia)

**TEACH YOUR
TODDLER HOW
TO FOCUS**
.....

**5 FOODS BABY
SHOULD EAT**

**+ BERRY RECIPES
AND LUNCHBOX IDEAS**

**SLEEP
THROUGH
THE AGES**

**WANT TO
RAISE A
MILLIONAIRE?
START EARLY**

#MOMHACKS2019

INSPIRING RESOLUTIONS • HOW TO START JOGGING
MARRIAGE BUILDING HABITS • NANNY NEGOTIATIONS
DEALING WITH ADVICE • CLEVER TIME SAVERS

**HOW TO
MASSAGE
YOUR
NEWBORN**

**BREASTFEEDING
BOTHERS SORTED!**



MEET SA'S RECORD-MAKING QUINTS & QUADS