

# the mother connection

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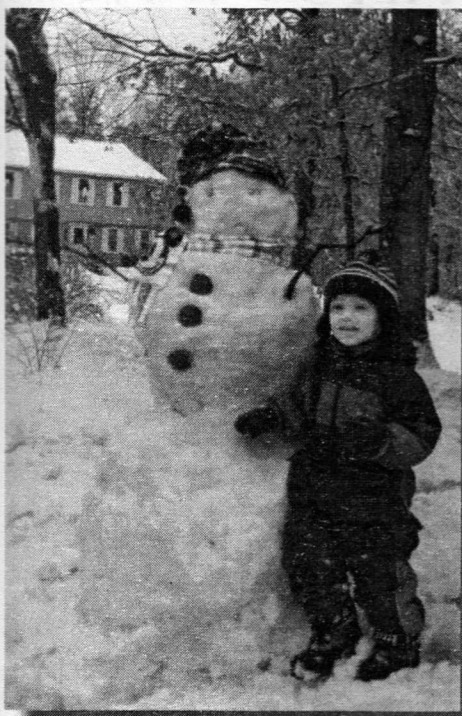
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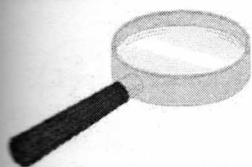
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# Pampering the Expectant Mom

by Wendy Bulawa Agudelo

You probably know one of these women—ripe with a round belly, avoiding alcohol while craving it, and wearing maternity fashions that you know she wished she wore in a smaller size. While pregnant, a mom-to-be often becomes overlooked in lieu of the precious cargo she carries. The successful career gal who previously wore Jimmy Choos and Prada now wears Motherhood Maternity and Comfort Soles. Each day upon reaching her office, the elementary school or even the grocery store, she dodges numerous questions about whether she feels the baby kicking, hiccupping, or her skin stretching. Where did the woman underneath the pregnancy go? While explaining the psychological fascination with a woman's pregnant belly isn't easy, what is clear is that pregnant women deserve TLC — whether the pregnancy be her first, second, third, or more. So, for those that know a pregnant gal, here are some ideas to make *her* feel pampered and special before the arrival of her tiny cherub:

**Make her a drink!** Yes, that's right! Straight from the grocery store shelves to her high ball glass are drinks concocted with nothing more than juice, soda, dairy products, fresh herbs and spices resulting in a Raging Hormone, Materni-tini, Chocolate Crave or Preggatini.



Two recipe books: *Preggatini: Mixology for the Mom-to-Be* and *Margarita Mama: Mocktails for Mom-to-Be* both retail from Amazon.com for under \$12. Newton, Mass. resident Alyssa Gusenoff (otherwise known as the 'Margarita Mama') and 'Liquid Muse' Natalie Bovis-Nelsen have both created unique, sometimes frozen, mocktails for mom-to-be so that she can enjoy the cocktail party minus the alcohol—but never know its missing.



**Give that woman some chocolate!** What woman can resist chocolate? Delicious, well-crafted and handmade options adorn the shelves of specialty and gift stores, yet pleasantly unusual ideas will forever keep you in good graces.

Perfect for the woman with a 'bon bon in the oven,' South n' France bon bons blending Southern flavors (Café au Lait, Peanut Buttah) within handmade and hand-dipped French bon bons. A perfect sized portion (8 bon bons) retails for \$15.50.

Want to give your girlfriend something reminiscent of her pre-pregnancy days? Give her the gift of chocolate sauce with a hint of Cabernet. Retailled by Pinot Boutique for \$20, the chocolate sauce pairs well with fresh fruit, ice cream, cakes and even as a special addition to a cup of coffee (decaf or otherwise).

To give your gal pal something she'll use and enjoy, try the Hot Chocolate Sugar Scrub by Giovanni Organic Body Care. With an aroma of candied cocoa, the sugar scrub is guilt-free and nourishes the skin with essential fatty acids in organic safflower seed and leaves skin regenerated, refreshed and glowing. Sugar that makes us look better? What a concept! Hot Chocolate Sugar Scrub retails for \$13.95.

**Something cuddly will make her smile.** No, not a teddy bear, but a designer pregnancy pillow. Pregnant women know well that once the belly gets bigger, sleeping comfortably (well, sleeping at all) becomes a thing of the past. With help from the Utterly Yours™ Pregnancy Pillow, your pregnant gal pal will receive immediate



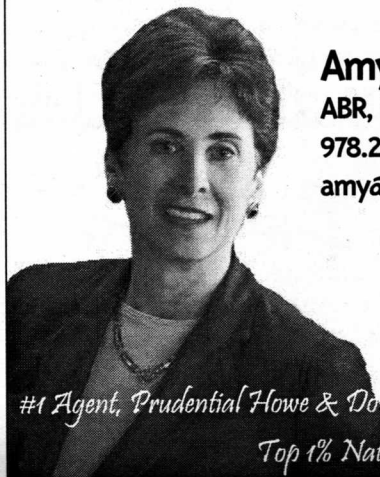
comfort so that she can get the rest she needs and deserves. The pillow folds into a square so that it can be tossed into a bag for travel, and unrolls easily for perfect belly and back support.

**Help mom-to-be care for her skin.** New Englanders know well that as the cold settles in, so does cracked, dry skin. Moms-to-be need to take extra care of their skin due to stretching and itching caused by the growing little one. Maternitique.com offers a variety of luxurious gift baskets aptly titled "Bun in the Oven," the "Morning Wellness Bucket," and the "Mommy Care Pack." Contained within are pampering products galore including skin care items, relaxation CDs, and teas. If your pregnant pal is a little more adventurous, gift her a body candle. Retailing in a variety of scents including coconut lime, lavender and vanilla from llovemecollection.com, the soy-based body candles are wonderfully fragrant and double as massage oil for \$13.



**Remind her of what it is like to be a kid.** Remember the days of footie pajamas and sleepovers? Bring them back to your pregnant gal pal by telling her she has 'twinkle toes' and showering her with a few pairs of toe sox. ToeSox.com retails organic cotton socks which improve circulation and balance while strengthening the arches, ankles and calves. Or, to keep your friend active, suggest a new form of exercise — Hoopnotic Hoopdancing! Lighter than a regular hoop, Preg-Os provide a low-impact exercise that increase circulation and cardio-vascular fitness, and is safe (and suggested) during pregnancy. Preg-O's, which provide both toning and aerobic benefits, retail for \$40.

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