

SHOPPING tell me more

Know your options for childbirth, prepare for sex after baby, and start your own business from home



Hit the books

Motherless Mothers

By Hope Edelman
Mums-to-be who were raised without a mother's guiding hand will love this book. Pregnancy has a way of uncovering grief you thought was long buried and this thoughtful and well-written

book paves the way for the bubbling emotions you might experience, with a stack of practical ideas on ways to deal with them. Chapters include Labour and Delivery, a section on bonding with your baby and ways to find a surrogate grand. (Hodder Australia, \$35)

Better Birth: The Definitive Guide to Childbirth

By Lareen Newman, Heather Hancock
Being pregnant means hearing a host of eye-popping birth stories, often told by strangers who go into gruesome details. This guide is designed to allay

your worries and prepare you for a positive experience. The Good Birth Stories section is heart-warming while the preparation tactics are thorough. First-person stories of birthing options give a good range to help you think about your birth experience to come. (New Holland, \$29.95)

What's your favourite pregnancy book?
Tell us at www.motherandbaby.com.au

Show Mummy the Money

By Sonia Williams
If you've considered running a business from home this book will help, from generating an idea to planning, setting up then running the business. It will also help you get to grips with the nitty-gritty such as accounts, tax, and more. Written for Aussies by CPA Sonia Williams, who runs a wedding photography business from home. (www.showmummythemoney.com.au, Lucy McGoo, \$29.95)

The Sex Life Survival Guide for Parents

By Jacqui Hellyer
Are you worried sex will sit at the bottom of your to-do list once the baby arrives? This book aims to address sexual issues before they become problems, looking at your post-baby libido then offering ways to fit 'lovin' into your day when the urge returns. Try the 'working lunch', having a romp while your baby naps, spending a night in a hotel and more... (New Holland, \$24.95)

Walking Through Pregnancy and Beyond

By Mark and Lisa Fenton with Tracy Teare
It's an American book but is packed with exercise advice that's just as relevant to the Aussie mum-to-be. There are low-key, moderate and challenging walking and exercise programs for your first, second and third

trimesters. The chapters on getting moving after your baby arrives are realistically written, helping you overcome simple challenges like getting out the door. It shows the kinds of gentle exercise you can do with a newly baby-free body. Fill-in exercise charts are very useful for the often forgetful, busy first-time mum. (Globe Pequot Press, \$39.95)