

A NEW LOOK AT MOTHERHOOD

pregnancy

Fine-tune your **MOM-TUITION**

How to feel, trust, and improve your 6th sense (It may even save your baby!)

“What if they give us the wrong baby?!”
—*All My Children's*
Alicia Minshew

Splurger's guide to those extra
300 CALORIES

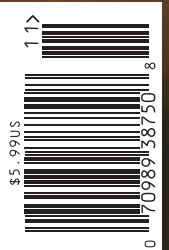
HOLIDAY DRESSES
with wow factor

“How'd she do it?”
**POSTPARTUM
BODY SHAPERS**

Nanny Stella's
**RECIPE FOR
REAL REST**

10
maternity
essentials

NOVEMBER 2009 Vol. 10, No. 10





Wet nurses make a comeback

Earlier this year, 25 women made headlines when they teamed up to breastfeed a Michigan infant in the wake of his mother's death when he was just 6 months old.

Milk sharing through private donation—as opposed to a milk bank, which collects and distributes donated milk—is getting popular among moms who can't breastfeed. Fans say milk banks can be pricey (up to \$4 per ounce of breast milk) and that their pasteurization processes may remove beneficial nutrients.

Jennie Dunham, a New York mother who has privately donated more than 100 gallons of breast milk, says she prefers

sharing milk with people she trusts—most of whom she finds through friends and colleagues. “You feel connected to those families forever,” she says. “You’re in the baby’s bones for the rest of his or her life.”

On the other hand, health organizations, including the American Academy of Pediatrics, discourage receiving breast milk from sources other than a milk bank, where donors are screened for disease. Either way, there are options to get breast milk for your baby, if nursing doesn't come naturally to you. To find out more, check out NationalMilkBank.org. —*Cynthia J. Drake*

Is it safe? The flu shot

Flu season probably seems a little more complicated this year, and not just because of H1N1, also known as swine flu. You know that many common meds for symptom relief are off limits when you're pregnant, but should you get the flu shot? The answer is yes. Health-care experts recommend that all pregnant women in their second or third trimesters get the seasonal flu shot this year, as well the shot for H1N1 when available.

“Pregnant women have more severe complications from H1N1 than the general population,” says Lisa Dana, M.D. a pediatrician at Golden Gate Pediatrics in San Francisco and a member of *Pregnancy's* Advisory Board. “According to the CDC, over half of the hospitalizations from complications due to H1N1 were in people with underlying medical issues and pregnant women.”

By getting the shot, you'll also spread flu antibodies to your baby, who can't be vaccinated until he's 6 months. If you're worried about mercury exposure, manufacturers offer preservative-free versions for moms-to-be. —*Meghann Myers*

Our favorite app—period



Ovulation kits may be the latest way to help hubby put a bun in the oven, but a different kind of tech solution has us hooked—and for less! iPeriod is your personal Aunt Flo diary for the iPhone. Plug in your cycle and the handy computer brain predicts your fertile days for the next year (hopefully it won't take that long). It's equally useful post-pregnancy, especially if she comes back to town early. In between, try the new iPregnant, launched in September. winkpass.com, \$2