

A NEW LOOK AT MOTHERHOOD

pregnancy

Build a
**BETTER
BABY!**

Oprah's Docs OZ and
ROIZEN show you how

Take charge!
**HOLIDAY
CHAOS
CONTROL**

Fool-proof
BIRTH PLAN
checklist

**Kendra
Wilkinson**
from teddies
to teddy bears

Gifts for dad, baby...
and **YOU!**

WIN
**"YOU: Having
a Baby"**
the latest book from
America's doctors
Oz & Roizen
p.10

"Babies always
scared me. I've
always been afraid
to drop them."

—*Scrubs'*
JUDY REYES

9
months of
**FESTIVE
MOCKTAILS**

DEC 2009 / JAN 2010 Vol. 11, No. 1

Future
MEDIA WITH PASSION

\$5.99US
011>
70989138750

A little something for you

Don't forget to make your own list. Or just leave this page out where he can see it

"Pretty notepads make a perfect stocking-stuffer for your favorite list-maker...you!"

—Clary Alward, Managing Editor

Linda & Harriett Notepads, \$12 each, lindandharriett.com; **Chloe In Style Scalloped Initial Notepads**, \$32 for 2, chloeinstyle.com

"Keep baby's and your partner's birthstones close to your heart."

—Abigail Tuller, Editor in Chief

Luna & Stella Birthstone Necklace in Sterling Silver, from \$120, lunaandstella.com



"Perfect for keeping dry when postpartum night sweats attack—and cute to boot."

—Tracie King, Art Director

Cool Sets Wicking Strap Nightgown

"This robe is silky and indulgent. Makes me think of reading on a rainy Sunday."
—Kendra Smith, Senior Editor

Little Giraffe Adult Luau Cover-up in Cream, \$49.99, at Nordstrom stores

"Keep baby's and your partner's birthstones close to your heart."

—*Abigail Tuller, Editor in Chief*

Luna & Stella
Birthstone Necklace
in Sterling Silver,
from \$120,
lunaandstella.com

