

upfront



Star quote

"Show what you feel hot about and show the things that are still intact! For me it's legs - they're hanging in there, barely! That makes me feel like I'm still sexy despite my whole centre of gravity being completely altered."

Jenna Etison, 39, on how to be sexy and elegant



Go organic

Bumper-sized with SOTO, a new Australian Certified Organic Absorbent - SOTO loosely translates from the Japanese meaning 'the journey to a pure outcome' and the products have even added a wonderful light fragrance including peppermint oil, Shikari ginger and Australian eucalypt. Start your journey at www.sotoaustralia.com. Prices start at \$19.

AROUND THE WORLD

When a couple is married in Norway their friends and neighbours plant two small pine trees on either side of the young couple's front door as a symbol of fertility and luck.



BABY BOOM

10 pregnancy & birth

Australia's birth rate just keeps climbing. The Australian Bureau of Statistics (ABS) recorded 301,000 births for the year ending June 30 2009. This is the highest fertility rate in 30 years with each woman having just under two children. In combination with immigration, this means our population has increased by 443,000 people from the previous year. The fastest population growth has been in Western Australia (3%) with Queensland (2.5%) and the Northern Territory (2.5%) not too far behind.

Tasmania has the highest fertility rate in the country, at 2.24 babies per woman, followed by the Northern Territory with 2.22 babies per woman, according to a separate ABS release in November 2009.



Chemical Wash

The average female wears an average of 347 chemicals on her body and 120 chemicals on her hair. Because of Australia's water and system problems, a common way that chemicals are applied to women is through shower foam. Make sure that a third of the women surveyed were using one of the top ingredients in these chemicals, which 2009. In the same survey, 2009, and they were told to avoid them. The chemicals of chemicals they put on their skin.



Helping hand

IF YOU ARE OUT AND ABOUT GETTING ACTIVE WITH BABY THIS LIGHTWEIGHT MACHINE-WASHABLE WRISTBAND IS A HANDY, COMFORTABLE PLACE TO HOLD YOUR KEYS AND MONEY. \$10 FROM WWW.FITVACTIVE.COM.AU.



FISHY BUSINESS

New research from the University of Wollongong shows that Australian children are getting less than 10% of the omega-3 fatty acids they need for heart health and brain development. Deficiencies may also be linked to learning and behavioural difficulties and increasing prevalence of ADHD and asthma. Oily fish, such as salmon, herring and tuna, are excellent sources of omega-3.



Tough love

A study of children aged five to seven in the UK has concluded that a general style with warmth and discipline is more likely to produce children with 'good character capabilities' than authoritarian, laissez-faire or indulgent styles. Jon Luzzo, the study's author, said, "It is confidence, warmth and consistent discipline that matters most."

According to the report, "tough" self-regulation and empathy in children - skills that are integral to future success.

IT'S A STICK-UP

Little enters love to check things off their nap charts but this sticky note book has a suction cup on the back to make sure it stays put. Bright and colourful. *Time To Eat* (Scholastic, \$14.99) features very cute very messy babies and their food with soft, rounded corners and wipe-clean pages.



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