

Editor's letter

"I'm 29 weeks pregnant and am no closer to choosing a name for my baby boy (couldn't help myself, I found out!) than I was at four weeks. It's becoming more nauseating than the 15 weeks of morning sickness I suffered (P.S. acupressure bands worked for me).

My first issue is that my partner is Scottish, and while his surname is spelt Menzies, the Scottish pronunciation is "Ming-us". Now given the little fella will spend his life correcting people, I don't want a tricky first name. I want something unique, but not so unique that no-one has heard of it. But every time I find a name, there's a catch. I love Lachlan as it means "boy from the Loch" in Scottish, but my friend just named her son that. Rex is my dad's name, but is also my brother-in-law's dog's name. While we're on dogs, my partner loves Bowie, but that was my first puppy. Max Menzies is catchy, but my brother's cat is Max. What is it with me and pets' names? If you have any baby name ideas, want to appear in the magazine or have a story to share, email me at cosmopregnancy@acpmagazines.com.au. Hope you love the issue as much as I do. Enjoy your pregnancy!

Franki
XX

P.S.

Grab the November 24 issue of the magazine to find out what I call him!



Franki wears **DRESS**: \$99.95, Soon Melbourne (www.soonmelbourne.com).

Preg investments I've made ...



DRESS: \$185, Mishka 'n' Milka (www.mishkanmilka.com.au). "This is the perfect 'fat day' dress."



DRESS: \$159.95, Seraphine at Queen Bee (www.queenbee.com.au). "When I saw Halle Berry in this, I had to have one."



CARGO PANTS: \$65, Belly Basics (1800 004 009). "I lived in these when I went to New York at 17 weeks."



JOURNAL: \$44.95, A Book About Me (www.milestonepress.com.au). "This gorgeous keepsake caught my eye."

CONGRATS!

CONGRATULATIONS TO LAST MONTH'S COVER GIRL, AMBER, AND PATRICK ON THE BIRTH OF SLADE MATTHEW, BORN APRIL 7.

How was the birth? "Painful. In the end, I had an epidural." **First six weeks?** "Having a small toddler as well meant we both had very little sleep." **Most unexpected surprise?** "Juggling a toddler with a newborn was harder than I thought." **Best bit?** "The excitement of meeting this new little person and falling in love again." **Advice for new mums?** "Don't be afraid to say yes to help if someone offers!"



Hedvig Molin Todd OUR COVER GIRL

HEDVIG, 34, TELLS US ABOUT HER PREGNANCY AND THE BIRTH OF HER GORGEOUS GIRL, MANON SOPHIA, BORN JUNE 11, 2008.

FIRST SIX WEEKS "I discovered I was pregnant very early on – at just four weeks – so I made it a priority to be healthy for myself and my baby. I felt very tired for the first three months, and I had quite a large appetite."

FASHION "I bought most of my maternity fashion in Europe. I wore maternity jeans from H&M all throughout my pregnancy with long tank tops and cardigans. I preferred slim-fitted clothes, leggings and woollen knits."

FAVE MATERNITY BRANDS "I love H&M." **CRAVINGS** "Lots of fruit, especially oranges, as well as homemade bread and cheeseburgers."

MORNING SICKNESS "I experienced morning sickness for the majority of my pregnancy, however fresh ginger tea did seem to help."

EXERCISE ROUTINE CHANGES "Instead of doing hard running, my exercise regime changed to walking, swimming and lots of yoga."

DIET "I found it hard to eat Asian foods, but I did notice that I ate a lot more carbs than usual."

BEAUTY CHANGES "My skin didn't change; however, my hair became thicker and darker."

BIRTH PLAN "Everyone's journey is different, but I just wanted to go into it with an open mind."

BEST ADVICE YOU RECEIVED WHILE PREGNANT "Listen to your body, rest when you can, eat well and try to avoid all stress."

FAVE BEAUTY BUY "Bio-Oil with lots of body moisturisers helped me to avoid stretch marks."

Hedvig wears **VEST**: \$40, Supré (www.supre.com.au). **DRESS**: \$145.95, Queen Bee (www.queenbee.com.au). **TOP**: \$89, Top Secret Maternity (www.topsecretmaternity.com.au). **SCARF**: \$29.95, Dotti (03 9420 0200). **CUFF**: \$16.95, Diva (www.diva.net.au).