

From: "Cow & Gate" <info@cowandgate-baby.co.uk>
To: *****
Subject: *Shopping for essentials*
Date: Wed, 19 Jul 2006 11:15:13 +0100

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You'd be amazed at how many mums start their calls with those words, but if something's on your mind you can be sure it's not silly. Reach us online <<http://www.cowandgate.co.uk/>> or phone 08457 623 623 for a chat.

37-38 weeks

Dear ***,**

How are your last few weeks going? You may be finding it difficult to sleep now, so putting your feet up during the day is really important. Give me a call and let me know how you are getting on - and don't forget we're still here for any of those niggling questions on your mind. Here's a typical example of the type of calls we receive:

"What sort of things should I buy for my newborn? I keep getting distracted by all the sweet outfits."

Marie*, 38 weeks pregnant

There are so many gorgeous things around, aren't there? You could blow the budget if you really wanted to! I gave Marie* this list of basics and told her she might want to get more later:

- a baby car seat
- a cot or moses basket with blankets and sheets
- a pram with carry cot
- nappies and nappy cream
- cotton wool
- a change mat
- mild baby toiletries
- a room thermostat
- about seven sleep suits and vests
- a couple of cardigans
- socks
- scratch mitts
- a hat

Plenty of shopping fun!

Louise, Cow & Gate advisor and mum

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* Names have been changed for confidentiality

You're the only one who really knows how your pregnancy feels...

We've been chatting to so many women at your stage of pregnancy we've compiled a list of the top topics.

Here are some talked-about topics by mums during their third trimester:

- big day nerves
- packing a hospital bag
- leaky boobs
- pelvic floor exercises
- relaxation tips
- what to buy a newborn

To find out more about any of them (or ones of your own) why not call? After all, there's so much to talk about!

Bye for now,

The Cow & Gate team

www.cowandgate.co.uk

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Did you know?

Your baby may have quite long finger and toenails by now!

Midwife's tip

Are you having dizzy spells? If so, take it easy when you stand up to do anything and make sure you keep your blood sugar up by eating regularly throughout the day. Hot baths and showers are probably best avoided as the heat could make you feel woozy.

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To speak to Cow & Gate please call 08457 623 623.