

THE LUXURY PREGNANCY &

PARENTING MAGAZINE

baby

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HEALTHY START

The best weaning tips and tricks

HANDMAID'S TALE
ACTRESS

Yvonne Strahovski
ON MOTHERHOOD

How to...
**CARE FOR
YOUR BABY'S
TEETH**

Shine
BRIGHT
stay happy and healthy

WATER BABY
THE BENEFITS OF SWIMMING

WIN!
a 5-Star family holiday to
FIARD ROCK MALDIVES

EAT
WELL
WHAT
YOUR
BUMP
NEEDS



NEW
SEASON
FASHION
THE BEST
LOOKS FOR
MUM AND
BABY

**IN THE
RUNNING**
The best buggies
to run with

How to regain
control of your
PELVIC FLOOR

CONTRIBUTORS

ZOEY GOTO, JOURNALIST



Where were you born?

I was born in London.

Where do you live now?

London! I have lived in other cities

but I'm like a homing pigeon!

What has kept you happy this summer?

Taking my children on a tour of England, staying overnight in castles along the way.

The best thing about being a mum?

Seeing the friendship between my kids grow.

Check out Zoey's guide to packing light, p.92

JOANNA ELLNER, JOURNALIST



Where were you born?

Plymouth, Devon.

Where do you live now?

We now live in East London.

What has kept you happy this summer?

Podcasts! Particularly On Being with

Krista Tippett.

The best thing about being a mum?

That finally, at the grand old age of 13 months,

Noah is gracing me with intentional hugs.

Check out Joanna's final column on p.55

ANTONIA O'BRIEN, FASHION JOURNALIST



Where were you born?

Shrewsbury.

Where do you live now?

Stoke Newington, London.

What has kept you happy this summer?

My Birkenstock sandals.

The best thing about being a mum?

When Grayson shrieks laughing, and nap time!

As the new season starts, Antonia puts her favourite autumn staples for mum forward on p.50

BABY ONLINE

When you're on the go or grabbing a coffee with a moment to spare, dip in and get your daily digital fix...

KEEP UP-TO-DATE. VISIT
baby
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The screenshot shows the baby magazine website interface. At the top, there's a navigation bar with categories: PREGNANCY, BABY, TODDLER, LIFESTYLE, COMPETITIONS, REVIEWS, BUSINESS, and MAG. The main featured article is titled "16 Parenting Podcasts You'll Want to Download Now" with a "LISTEN NOW" button. Below this is a section for "LATEST NEWS & REVIEWS" containing four article thumbnails:

- How To Make Your Gender Reveal Party Unique**: A photo of two women outdoors.
- Goat milk-based Follow on formula - all you need to know**: A photo of a baby's face.
- Things to do This Summer: Family Days Out**: A photo of a child in a firefighter costume.
- The Best Pushchairs to Buy Right Now**: A photo of a person pushing a stroller.

We talk about all things related to being a parent

Advice from the experts to help keep you in the know

Go online to check out all the latest hot gear

Slim packing

Zoey Goto SHOWS FAMILIES HOW TO TRAVEL WITH A BABY AND JUST HAND LUGGAGE



On our recent family holiday to Portugal, it took just 15 minutes to touch down on the runway, whizz through passport control and jump into the taxi en route to our resort. There were no meltdowns at the baggage carousel, no dragging heavy bags and pushchairs around, and not a hint of a lost case – taking just hand luggage was, quite honestly, a family travel revelation!

Packing light makes travelling with a baby cheaper, quicker and easier to get about. With some clever packing hacks and an accommodating hotel at the other end, a hand-luggage-only family holiday is within easy reach.

THE MINIMALIST'S GUIDE TO PACKING LIGHT

- Invest in some **decent hand luggage**. American travel and lifestyle brand Away has some great cabin cases, complete with built-in phone chargers.

- **Measure your bags** to ensure they comply with your airline's restrictions. Each airline has its own size and weight limits and many will fine you if your bag exceeds these.
- Start by packing **just the essentials**, including passports, travel documents, chargers, snacks and enough nappies, wipes and milk for the journey.
- Just carrying hand luggage means you'll be limited to 100mls of most liquids, so **take solid toiletries** (Lush has a good selection) or decant your essentials into smaller bottles before you leave home and pack them in a separate transparent bag.
- When travelling with a baby, **you are allowed to take enough baby food**, baby milk and sterilised water for the journey. Thankfully, these items can exceed the 100mls container rule. You can either buy them after passing through security, or take your own from home and they will be scanned separately at security.
- Once you have your liquids organised, think about your clothing essentials. Try to

plan complete outfits in advance, eliminating the need for 'just in case' items.

- Check the weather and **pack multi-tasking items** accordingly – for example, a pashmina can be worn on a chilly evening and then double as a baby blanket.
- Consider if you'll need clean outfits for each day, or if you can **mix and match items**. Many hotels have a laundry service, or a travel-sized tube of clothes wash.
- **Packing cubes** help to organise your belongings into neat parcels that decluttering expert Marie Kondo would be proud of!
- Save space and creases by **rolling rather than folding** clothing.
- **Wear bulky clothing** for travelling.
- **Borrow oversized items** rather than taking your own. Carry your baby in a sling when you travel, then borrow a seat from the car hire or taxi company and a pushchair from the hotel.
- Staying **somewhere that lends out baby items** is a game-changer when it comes to packing minimally. **👉**

COME FLY WITH ME...



Travel kit
£10, childsfarm.com



Mosquitán mosquito patches
£8, jojomamanbebe.co.uk



Packing cubes (pack of four)
£30, antler.com



Close Parent carrier £54.95,
naturalbabyshower.co.uk



Carry-on suitcase
£225, awaytravel.com



Cotton-mix scarf blanket
£75, marloelondon.com



SPF 50+ sun lotion
£11, laroche-posay.co.uk

Pack light and you will enjoy your family holiday even before you get to your destination



THESE THREE HOTELS MAKE TRAVELLING LIGHT EFFORTLESS

New Park Manor THE NEW FOREST

This hotel is perfect for a mini-break. Before your arrival, staff will liaise with you to make sure your room is equipped with all the baby equipment you need, including a mini fridge to keep milk cool. Video baby monitoring is also available, to enable parents to enjoy a meal together, plus two hours free childcare each day at the crèche. newparkmanorhotel.co.uk



Elounda SA Hotels & Resorts CRETE, GREECE

These three luxury family hotels in the picturesque Elounda area of Crete have recently introduced the Babies Travel Light programme. Parents can pre-book items, such as nappies, strollers, toiletries, sunscreen, baby milk and freshly prepared gourmet baby food, which will all be waiting for you in your suite when you arrive. elounda-sa.com



Martinhal Sagres ALGARVE, PORTUGAL

The complimentary baby concierge service means you can pre-book items such as baby baths, cots, sterilisers, highchairs and pushchairs. An onsite shop also stocks nappies, baby food, kids' swimwear and shoes. The Conran designed décor is tasteful, the location is unspoilt and the service takes family-friendliness to the next level. martinhal.com/sagres