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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Advice On Buying Maternity Wear

By Sarah Mitchell

Just because you are 8 months pregnant with a stomach out to there, it doesn't mean that you shouldn't still care about your appearance. In fact, when you're feeling hormonal and down in the dumps, a good shopping trip for stylish maternity wear may be exactly what you need.

General advice

The first instinct pregnant mothers have when shopping is to go directly for something that is large and baggy. Please avoid this as maternity clothing that is layered or has bold prints or horizontal stripes will only make you seem bigger. Everyone knows that black is slimming so if you want to appear smaller, go for maternity clothing in one solid color. Don't compromise your style. If you find maternity clothing too plain, try going to plus size stores or shop at your usual haunts but buy a bigger size. This will allow you to go for styles that you would normally have preferred pre-pregnancy.

Maternity wear budget

Be careful with your budget though, as you have to remember you won't be that big for that long! If you want to save money, borrow other people's maternity clothing. Most mothers' keep their maternity clothing in case of future pregnancies or as a keepsake and they'll probably be happy to let their used maternity clothing be used by you. Or, you could try yard sales or consignment shops for a good bargain.

Shoes

If you are well into your pregnancy, you don't want to buy high heels. Flat shoes or flip flops are the best way to go. If you must have heels in your shoe, try kitten heels as they are not that high and will be comfortable to wear.

Maternity formal wear

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The best kind of formal wear won't hide your shape. Be proud of your new pregnant shape and show it off. Formal wear for expectant mothers can be found in suits or dresses. The most common colors are black or midnight blue as it is one solid color that is slimming to all shapes. The best maternity dresses are empire cut, which means it is cut right under the bust, to provide maximum room for movement of your growing belly. Maternity suits are also alternative and very flattering to those who are four to five months pregnant.

Maternity swim wear

If you are only four to six months pregnant, you can probably get away with going to plus sized stores and purchasing larger swimsuits as maternity swim wear. In this way, you will get a greater range of swim wear to choose from without having to change your style. Maternity swim wear is not readily available all year round so make sure to head straight to your favorite maternity clothing store when the sun comes out if you're planning a tropical holiday during the winter.

Whatever your shape or size, you are bound to find maternity wear for any occasion! Don't just stick to the boring styles you often see in maternity stores; be inventive when mixing and matching to create your own maternity wear style!

Article written by Sarah Mitchell of NamesToBe.com (

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Choosing Maternity Bras For Maximum Comfort And Support

By Julia Tanner

If you are new to pregnancy and breastfeeding, you may be a little overwhelmed with the commitments of motherhood. Although this may feel like unknown territory, it is not as difficult as it may seem. For example, in choosing maternity bras, many of the same factors apply as regular bras.

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However, there are a few new considerations to keep in mind.

The key to choosing maternity bras is finding something that is comfortable and supportive. Because your breasts grow considerably during pregnancy and breastfeeding, you need something that can hold up to the challenge. If you have relatively small breasts, this will not be as difficult. However, the larger your breasts are, the harder it is to find something that will work effectively.

Typically, maternity bras that have wide straps are more supportive; this applies to shoulder straps as well as the torso band. While most women prefer something that is pretty, it really is more important to get something that works. Luckily, many of the maternity bras on the market today are attractive as well as effective. You just may have to look a little harder to find them. If possible, you should try on a few maternity bras before purchasing. Take into consideration that your body and breasts will continue to grow through pregnancy, that a lot of that weight will drop at birth, and that your breasts will continue to grow when breastfeeding.

Most maternity bras open to allow for breastfeeding. When you try on the bras, you should play with this feature and see how easily you can remove the breast. This may seem unnecessary, but when you are holding a baby with one hand and trying to open the bra with the other, you will understand why this is important! Complicated latches or awkward positioning will be a major hindrance when trying to breastfeed.

There are many places to purchase maternity bras. Many of the stores you are accustomed to shopping at, however, may not carry them. Shop around and visit several retail shops and maternity stores to widen your options. Shopping online is also a convenient option. You may want to check local stores, though to try on some of the brands available.

Although you will want super-supportive maternity bras for day wear, you may also want to consider a more comfortable version for night wear. Most breastfeeding women can not go without a bra, as the weight of the breast may cause them to leak. On the other hand, few women want to wear a restrictive bra all day. Find a looser, more natural bra to sleep in that still allows for easy feeding.

Julia Tanner is a professional writer. More articles can be found at:

<http://www.pregnancychatroomspage.com>

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