

{just out



by jenna mccarthy

soothers, shapers & all-in-one gear



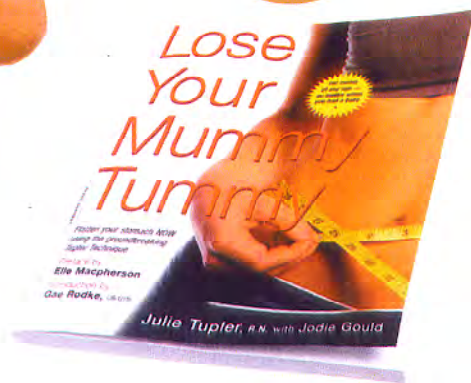
Baby's first pets are sweet, soothing—and blissfully maintenance-free.

» cuddly companions

Most new parents would fork over their life savings for anything that helps little ones get to sleep (and stay there). For the price of a few cappuccinos, Cloud B's LullaBabies could do the trick. Cuddly Sleep Sheep (\$28) attaches to the outside of the crib and produces four subtle sounds (heartbeat, rain, surf, and whale songs) that calm babies and help them drift off to sleep. Filled with organic lavender, Lavender Lab (\$27) uses the scientifically proven sleep-enhancing qualities of the sweet-smelling herb to aid relaxation. Leave the precious pup on baby's bedding during the day, then move it aside for naps and nighttime sleep. Makes a great traveling companion, as baby will be instantly soothed by the familiar scent.

Buy both at babycenter.com.

Whittle your middle with simple, targeted exercises just for new moms.



» new-mom tummy toners

Pregnancy naturally separates a mother's abdominal muscles to make room for her expanding uterus. Research shows that this separation—called a diastasis—never fully closes in a whopping 98 percent of new moms. Fortunately, there are moves you can do to restore your midsection to pre-baby shape (or better). True, having rock-hard abs probably isn't at the top of your new-mom priority list (nor should it be!). But Julie Tupler's new book, *Lose Your Mummy Tummy*, doesn't just address your inner vanity queen. The info-packed text introduces the "Tupler Technique," a set of simple ab and breathing exercises that help restore muscles to their proper positions and alleviate back pain. With illustrations for 15- and 30-minute routines, *Lose Your Mummy Tummy* will have you on your way to being fit and feeling great in no time. \$18 at perseusbooks.com.



Your baby is lightweight and portable—shouldn't his gear be, too?

» all-in-one go gear

Traveling with a newborn would be simple if you could bring along all of the comforts of home. Now you can: The Combi Travel Solutions Play Yard is a bassinet, changing table, and activity center all rolled into two portable, affordable units (sold together). Attach the bassinet to the inside of the play yard, or snap it into the separate pedestal stand and set it to rock, roll, or remain stationary. (This alternative comes in especially handy if you have two children.) A diaper changing station also connects to the side of the play yard, and flips back and out of the way quickly and easily. The whole setup comes in two muted color palettes—gray or natural tan gingham—that blend inconspicuously with most décor schemes. \$149.99 for all of the components (including carrying bag) at combi-intl.com.

MIKE LORRIG