

MAMA ABSOLUTELY

MARCH / APRIL 2017
ISSUE SEVEN • £3.95

Hot Mama

Penélope Cruz
talks motherhood

FAMILY LONDON

Top places to live

LISBON

*The new hub
for creatives*

GETTING PERSONAL

Style experts helping
busy mums look their best

European

*Cool continental looks
for mums & little ones*



THE MAGAZINE FOR STYLISH MUMS



Dr Iona BRAMATI -CASTELLARIN

Leading Harley Street osteopath, whose patients come from far & wide - only woman with a PhD in her area of expertise.

ibecare.co.uk

Q What are positive steps to look after your back during pregnancy?

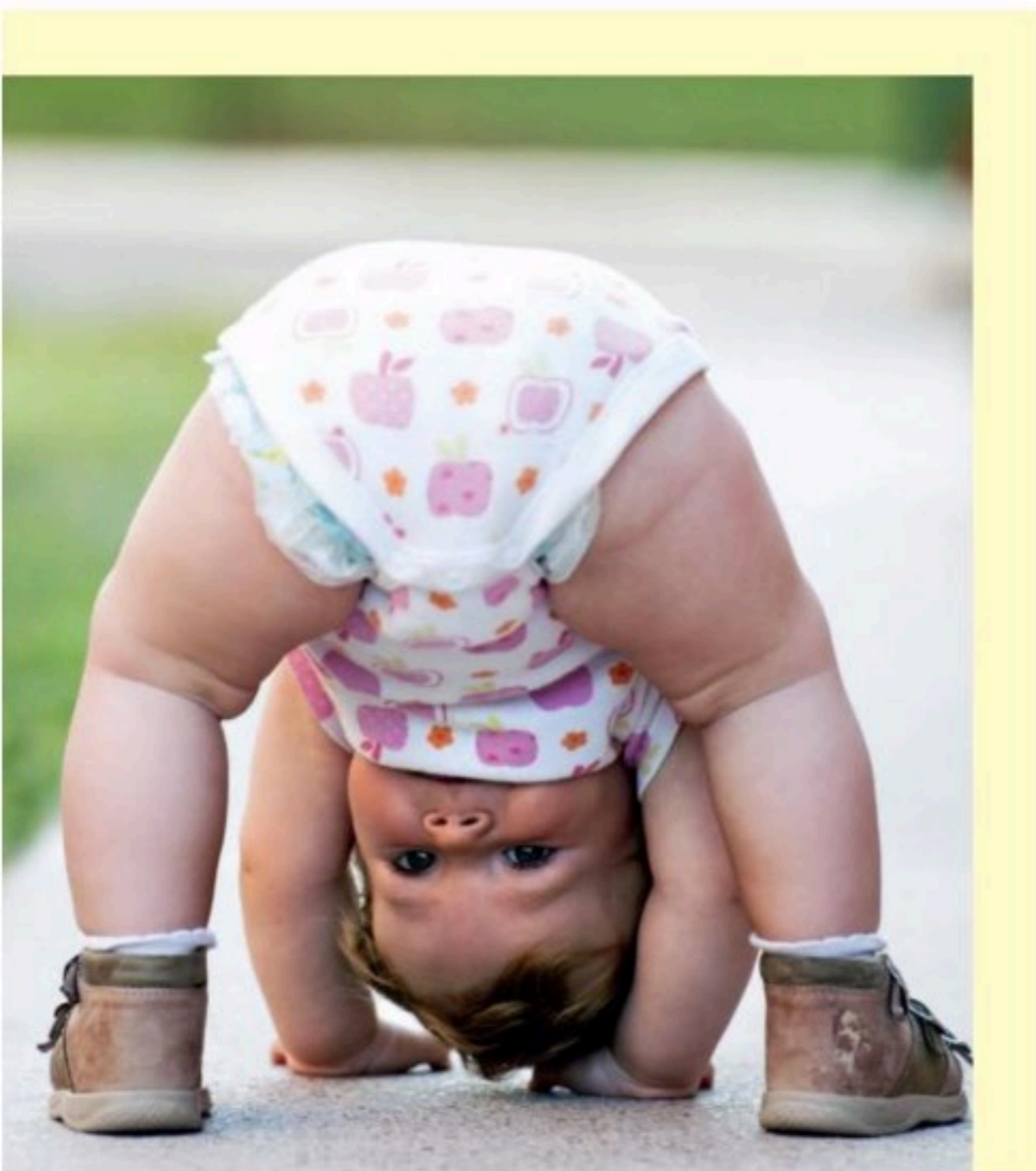
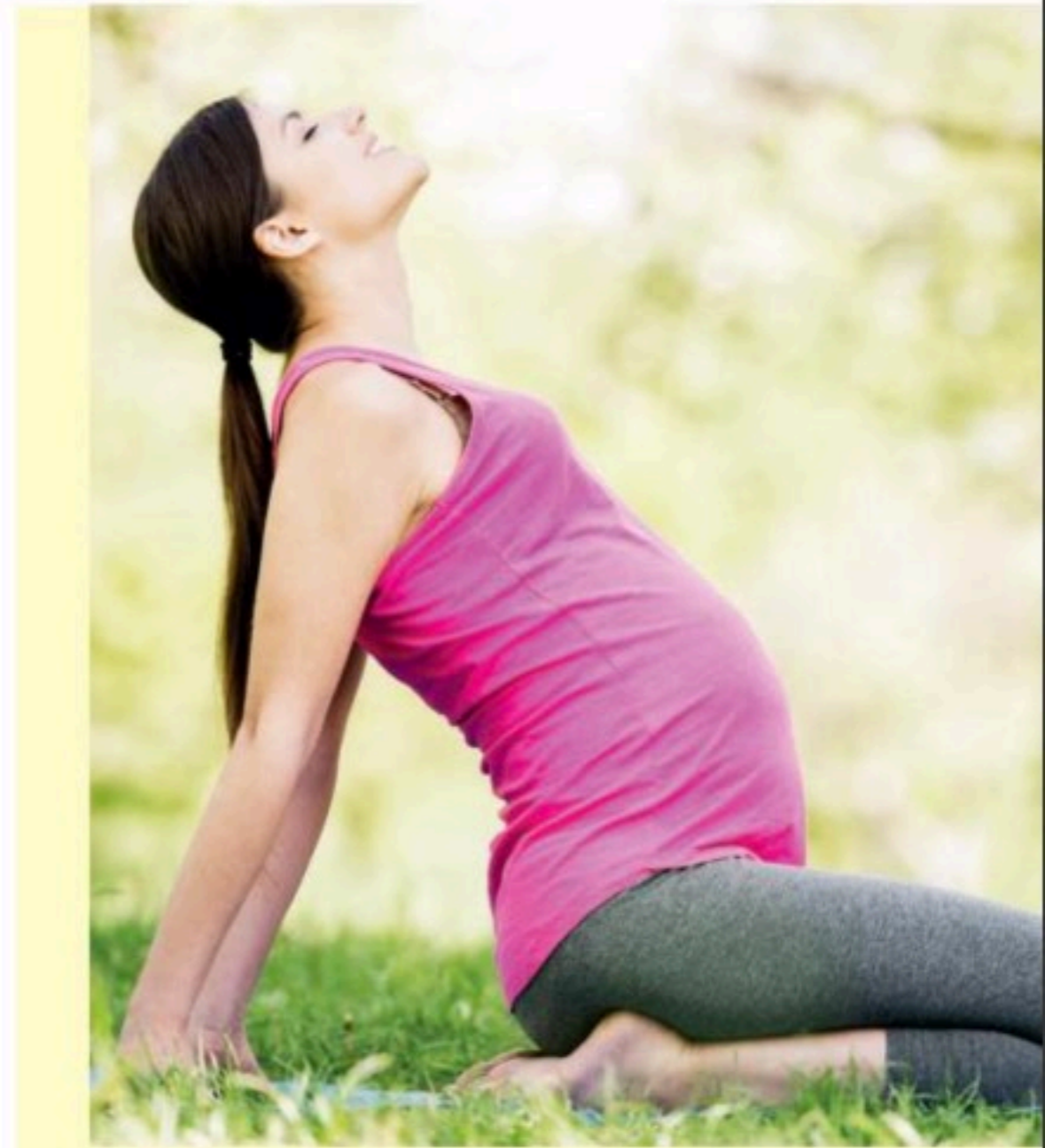
A Pregnancy causes inevitable changes within a woman's body in quite a short period. The body is taken over by physiological changes, forcing mother-to-be to slow down and look after herself. The influx of hormones to maintain the pregnancy results in mood swings, weight gain, water

retention, postural changes and joint laxity. During the first trimester, you're still quite mobile and light so take advantage of it and keep active. Do your pelvic floor exercises, while yoga and Pilates are great forms of exercise during this period.

During the second and third trimester, the women's pelvis will rotate which may result in compression of the lumbar spine joints, possibly leading to sciatic nerve irritation, and pain in the legs and feet. At this time, it is advised to keep doing your pelvic floor exercises to protect your lumbar spine. Also, try to use supportive pillows and sleep on your side with a pillow between your legs.

Visiting an osteopath would allow for a tailored made treatment plan to assist your body in adapting to changes and making for a more comfortable pregnancy! Contact the General Osteopathic Council for further information:

osteopathy.org.uk



Heather MORRIS

Heather Morris is a Registered General Nurse and State Certified Midwife. She is mum to Freddy, Harry and Jack.

Q Can nappy rash be prevented?

A No matter how careful you are, most babies are likely to get nappy rash at some time. Nappy rash is usually mild and can be managed with a good skincare routine and a barrier ointment. Taking care of your baby's delicate skin is essential in both treating and preventing nappy rash. Following these simple steps will help:

- Lie your baby on a towel and leave your baby's nappy off as often as you can, to let fresh air get to the skin.

- Change wet or soiled nappies as soon as possible.
- Clean the nappy area thoroughly using plain water or alcohol- and fragrance-free wipes.
- Don't use talcum powder as it contains ingredients that could irritate your baby's skin.
- Try to bath your baby every day, but don't use soap or bubble bath.
- Gently pat rather than rub your baby's bottom dry and avoid vigorous rubbing.
- Use a suitable barrier ointment at each nappy change.

"TAKING CARE OF YOUR BABY'S SKIN IS ESSENTIAL IN BOTH TREATING AND PREVENTING NAPPY RASH"

Most mild cases of nappy rash can be easily treated with an ointment from your pharmacy and following this skincare routine, but if you are worried always seek the advice of a healthcare professional.