



## Little Book Of Mum-To-Mum Pregnancy Advice

in association with



**mumsnet**  
By parents for parents

*Bio-Oil*<sup>®</sup>

Bio-Oil knows that no-one understands pregnancy better than those who have had a baby, so we have sought advice from mums across the UK, asking over 1,000 Mumsnetters and calling on our Facebook fans to collect first-hand knowledge to share with you during your pregnancy. The pocket-sized guide covers everything from how to keep your pregnancy a secret in the early days, to how to embrace your baby-bearing body in a collection of top-tips and anecdotes from UK mums.

**“Don’t worry so much, women have been doing this for thousands of years!”**

**Mumsnetter June 2012**

Bio-Oil would like to say a big thank you to all the Mumsnetters and Bio-Oil Facebook fans who shared their advice and tips.

We loved reading them all!





“Drink fake drinks  
e.g. tonic instead  
of G&T”

## Keeping that bump hidden

Keeping your pregnancy under wraps before sharing your news with friends and family can be challenging. Here are mums top tips for keeping your pregnancy quiet until your first scan.

# 34%

have hidden their  
growing bump with  
clever clothing

“I said I was on a  
detox diet – no alcohol  
or caffeine. Everyone  
bought it. Some people  
even joined me!”

“Avoid the ‘not drinking’  
problem by driving!  
I was the designated  
driver a LOT”



“I told close family,  
but nobody else -  
you couldn't tell by  
looking, so I just  
didn't mention it.”



“I just tried to avoid  
any discussions  
about babies”



“I just carried on as  
normal while keeping it  
a secret. The best way  
to keep a secret is to  
act normally!”

“Claimed I was on a health  
kick (previously fuelled my  
day on fags and coffee!)”



# 12%

have even feigned  
illness to avoid  
social events

## Maternity fashion

Mums provide their top tips on how to keep your ever-changing pregnancy body stylish, yet comfortable with advice on the best shops, brands and maternity style.

# 54%

of mums said leggings were a fashion lifesaver

“Enjoy your changing shape and get a few flattering key wardrobe items”



“I thought maternity wear was awful. Nothing fitted - breasts and bump in the wrong place. Cleavage seemed to be the order of the day and couldn't find anything warm.”

“I bought clothes especially for this pregnancy, as I had waited a long time for it to happen”



**Emma Robinson**

“It was quite difficult because I'm really tall so I was very limited in what I could buy. Sadly I didn't get to enjoy the full range of maternity wear but I did find some brilliant buys in high street stores including Next, H&M and New Look”



“I had a smart dress made for me it was well worth the cost as I always felt well”



# 42%

of mums opted for stretchy tops over their bump

“Skinny maternity jeans. Could dress them up with posh tops or keep it casual with vests and cardigans.”

“I had to buy a completely new collection of socks with extra stretch in them as I couldn’t get any of my old socks on while reaching round my bump!”



“Use a hair band on jeans to make them last longer before maternity wear.”



“Wear what you feel comfortable in. If you feel comfortable, you’ll feel confident”



### Monika Roozen

“My top tip - boob tubes! Your trousers are worn as normal and to bridge the gap between them and your top, use a boob tube”



“Wear cool comfy clothes and if you don’t want to look glam, don’t feel obliged to!”

“I wore boob tubes over the bump as my own belly band. Much cheaper and handy for breast feeding later.”

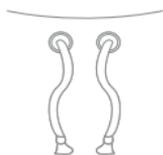
**16%**  
of mums wore a maxi dress during their pregnancy

“Long floaty hippy skirt that I could wear over the bump”



“Strappy flat sandals! They kept my hot swollen feet comfortable in my last trimester and being black they went with everything!”

“I just wore ordinary clothes but with drawstring waists and up a few sizes.”



## Be prepared for...

Mums experience and tips for coping with the unexpected includes everything from unusual cravings to your changing body.

“Stopped having migraines - felt bloody marvellous!”



“My normally naturally curly hair went dead straight and looked like I had a Brazilian blow-dry. It was smooth, shiny and easy to manage everyone was asking me what I had done.”



“I got REALLY hairy!”

“I went off tea, which was difficult as I’m a bit of a tea monster!”



“Itchy legs, boy that drove me crazy!”



“I could not eat sausages with my first child and have never done since - very strange”



“My feet got bigger and stayed that way! I had to buy all new shoes which was nice but expensive!”

**42%**  
of mums said they received unwanted advice from strangers

“I developed a pregnancy mask on my face... looked like I had a permanent tan!”



“My hair and skin looked great, was expecting spots.”



“I started to like pork pies. I hate pork pies. It made me quite amused.”



“Stretch marks, did not expect the stretch marks.”

“I fell out of love with chocolate, it lost all taste and was not pleasurable at all, I could have been eating a wax candle!”



“I loved my body – haven't before or since!”



“All the milk smelt off - I poured litres away before I thought to start tasting it - often it was fine.”



“Strangest one for me was that I went off peppermint, which I usually love. This made finding a toothpaste difficult!!”

“I suddenly had a desperate urge to eat some roast chicken despite not having eaten meat for more than 20 years. I rushed out and bought a chicken to roast and ate most of it myself. Still eating chicken now.”

“My eyes were the biggest problem - my prescription changed a lot and I got lots of strange floaters in my vision.”



“I didn't realise I'd get a blocked nose all the time. I thought I had hay fever and couldn't take medication, it also made me snore like a walrus.”



“My sense of smell became very strong - I would walk up and down the coffee aisle in the supermarket sniffing packets of coffee!”

“I got stretch marks on the backs of my knees before my bump!”

## The things people never tell you...

Mums can feel inundated with advice from other people and only 26% of mums claimed to receive good advice from strangers, so here real mums share the things you need to know... but probably don't.



“Swimming is excellent exercise and probably the most comfortable place you'll be”

“When your waters break they don't always go with a big whoosh”



“Use a stretch mark cream on your boobs as well as your bump!”

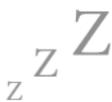


“Don't bother with silly breastfeeding tops (I bought loads) and they were rubbish, vest under a t-shirt was a much better alternative.”

“Take plenty of pillows into hospital when you are in labour as they never supply enough to be comfortable.”



“Don't go on Google, particularly during the first trimester. It'll scare you to death!”



**Rhiannon Williams**

“If you work full-time, co-sleep so that you can spend as much time as possible with your baby. I went back to work fulltime when she was 14 weeks old, so every second with her is precious”



“Take more photos of the bump!”

“Shouldn't you be sitting down arrggggghhh!!!”



## And the things you wish they hadn't

Some find it difficult to say the right thing around pregnant women. Here is a collection of anecdotes about the things people shouldn't have said.

“Are you having twins?”



1, 2, 3?

“How many you got in there?!”

“My labour lasted 5 mins and then I was back in my size 10 jeans”



**Kara Guppy**

“Everyone likes to share their horror stories - my tip is to find out what your body is doing and why. It makes the whole thing less scary when you know what's happening”



“Your face has really filled out!”



“I bet you really miss pâté/soft cheese/gin?!”



“My birth was really painful. Here's what happened... (long gory tale)”

## My body's not mine anymore

70% of mums said that they felt their body was all about the baby when pregnant, and over half of mums (56%) said that people touched their bump without asking.



"People kept talking 'at' me like I was 5 (mostly hospital staff)"

"Nobody talks to you about normal stuff anymore, everything becomes baby related which is good but you also start to feel invisible. Strangers are suddenly a lot kinder too."

### "HELLO"

"Mother in law once said hello to my bump before even acknowledging me!"

"I wish people would talk to us about life not just the baby!"



"People seemed to think my pregnancy was their business."



"People thought it was ok to touch my bump this was very intrusive."



"Hated people I didn't know thinking it was ok to come and touch my bump."

"How I couldn't fit through small gaps anymore! I knew I was bigger with the bump obviously but it took my brain a while to work it out and I used to try to walk through gaps I couldn't fit through anymore."

"I felt much better once I got my body back to myself"





“Enjoy every minute, don't worry about stretch marks, they are proof you had a wonderful baby.”

## Pregnancy body confidence

Mums share their top confidence boosters for embracing your changing body.



**Lisa Walters**

“My greatest advice would be to learn to love the body you've become- you're a different person after you've had a baby in many ways”



“Love your body. It's doing the most amazing thing in the world.”



“Keep your hair and nails nice as they flourish in pregnancy”

“I found clothes shopping depressing so bought beauty products as a treat rather than clothes”



“Emphasise your bump rather than disguising it - you just end up looking fat otherwise”

“Buy some comfy shoes you really like - your face will never look good if your feet hurt.”



“Enhance the bits which still look ok or better (like if you've never had a cleavage before now's the time!)”

## You time!

For a happy pregnancy, make sure you look after yourself as well as your baby. Mums share their top tips for pampering yourself during pregnancy and making time for you.

“I carried on swimming and doing Pilates, they both helped with my changing body and gave me time to think about nothing but what I was doing in that moment.”

### Lynn Schreiber

“It’s important to see that there’s a world around us and poke our head out of the ‘mummy cocoon’ from time to time” Blogging at [www.saltandcaramel.com](http://www.saltandcaramel.com)



“I took up new craft hobbies to replace the sports I had been doing.”

“We had a lovely ‘babymoon’ in a luxury hotel in Cornwall. Fabulous!”



### Natalie Plant

“When I was pregnant my favourite pampering time was going to get a pedicure as I couldn’t reach my feet anymore, it’s a small treat but I always used to make time for that!”



“I got my hair done regularly. It was the only thing that didn’t put any weight on”



“Go for a pregnancy massage, it’s great for sore hips”

“I enjoyed a long soak in the bath daily. It was my relax time and later on in pregnancy it was lovely to watch baby move about with my bump moving.”

“Oil up your back, hips, stomach and boobs once or twice a day!”



## Mums' tips for stretch marks

If you're worried about developing stretch marks during pregnancy then you're not alone. Stretch marks are extremely common during pregnancy, here's mums top tips for tackling them.

# 43%

of all women have stretch marks somewhere on their body

“Moisturise regularly, but accept that they are largely hereditary. If your mum/sisters have them, it is likely you will too.”

“Getting the father to rub oil on your tummy before bed every night. Bonding for him, bliss for you!”



“There are none - you either get them or you don't depending on your skin type, but using a good moisturiser can stop the skin feeling tight as its stretches over the growing bump”



“Go with it.... Accept what your body gives you... Rub your belly lovingly!”

“Drink lots of water and moisturise stretch mark-prone areas.”



“Moisturise tummy morning and night”



# 50%

of women worry about getting stretch marks when pregnant

# Bio-Oil®



Mums share their experiences of using Bio-Oil throughout their pregnancy

**Karen Bower, mum of 2 from Berkhamsted**

“I’ve continued to lather on the Bio-Oil because throughout my pregnancy it became a key part of my ‘me time’. I found some indulgence in running a lovely hot bath, slathering myself in Bio-Oil and feeling lovely. Bio-Oil is my treat and I continue to enjoy it.”

**Genna Millar** “My nana handed me a bottle of Bio-Oil when I was pregnant with my first child, because she was concerned about my stretch marks and my best friend came to visit me in hospital – with a bottle of Bio-Oil for my second C-section scar. It was a nice feeling – two women I loved the most in the world passing on their skin secrets.”

**Chrissy Whitman** “I was so uncomfortable in my own skin after I had my son I used Bio-Oil and was able to look at myself again.”

**Holly Smith** “After using Bio-Oil during and after the pregnancy I have only got 3 very small and faint marks! I dread to think that it could have been worse without it!”



Bio-Oil is a clinically proven specialist skincare treatment which can help prevent stretch marks occurring during pregnancy and improve the appearance of existing scars and stretch marks. It also benefits uneven skin tone, ageing skin and dehydrated skin.

The Bio-Oil formulation combines some of the most important skincare ingredients, including vitamin A and E with Calendula, Lavender, Rosemary and Chamomile oils, plus unique to Bio-Oil, PurCellin Oil™, to ensure they are easily-absorbed deep into the skin where they can provide essential hydration. PurCellin Oil™ creates a “dry” oil which is non-greasy and feels comfortable on the skin.

Bio-Oil is preservative-free and is not tested on animals.

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