



Star quote

"I'm definitely more emotional. Anything can make me incredibly angry, or break down crying. This is something that I'm not used to at all!"

And she looks so sweet! New mum to Honor Marie Warren, Jessica Alba's pregnancy was an emotional journey.



SON SEEKERS

Women who eat breakfast cereals, such as porridge, around the time of conception are more likely to have sons, says new UK research. The explanation may lie in glucose levels. In IVF research, high levels of glucose encourages the growth of male embryos.

Bags that

Handbag designer Lucie Trincio has released these beautifully crafted leather baby bags, complete with adjustable stroller straps, large pockets, a change mat, and purse. It's no wonder that celebrity mum Cate Blanchett has recently been seen sporting the very stylish Mia Tote (right, \$449). Visit www.litutto.com.au.



WORKING WITH A BUMP

SAMANTHA O'SHAUGHNESSY, 33, LIVES IN SALISBURY DOWNS, SA, WORKS IN CUSTOMER SERVICE AND IS DUE TO HAVE HER FIRST BABY IN AUGUST.



Q Have you had any hurdles working while pregnant?

I recently got a promotion because another lady left to have a baby. I found out about eight weeks after taking the new position that I was pregnant. Maybe it was something to do with the chair!

Q Have your colleagues treated you any differently?

They have been pretty good, and they like laughing at my belly as I am usually a size 5-8. It is strange for everyone to see me sooooo BIG!

Q What do you snack on at work?

What don't I snack on should be the question! I have a stash of food in my bottom drawer, including instant porridge, fun-size chocolate bars, cookies, apples, fruit tubs and instant soup. And I always get the boys to include a little sausage roll with tomato sauce when they do a celi run. I used to always snack on doughnuts, but they had to be the mini ones. I think my waist (what's left of it) is lucky we don't have a Krispy Kreme store in Adelaide!

did you know?

INFERTILITY IN AUSTRALIA is on the rise - from one in seven couples 20 years ago, to one in five couples today. And Sydney fertility expert Dr David Knight believes that rising obesity levels are clearly linked to the problem. His advice? Lose weight before trying to conceive. Women with a body mass index of 35 or higher were 50 times less likely to get pregnant than women in the healthy BMI range of 20 to 25, according to his findings.