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Now Available

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## cravings

### Back to class

It may be a few years before your little one's boarding the school bus, but the pair of you can enroll in a session of **mommy-and-me classes** as soon as baby is 6 weeks

old. He'll benefit from interacting with other tiny guys his age, and you'll have the opportunity to meet moms like you. (Plus, it'll be good motivation to change out of your PJs before dinnertime.)

From music and art classes to yoga and swimming lessons, there are programs suited for a variety of interests and abilities. Check out the offerings at your local library, church or YMCA, or search the internet to find more mommy-and-me opportunities available in your community.

**[tip]** Social time needn't end when the bell rings! Ask your new pals to join you for coffee after class.



### EVEN STARS ARE SUBJECT TO MORNING SICKNESS

**CELEBRITY Q&A** with Catherine Bell of *Army Wives*

#### How are you feeling?

**A** "I've been so exhausted! I also had about a month of nausea, which was not fun, but it's getting a bit better. Aside from that, I am doing great."

For more Q&A with Catherine and other celebrity moms, visit [celebritybabyscoop.com](http://celebritybabyscoop.com).



### She's a GIRL

Preclude the *Is that bald baby a boy or girl?* uncertainty with a prominently placed bow. Made from the material of a traditional hospital hat, this cap is sized just right for fresh-from-the-womb babes and will let all the pint-sized studs in the nursery know there's a new pretty little lady in town.

*Twinklins Boutique #17*

See shopping guide for details