

BETTER BABYMOONS

Forget secret honeymoon escapes and romantic getaways — the new travel trend is to pack your bags and head off on a babymoon! Yes, you read that right. Rhea Dhanbhora gives you the lowdown

Having a baby is exciting, so we're sure that from the very first time you glanced at that positive pregnancy test, you've been counting down the days till you and your partner can welcome your little bundle of joy. However, if this is your first child, you're also probably aware that your lives are going to change forever. You've been on your romantic honeymoon together, but every vacation you take from here on out is mostly going to be with your child in tow. While that has a little magic of its own, it also means that for a pretty long time, you're not going to be alone. Enter the babymoon — pop culture's new way of giving expectant mothers their last chance to relax and rejuvenate in their own (well, and their partner's) company. Everyone from Kate Hudson to Kate Middleton is doing it — so it's probably time you hopped on the bandwagon!

WHAT ON EARTH IS IT?

We know it sounds like a strange distortion of the uber romantic honeymoon, and you're half right there. It's a period when both parents can have a nice, pleasant vacation before their baby is born. The trend is helping parents to relax, while the travel and tourism industry gets a boost, with attractive 'maternal' packages and couple specials.

GET IT RIGHT

If you're thinking of heading off on a babymoon, here are a few tips:

- **Check with your doctor:** Make sure ask your doctor if you are fit to travel and keep him/ her informed of your every move, so that you can make an informed and safe decision for your vacation.
- **Pick something up your alley:** This is not the time to compromise. Pick a place and a situation where you will be as comfortable as possible. Know your limits and don't go overboard!
- **Stay cool and hydrated:** Avoid visiting areas of low humidity and remember to stay hydrated when you're on an airplane. Make sure you carry safe, bottled water wherever you go and keep yourself cool through your vacation.
- **Travel during your second trimester:** You've just gotten past the nausea and migraines of the first trimester and you're a while away from all the heaviness of your third trimester. Your second trimester is when you will be the most comfortable and the most well suited to travel.
- **Stay circulated:** Avoid sitting for long hours, but don't walk too much either. Don't stress yourself out at all. This vacation is the best time to be selfish — and comfortable!
- **Make sure that you eat well:** Your baby needs to be fed! So, don't go hours without eating and make sure that wherever you are, you eat food that is safe to consume — and of course, food that suits your pregnancy cravings!

THINGS TO CONSIDER

- Celebrities are known for splurging on

>> A babymoon can be a memorable and relaxing break before the responsibilities of being a parent set in



- their babymoons, but unless you can really afford to spend lavishly, be conservative. Children can be pretty expensive!
- Book your seats on a comfy and reliable airline. You don't want to be bumping around like you're on a bullock cart, suffering through turbulence or cramped up in tiny seats.
- Chart out a map with the closest medical shops, the nearest hospital and the best doctor near your holiday destination. It's a good idea to find out exactly where to head if you need to during your stay.
- While this isn't normally a consideration, when you're pregnant, pick a hotel that has few stairs, easy areas to walk through and pick rooms nearest to the exit — just in case!
- Make sure the region you are visiting is free from epidemics and health concerns. Visit a safe, hygienic place where you can be sure you will not fall ill.
- Make sure you tell people at the airport that you're pregnant. Some X-ray scanners are best avoided, as are metal detectors.

IF YOU'VE MISSED OUT

If you've missed out on your babymoon because you've recently given birth — don't worry! There's another type of babymoon that couples take — just after their baby is born. You will have to find a child friendly destination to visit, but it's a great experience to be able to take a vacation as a family and enjoy some time with your newborn before all the responsibility of having a child sets in.



>> Make these easy mozzarella morsels with your children

« TOP 5: TREATS TO MAKE WITH YOUR CHILDREN

We're sure that you do all you can to ensure that your children have something to look forward to all year round, but make tomorrow extra special by rustling up these special treats with them this Children's Day, says Shirley Mistry

CINNAMON SUGAR POPCORN

Give this classic treat a twist by sprinkling some cinnamon sugar over it. Simply pop corn kernels in your microwave, drizzle them with 2tsp of butter and sprinkle cinnamon and caster sugar over it in a 1:2 ratio. Toss them well to coat them completely and you are done. Because this recipe involves minimal cooking, it is perfect to make with your children.

MONSTER PIZZAS

Use mini pizza bases to form a face, spread tomato sauce over it, grate some cheese and use halved olives and semi-circle shaped slices of salami or pepperoni to create a face. Let your children make the faces and help them bake the pizzas. Not only will this be a tasty treat, it will also serve as a fun art and crafts project.

PITA POCKETS

Slice warmed pita pockets equally and let your children stuff them with filling of their choice. They can pick from cheese, vegetables, chicken nuggets, olives and sauces of their choice. Because this recipe requires no cooking at all, you can stand by and watch your children whip up their own, special after-school snack.

MOZZARELLA MORSELS

Slice up fresh mozzarella cheese into bite-sized pieces. Beat an egg in a bowl and, in another plate, pour out some breadcrumbs and season with salt, pepper and chilli flakes. Get your children to coat each mozzarella piece with egg and then with breadcrumbs. Refrigerate them for 30 minutes before baking them at 180°C until they are golden and crispy on the outside.

CHOCOLATE FONDUE

While this is definitely the unhealthiest item on this list, it's called a treat for a reason. Melt some semi-sweet chocolate and place it in a bowl. Chop up fruits, brownies, cake, and cookies and place them on a platter. Hand your children skewers and let them come up with their own flavour combinations to dunk into the chocolate.