

# strokes of Genius

Our goodie bag of materni-time treats

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The summer of 2001 was My Pregnant Urban Summer with a bonus overlay of Heat Wave, aka The Summer of Chafed Inner Thighs. So you can guess why I like the looks of the ① **Oxford Skort** ([www.bornfit.com](http://www.bornfit.com)), a mini-skirt with sewn-in shorts. In

it, you can do sweaty things (exercise, walk to the fridge) without incurring further discomfort. Other neat items on my retroactive wish list: ① **Preggie Pops** ([www.threelollies.com](http://www.threelollies.com)), which soothe morning sickness with flavors like ginger and lavender; and ① **Citrus Bellybar Chews** ([www.nutrabella.com](http://www.nutrabella.com)), loaded with Omega-3s and folic acid—they taste like Starburst fruit chews! I would have loved Ajne's organic essential-oil fragrance ① **Joie de Maternité** (Joy of Motherhood), a blend of Bulgarian rose, sandalwood, and rosewood that balances the heart chakra and supports the birthing process and nervous system ([www.ajne.com](http://www.ajne.com)). Another essential-oil goodie: ① **Young Living's Thieves**, a blend of cloves, rosemary, and more that protects the wearer from most airborne bacteria ([www.secretofthieves.com](http://www.secretofthieves.com)).

Pregnancy hair is thick and lustrous, but if you want an uplifting hit of chemical-free color, try one of ① **Surya Henna's** hues ([www.suryacosmetics.com](http://www.suryacosmetics.com)). Unlike the messy powders of yore, it's available as a liquid that contains nourishing seed and fruit oils. But don't treat only your hair—Otopia's organic ① **Yummy-Mummy Pre and Postnatal body cream** is a smoothie for your skin ([www.otopiaorganics.com](http://www.otopiaorganics.com)).

I imagine there might be a baby shower in your future; if so, consider these clever elements. The ① **Wee Generation diaper bag** is incredibly cute, loaded with green goodies, and has huge eco cred—it's made of 100 percent recycled plastic bottles ([www.weegeneration.com](http://www.weegeneration.com)). ① **Tin Parade's Great**

**Green Gala Shower Kit** includes bamboo plates, birch-bark centerpieces, and these organic cotton-flower napkin rings ([www.tinparade.com](http://www.tinparade.com)). ① **The Baby Bunch's organic bouquet** looks like a cluster of roses, but some of those blooms are cleverly rolled bibs, hats, and onesies ([www.thebabybunch.com](http://www.thebabybunch.com)). Guests can wear ① **birth-wish bracelets** to support the mom-to-be, at the same time supporting the women workers who participate in Bead-ForLife, a fair-trade program in Uganda ([www.birthinbinsi.com](http://www.birthinbinsi.com)). ① **Tiny Revolutionary's Double the Mommies baby T** gives a welcoming shout-out to same-sex expectant-mama couples ([www.tinyrevolutionary.com](http://www.tinyrevolutionary.com)), and the ① **organic Groovy Green Romper** just makes me smile ([www.chapteroneorganics.com](http://www.chapteroneorganics.com)). ① **Soaps in the shape of a pregnant torso** celebrate your own blossoming shape and make great party favors ([www.bloominbellysoaps.com](http://www.bloominbellysoaps.com)). And want to preserve your torso's shape for posterity? You can, with ① **Eternal Maternal's Bellycaster kit** ([www.eternalmaternal.com](http://www.eternalmaternal.com)).

Après birth, have chlorine-free, pure-cotton maternity pads at the ready. Reusable pads of organic cotton ([www.lunapads.com](http://www.lunapads.com)) are economical and cloud-soft, and when you need ditchables, all-natural ① **Natracare** ([www.natracare.com](http://www.natracare.com)) and **Maxim** ([www.maximhy.com](http://www.maximhy.com)) get my vote. Feeling sore and sensitive? To hasten the healing process, brew a soothing sitz bath with ① **LüSa Organics' Postpartum Herbs** ([www.lusaorganics.com](http://www.lusaorganics.com)). Your lactating breasts deserve only the best . . . which in this case is the supersexy yet ultracomfortable and underwire-free ① **Nummies nursing bra** ([www.nummies.com](http://www.nummies.com)). Vintage-inspired ① **"It's a Boy!" pins** are a playful keepsake alternative to the notification-by-cigar method ([www.thebabygardner.com](http://www.thebabygardner.com)). I like ① **Dapple dishwasher detergent** because it provides dramatically clean dishes and is free of nasty chemicals and residues—and what better time to make the switch than before baby starts gnawing on her cup? ([www.dapplebaby.com](http://www.dapplebaby.com))

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