



 **Bright idea**

## Outsource to de-stress

When you're pregnant, the last thing you need is stress. Thankfully there are plenty of services to make life a little easier. If you're finding it hard to do the grocery shopping, order from your supermarket online or try weekly deliveries from Aussie Farmers Direct ([www.aussiefarmers.com.au](http://www.aussiefarmers.com.au)). Too tired

to take the car in? See if there's a mobile mechanic in your area, such as Lube Mobile ([www.lubemobile.com.au](http://www.lubemobile.com.au)). And we love the Mobile Techxpert from Dick Smith ([www.dicksmith.com.au](http://www.dicksmith.com.au)). These guys come to your house to set up new home-entertainment and computer equipment. Too easy!

## Did you **KNOW?**

At 22 weeks, the little bub in your tum has developed tastebuds and is able to tell the difference between sweet and bitter flavours

## 4 wheel know-how

Thanks to clever mum-of-two Juliet Potter, you can front up with confidence when buying a car for your growing family. Her website, [www.motherdriven.com.au](http://www.motherdriven.com.au), has car reviews by women, news, eco advice, safety tips and even "auto celebrity gossip"! The site is packed with useful info about a male-dominated industry that can be daunting at the best of times, let alone when your mind's full of baby thoughts.

## Sore point

A cold sore doesn't do much for your self-esteem and if you're pregnant, you may be concerned about putting a cream on it. If so, give Compeed's new Cold Sore Patch a go. The healing patches hide the cold sore – you can even put lipstick or make-up over them – and once your bub's here, when a cold sore pops up, you can just patch it and shower her with kisses without fear of passing on the virus.



## Click it

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