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The moment I told him

I was being sick and had lost over a stone in weight. A pregnancy test was negative, so my GP sent me for an ultrasound to look for gallstones. When I got home to my worried husband Gareth, trying my best not to smile I told him, "Well, there were no gallstones... but they found a baby instead!" A huge smile appeared on his face. It was a wonderful surprise for both of us.

Laura Westhead, Horwich, Greater Manchester

WIN! Want to share your story? Write to *The Moment I Told Him* at the address on our letters page. If we print your story you'll win a set of nourishing, chemical-free hair products designed for mums-to-be, by Louise Galvin. The set includes a shampoo, conditioner and treatment masque, worth £72 in total! See www.louisegalvin.com for the range.



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NEWSFILE

IT'S GOOD TO TALK

You may feel a bit daft chatting away to a tiny baby, but don't – it's vital for his development. That's the message from 'Talk To Your Baby', a new campaign from the National Literacy Trust.

'It's incredibly important,' says campaign manager Liz Attenborough. 'Babies are born to be sociable and they need someone to be sociable with.'

But what if baby talk doesn't come naturally? 'Just make eye contact, smile and talk about everyday things,' advises Liz. 'And pause every now and then so your baby can "reply". You'll find you naturally speak in "motherese"

– short sentences in a sing-song voice, which is appealing to a baby. Nursery rhymes are also good because it's easier to learn words through rhythm and rhyme.'

So what about TV? Will watching the box help or hinder your baby's communication skills? 'Half an hour of CBeebies isn't harmful,' says Liz, 'but your baby won't learn to talk being in front of the TV – you learn to speak by imitation and trying it all out. If you do put on a DVD, watch it with your child or at least know what it's about so you can talk about it together later.'

● For more info, visit www.talktoyourbaby.org.uk



57% of mums who requested flexible working hours either got what they wanted or were able to reach a compromise with their boss. If you don't ask, you don't get!

Source: www.workingmums.co.uk

GORGEOUS BLOKE ALERT!

Mums of a certain age (we're saying nothing) will remember the 1980s Athena poster of the hunky male model with the cute tiny baby. And all mums will be delighted to see it's been recreated by rugby star Ben Cohen with daughter Isabelle. Ben is supporting

the 'A Problem Shared' campaign, sponsored by Colief Infant Drops and Cry-sis, which is raising awareness of problems faced by new parents, such as excessive crying and colic.

● For information see www.problemshared.info

