



Dressing Like a Babe When You've Got a Babe in the Oven

By Kimberly Seals-Allers
Special to the Informer

Pregnancy clothes have come a long way. "The biggest problem used to be finding something that wasn't ghasly to wear," explains The Mocha Manual's Kimberly Seals-Allers. "Now the biggest problem is sifting through the many options that are out there to find pieces that fit your personal style. Every woman needs a pregnancy style. Below, Kimberly Seals-Allers shares her tips for looking like a babe when you're have a babe in the oven.



- Take a personal inventory of your closet to find pieces that you can mix n' match to pair with maternity tees or a classic button sown shirt. The more blazers, leggings and sweaters you find the less you have to spend on more costly maternity pieces.
- Extend the life of your favorite jeans or pants by using a ponytail elastic to give you the extra space you need during the first trimester. Looping the elastic around the button and pulling the rest of it through your buttonhole is a fabulous little trick to give you extra room in a pinch.
- Layering is a most important word for pregnancy style. When you're pregnant, you're almost always hot – but that doesn't mean they have to see you sweat. Style experts and sweat reduction gurus agree to start with a T-Shirt, then add a blouse or shirt, and on top of that a sweater.
- Accessorize, accessorize, accessorize. Give an old outfit a fresh look by adding dramatic earrings, a large colorful bag, bangles or a great scarf/pashmina.

ABOUT THE BOOK

The Mocha Manual to a Fabulous Pregnancy is afirst-of-its kind guidebook geared towards helping women of color meet the ups and downs, joys and challenges of pregnancy. Award-winning journalist, Kimberly Seals-Allers includes pearls from Dr. Andrea Price-Rutty, actress Lela Rochon, model/entrepreneur Kimora Lee Simmons and others, in this straightforward book that discusses everything from fibroids to high blood pressure, from stress to deciding to perm or not perm your hair, insensitive partners and raging hormones.

Available at www.mochamanual.com.