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Scarsdale NY

February 2009



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Fun I:

MATERNITY FASHION: SUMMER LOOKS FOR FALL

TATYANNA WRIGHT, HAUTE MAMA

With autumn just around the corner, it's good to know that several summer looks can adapt to a fall pregnancy.

Peasant Top
Bohemian blouses are a perfect carry over piece. A slightly longer tunic allows billowy free movement to accommodate your growing belly. Instantly refresh a summer look you may have previously worn with a light skirt or shorts by pairing an embellished top with darker pants. Try the Juliet Dream maternity pant in black - a flattering wide-legged, soft jersey pant with a waistband that can be folded up or down.

Ombre
Tap into fall's gradient color show. Keep your dip-dyed tunics, tanks and tees handy and create cute over-the-belly boldness

when pairing them with flared maternity jeans (a wider leg works wonders with a fitted top for flattering your figure). Consider Maternal America's wide leg denim pant, which has a comfortable adjustable underbelly fit.

Flowy Dresses
Autumnal trends see floor-sweeping frocks, so keep those whimsical summer dresses on hand to adapt to fall style and your changing shape. Layer a dress over a tank or long sleeve tee and throw on a chunky cardigan like DKNY's baby alpaca shrug.

Pregnant or not, with these tips in mind, you'll be one haute mama!

Fun II:

WRITING YOUR WAY THROUGH MOTHERHOOD

LISA GARRIGUES, AUTHOR OF WRITING MOTHERHOOD.

The other morning I woke up to discover that my toddler is in college and my newborn is shaving. Early on, I scrambled to document my children's lives-in scrapbooks, in photo albums, on video. But I could tell that something was missing: my experience, my voice, my story. So, I started a Mother's Notebook, an account of the personal side of motherhood.

As a writer, I naturally reached for paper and pen soon after I became a mother. Perhaps you haven't written much more than a grocery list since college, or maybe you can't imagine how you'll find the time to write when some days you can barely manage to take a shower. Here's how: Buy yourself a notebook. Carry your notebook wherever you go since you never know when you can snatch fifteen minutes to write. Begin with a "writing start," a word or phrase to jumpstart

your pen: *a view from the bus, infant inoculations, in the sand box.* Don't plan what you'll write, or edit as you go, just keep your pen moving for the full fifteen minutes.

What began as a daily record, has become a lifelong keepsake, created in just fifteen minutes a day, and filled with stories to preserve and pass on to my children. And when the time comes to let them go, you too will have your Mother's Notebook to hold onto.

This fall, Lisa will teach a mini Writing Motherhood workshop at the 92nd StreetY in Tribeca.

Visit www.writingmotherhood.com.



writing motherhood
by
LISA GARRIGUES

An inspiring guide to nourishing our lives
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A Maternity Style Guide for the Urban Pregnant.

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