

EASY, CHEESY PIZZA
FROM THE GRILL

BABY SHOWERS ARE BACK!
PARTY ON, MAMA

COOL SCHOOL SUPPLIES
TO SNAG NOW

Parents

Grey's Anatomy's
**Caterina
Scorsone**
with Eliza, Pippa,
and Lucinda

**BLISS
OUT,
YOUR WAY!**

●
CLIMB A TREE

●
**EAT ALL
THE FRUIT**

●
**STARGAZE
IN THE
BACKYARD**

PLUS
**SIBLING
PEACE
IS POSSIBLE**
How to Help
Them Get Along

LIFE.

ENJOY THE JOURNEY TOGETHER

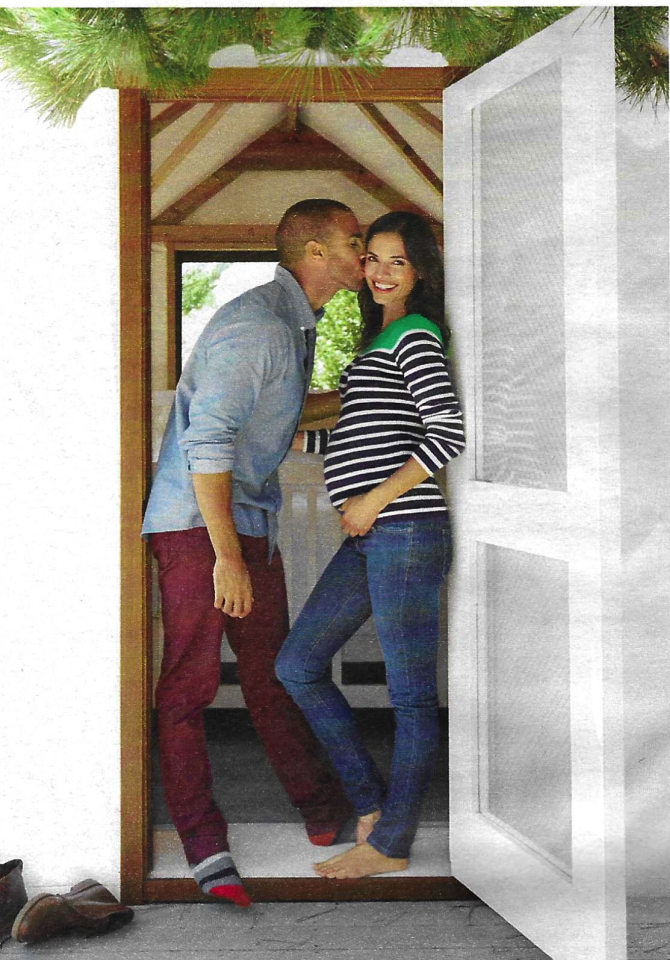
HERE'S YOUR
CHANCE TO PICK AND
CHOOSE YOUR
OWN TRADITIONS.

★
Celebrating as
you hit all your marks,
from an IVF win
to a bump that just
popped, feels all
the more meaningful.

Oh Baby, Let's Party

We smiled through Zoom baby showers this past year, but at long last, we can have more-festive beginnings. From sharing the initial news to throwing a full-blown party, there are many ways to count down to a new arrival and note milestones along the way. Time to pump up the joy! →

by PETRA GUGLIEMMETTI



From the Start

● **GET YOUR THOUGHTS DOWN** Journaling turns out to be a proven way to stay centered and present. “Research shows that journaling can improve well-being and ease stress,” says psychologist Clay Routledge, Ph.D., a professor at North Dakota State University, in Fargo. “Jot down one sentence of gratitude, even if it’s about nice weather or a good meal. It helps promote positive feelings, like optimism, during pregnancy.” The Pregnancy Passport by Letterfolk (\$10; letterfolk.com) has a weekly fill-in-the-blanks setup from week 4 to week 40.

● **TRACK THAT BABY** A favorite is the Babylist Baby Registry, which, aside from being a shopping app, has an excellent tracker and amusing weekly updates, like “Baby is the size of a Tickle Me Elmo.” For daily tips, try the GLOW Pregnancy & Baby Tracker + Baby Registry App, which has a medical log for jotting down info from your doctor, or Hello Belly, which has 3-D graphics and cheeky illustrations.

● **SIGN UP FOR GOODIES** Click “send” on a pick-me-up of pregnancy-specific beauty products and baby things via The Stork Bag (starting at \$52; thestorkbag.com)

or Bump Boxes (starting at \$33; bumpboxes.com).

Get the Word Out

● **WATCH THEIR EYES POP** Why tell people when you can surprise them—and capture their reaction on camera? One TikTok favorite: Pretend you’re photographing your family and have them say “[your name] is pregnant!” instead of cheese. (OMG, their faces.) Or casually suggest that your parents test their vision on a printable eye chart (\$5; Artaia Prints at etsy.com) that reveals the news in secret-message form (“Only the best parents get promoted to grandparents”). If you want to tap their sweet spot, ask a local baker to make cookies featuring your due date; find ample inspiration by searching #announcementcookies.

● **MAKE IT INSTA-OFFICIAL** No pressure to execute anything elaborate. Go easy with an editable Instagram announcement template (\$14; HunnyPrints at etsy.com) that provides you with artsy eucalyptus-sprig

Stock up on notes to thank everyone for their well-wishes. (\$15 for six; chereeberrypaperdesign.com)



photo styling. You could also employ this TikTok tactic for building suspense: Cover an ultrasound photo with your partner’s and your (or your family’s) hands and lift them one by one to reveal the news. A simple portrait of hands on your belly is lovely, too, or just grab a “baby” balloon, pose, and post.

Doing a Reveal?

● **YOU CAN SKIP IT** Plenty of parents now view the “boy or girl” obsession as archaic. That said, “What are you having?” will be right up there with “When are you due?” so it might feel right to just get the news out.

● **KEEP IT BETWEEN YOURSELVES** After years of pyrotechnics and other really bad ideas, what feels fresh is keeping the reveal intimate. “Make it low-key by going outdoors, opening a letter from your doctor, and having a photographer or a friend capture your reactions,” says Boston lifestyle blogger and decorator Jordan Lund.

● **INVITE SOME LIGHT SUSPENSE** If you love the drama of glimpsing pink or blue but want to think outside cupcakes, consider a breakable chocolate heart filled with colored candies (order from a local sweets shop or at etsy.com), a box of pink or blue baby clothes via the Monica + Andy Gender Reveal Box (your doctor can email them the deets, \$69; monicaandandy.com), or the very cool Homesick Baby Gender Reveal Candle that slowly drips pink or blue (\$34; homesick.com).