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Five essential steps

Feb 21 2007 By Evening Gazette

To a stylish pregnancy

Q. I am pregnant, which I am thrilled about, but I don't know what to wear as I am already growing out of the clothes I've got. I don't want to hide my bump and wear frumpy clothes, so have you any tips on what I can wear?

A. This week our expert is Michaela Jedinak, style and colour consultant extraordinaire, who advises women at all stages of their life on what to wear to look, and feel, their best. Her website, [www.joyofcolour.com](#), is full of helpful and inspirational advice and has a section especially for mums-to-be.

1 Flatter your changing figure by investing in a few key pieces that fit properly.

"Create a fashion statement in your pregnancy - don't lose sight of your personal style but embrace it by choosing the styles and colours you love," says Michaela.

2 Embrace the season's trends. This spring sees lots of empire line dresses, such as the one pictured on the left. They are perfect for pregnancy, in light fabrics and amazing patterns.

"Metallic accessories and a fabulous bag will draw attention away from your blossoming figure and will be pieces you can use afterwards," says Michaela.

3 Invest in at least one dress that will take you from day to evening.

"Wrap dresses are fabulous and will drape across your new figure while being incredibly versatile," says Michaela. "If you are conscious about your tummy, draw it under your bust, while if your bust line has increased, either enjoy the attention or pop a cami underneath."

4 Add interest by playing with colour - pink is on-trend this season, while black and white are an elegant combination.

5 Stay comfortable. Give tired legs a break with flat shoes - ballerina style are ideal for spring, and choose cool fabrics as the weather heats up.

Stick to soft, stretchy fabrics. Look for garments containing lycra or elastane.

Keep your make up simple - tinted moisturiser, tawny cream blusher and a soft sheen of lipgloss in a natural shade.

"Most of all enjoy this change - it's a special time and with a bit of thought you can relax, be happy and enjoy all the attention that comes your way," Michaela says.

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