

swine flu - protect your baby this winter \* Car seats road-test

# Mother & Baby

BITING TODDLER ALERT!  
Simple solutions

Complete guide to sleep

10 WAYS TO AN EASIER LABOUR

Soothe your baby's skin  
✓ Cure cradlecap  
✓ Banish nappy rash

DEBATE  
Mums over 35  
How real are the risks?

Weaning  
Your essential buys

HOW YOUR BABY LEARNS TO PLAY

Childcare dilemmas  
The best options for your baby

REAL LIFE  
Two babies in 12 months  
What was I thinking?

MAGICAL BABY MATERNITY YEAR INVITABLE GARDEN



## health news

# first words



# Breakthrough on Down's testing

Accurate screening for genetic conditions currently involves a small but substantial risk of miscarriage. But a new test could make this a thing of the past

A new test for Down's syndrome is being developed by the NHS. The screening, known as the non-invasive prenatal diagnosis (NIPD), will also detect conditions such as cystic fibrosis and Duchenne muscular dystrophy. What's amazing about the NIPD - which could be available in less than five years - is that because it's done by a simple blood test, it comes with no risk to your baby whatsoever.

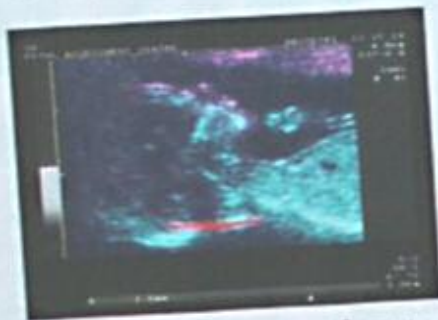
At the moment, pregnant women who are identified as high risk by their nuchal translucency scan, or have a family history of genetic conditions, are offered the choice of amniocentesis and chorionic villus sampling (CVS). CVS is typically offered at 11 to 13 weeks

of pregnancy, amniocentesis at 14 to 16 weeks. Both involve putting a needle into the womb to remove fluid surrounding the unborn baby. Although they're around 99% accurate, roughly one in 100 women will miscarry within a few days of having such a procedure, losing a potentially healthy child.

In contrast, the NIPD involves taking a blood sample from the mother then analysing it for information on the baby's DNA.

Professor Lyn Chitty, an expert in fetal medicine at the University College London's Institute of Child Health, is leading the study into whether the NIPD is viable. This test could remove the agony couples experience over whether to have

an invasive test, she says. According to Professor Chitty, the risk-free test could be the standard method of detecting babies with Down's syndrome within five years, and conditions such as cystic fibrosis within two to three years. Given that 25,000 women a year in Britain annually have invasive tests for Down's syndrome - with a miscarriage risk of one per cent - the test could also save 250 lives.



**9%**

The decline in condom sales Tesco has noticed since the start of the year. More babies, everyone?



## Keeping it cool

Since the swine flu panic started earlier this summer, thermometers have become hot property. Superdrug reportedly sold out of its digital model and Lloyd's Pharmacy reported a 700% increase in sales\*. With this in mind, *Mother & Baby* has teamed up with Brother Max to offer readers access to our exclusive supply of the brand's thermometers. The 3-in-1 digital thermometer measures ear, forehead and room temperatures accurately in just one second. We're such fans here that the 3-in-1 won Most Innovative Product at last year's *Mother & Baby* Awards. What's more, we're offering you a discount.

### To claim your discount

The thermometer usually retails at £34.99, but *Mother & Baby* readers can get £5 off. Simply call 020 8213 5888 and quote 'Mother and Baby offer\*\*'.

For more information on swine flu, see p110.

\*MOTHER & BABY AWARDS COMPARED TO THE SAME WEEK IN 2008. \*\*OFFER ENDS 31 OCT 2009. 2009