

K PICKS

Lullabelly: Prenatal Music Belt

MAY IS PREGNANCY AWARENESS MONTH

Expecting mommies often hear about the joys of playing music for your baby while in the womb. The old school version of strapping headphones around your belly has been revamped! Now you can plug in your iPod or MP3 Player into a new prenatal music belt. Some experts say listening to music in the womb encourages learning, language development and memory skills. (\$55, www.Lullabelly.com)



Boston Bakes for Breast Cancer

MAY 3 - MAY 9 (MOTHER'S DAY)

Make Mother's Day special this year by treating the important women in your life to fabulous desserts while also helping fight breast cancer.

During the week leading up to Mother's Day, May 3 - 9, more than 150 restaurants, bakeries, cafés

and chocolate shops throughout Massachusetts will participate in Boston Bakes for Breast Cancer by preparing unique desserts. Desserts will cost around \$8 and 100 percent of sales will benefit breast cancer research and care at Dana-Farber Cancer Institute.

(www.bostonbakesforbreastcancer.org)



Period Packs

You may not remember the exact day you got your period, but we're sure most women can recall the painfully awkward conversation they had with their mother as they learned about "the change." With Period Packs, your own daughter doesn't have to suffer the same embarrassment. Creator and North Andover mom Wendy Bulawa Agudelo has made it her mission to help convert the scary and confusing transition into womanhood into a fun and celebratory milestone. Period Packs are loaded with girly necessities like pads or tampons, feminine wipes, the book "Period. A Girl's Guide", nail products and even pink hot cocoa and Hershey's Kisses. (\$39.99, periodpacks.com)



Wendy with her daughter Abby

P&K: Share some of your personal advice for moms.

Bulawa Agudelo: In my heart, being a woman and having a daughter, I want her to have a great experience with this. I hope parents will make girls feel good about getting their period and that they honor her with the tools she needs to understand all of it.

P&K: What inspired you to create Period Packs?

Bulawa Agudelo: I grew up on a farm with just my dad and three brothers, so when I got my period I felt very lost and alone. I went to my school nurse and she threw together a box of pads and other information and it was the greatest thing in the world because then I felt like I could figure it out from there. My niece got hers young, and I helped her with it. We celebrate huge milestones like sweet 16's and graduations, but getting your period is a big deal, too. I hope to change people's mentality and that we learn to pay homage to this change.

Babes in the Woods

HIKING, CAMPING AND BOATING with Babies and Young Children

This book introduces outdoorsy moms and dads to the fun and vigor of taking babies and toddlers into the woods at a very early age. Well-organized chapters offer functional solutions for appropriate gear, clothing and food, and tips on potty breaks and sleeping outdoors.

(\$16.95, [The Mountaineers Books](http://TheMountaineersBooks.com), www.mountaineersbooks.org)

BABES in the WOODS

Hiking | Camping | Boating with Babies & Young Children

Jennifer Aalt

