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Modern Maternity Wear for a Changing Body by [Kieran Graham](#)

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When a woman falls pregnant her body starts to change immediately. This can be an incredible time, especially for a first time mother-to-be who can see her belly start to become round and firm before protruding out so that she cannot see her toes. At the same time, her breasts also become fuller, ready for breastfeeding her newborn. She may also put on some general weight around the hips and back. This is natural and even when a woman has given birth this baby weight as it is called can be difficult to shift. During these body changes you might as well throw out much of your old wardrobe or at least put it on standby. However, for any woman to go from stylish clothes to tent-like smocks can make her feel frumpy and unfashionable. With hormones changing too, a negative self-image is not what anybody wants to project with their overall look and especially not a woman in full bloom.

Wearing fashionable pregnancy clothes and post-baby clothes is about comfort but also about looking and feeling good. For many women this can be an exciting but ultimately daunting time. If they are wearing trendy, fashionable and flattering maternity wear then they can ensure that they still feel a sense of their self which can be easily lost as they undergo such a hugely transforming and magical process. Looking good as a pregnant woman means you can walk with confidence. You know you are going to attract stares and comments, and although these will undoubtedly be friendly, many women in this condition can feel that they are waddling along, or feel shy at the sudden interest over and above what they are used to.

In terms of comfort a top which looks good, and shows off a female's womanly curves and what might be an ample post-pregnancy bosom, needs to be practical too. Being stylish does not mean that the realities of having to nurse a baby are ignored, but rather these clothing functions if you like are incorporated into a creative design. A wrap around skirt that can expand along with a bump is useful. Pants or trousers can be bought which sit easily and comfortably under the stomach so that there is no pressure felt there as well. Maternity dresses can show off a shapely figure rather than shroud it in what is essentially a saggy, shapeless sack.

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