Fit Pregnancy

Holistic How-to
Energizing prenatal yoga + Wholesome recipes + Inspirational advice

10 tips for an easier delivery

NURSING? How to boost your milk supply

Eat to lose the baby weight

Depressed & pregnant?
What you need to know about meds
Special delivery
Snail-mail packages can be a great pick-me-up, so why not pamper yourself with a subscription service especially for moms-to-be? Receive fun and useful items for mom and baby just once, or once a month. Here, a few of our favorites (all prices are per month and include shipping costs):

- **Citrus Lane** Boxes of baby items focus on a theme, such as bath products, or are tied to a season. Each parcel also includes one mommy-panpering item. ($25 and up, citruslane.com)

- **Honest Company** Actress and mom Jessica Alba's company is devoted to nontoxic, eco-friendly products. Choose a month's supply of biodegradable diapers from a selection of cute floral and skull-and-bones patterns. Or opt for baby-safe laundry detergent and body wash in the family essentials bundle. ($36 and up, honest.com)

- **Stork Stack** Each package provides five goodies based on a theme (i.e., bath time essentials) for you and your baby, including products from companies such as Boon, aden + anais and Burt's Bees. Plus, for every three-, six- and 12-month subscription purchased, the company donates a Stork Stack box to a family in need. ($28, storkstack.com)

- **TeetheMe** Subscribe in your third trimester for boxes of age-appropriate baby gear, such as swaddles or sippy cups, every month until your tot turns 3. Moms can write product reviews and chat with other moms on TeetheMe's website. ($24, teethe.me) – ct.