



LS PICK

Mummylicious

When a woman gives birth to her child, she herself is reborn— as a mother. It is an incredible journey and no matter how many books one reads and classes one takes, still takes one by surprise more often than not! One takes baby steps into this journey, and nine long months bring with it many different kinds of challenges — some days are euphoric while some not so much.

An expectant mum is likely to experience many changes during her pregnancy. The most crucial one is the change in physical appearance, which tends to affect self-esteem and confidence levels. In such a difficult time one's wardrobe can play a key role. What we wear and how we look has the most profound effect on our minds, and even more so during pregnancy.

Maternity style should be comfortable and accommodating to one's changing shape. However, there is no reason to sacrifice fashion. Many women think maternity style is dowdy and boring but it does not have to be so. With a few clever fashion hacks and tricks one can be a stylish and happy mummy-to-be!

Firstly, an expectant mum wants to be comfortable and cool. Hot flashes are a real thing during pregnancy! Breathable, organic fabrics like cotton and linen work best to keep one breezy.

The next factor is the shape and silhouette of the clothes. Tight, snug-fit clothes are a big no during this time; opt for roomy shapes that are flattering and will accommodate your growing size. Play with different tweaks that allow for movement. Pleats on the chest, empire waistlines, flared sleeves and cowl necklines look stylish as well as keep one comfortable.

Aarong has the Taaga Maternity line that offers fabulous blouses in a variety of shapes and styles for expectant mums. The fabrics are hand loomed and organic, which ensures comfort, and the

delicate embroidery brings a sweet flair and adds a touch of sophistication.

Once the baby arrives you will most likely be busy so enjoy all the dinner dates and night outs with friends! For night time, flowing fabrics such as chiffon and georgette are great options. Peasant blouses with roomy sleeves, pleated pussy-bow tops and long shirts with panels will look great and keep you cool.

In terms of ethnic wear, anarkali-style kameez or kurta is a good style, so is an aangrakha with tie-up laces around the bust that allows for room.

For bottoms, look for tights in dark colours with added panels to accommodate your growing belly. Darker bottoms tend to be slimming and flattering. Give regular tights a miss; the tight elastic belt will chafe at the belly and make you uncomfortable.

Taaga has comfortable, roomy pants with wide panels that allow easy movement. There is a huge variety of prints and colours to choose from. You can also opt for maternity jeans that have elastic bands around the waist. Long skirts are easy and comfortable.

Maternity style does not have to be matronly. With a few tweaks here and there you can be a stylish mummy-to-be and embrace your new role in life with élan!

By Sabrina N Bhuiyan

Photo: Sazzad Ibne Sayed

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Wardrobe: Taaga Maternity

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