

SOFIE VALKIERS

LITTLE  
BLACK  
BOOK  
— *for moms* —

from pregnancy  
to the first year of life

PHOTOGRAPHY BY  
MARCIO BASTOS

 | LANNOO

## Content

From girl bo\$\$ to mommy bo\$\$ – p. 6

## PART I – BEFORE BABY

Oh baby baby: maxi prep for your mini – p. 11

### **Fashion** – p. 12

Dress the bump // 1-3 months: hide & seek – p. 14

Dress the bump // 4-6 months: is she...? – p. 17

Dress the bump // 6-9 months: big & beautiful – p. 21

A day of baby bump outfits at 9 months! – p. 26

Baby wardrobe checklist: how to put together your unborn mini's wardrobe? – p. 29

Baby countdown: what do you take to the hospital? – p. 34

### **Beauty & wellness** – p. 42

How to fake the pregnancy glow – p. 45

Baby bump vs. heat wave: you will survive – p. 48

Let's talk food! – p. 49

Work, work, work: 3 tips to truly embrace the calm – p. 52

S.O.S. Parenthood: how do you prepare for becoming parents? – p. 54

From North to Blue Ivy: how do you pick the perfect name? – p. 56

### **Design** – p. 58

Baby nursery: a cozy spot for our little boy – p. 61

And here he is! Introducing your baby to the world – p. 66

### **Travel** – p. 70

Traveling during pregnancy: here's what you need to know – p. 72

Fashion week +1: how to do it with a baby bump! – p. 75

5 Tips for having the babymoon of your dreams – p. 79

## PART II – HE’S HERE!

And there he is: our little Gabriel bastos! – p. 82

### **Fashion** – p. 84

My after-the-bump styling tips – p. 87

How to do twinning – p. 91

From mama to baby: on personalisation and monogramming – p. 92

On-the-go: what’s in my diaper bag? – p. 95

### **Beauty & wellness** – p. 96

Newborn checklist: things you really need to have in the house – p. 98

The 5 not-that-obvious presents every new mommy secretly wants – p. 101

3 Easy cheat sleep beauty tricks to instantly look awake – p. 104

Monday morning with a baby: my favourite tips for air-dried hair – p. 106

The cutest baby-mama night-time rituals are created like this – p. 108

Hush baby hush: how to turn mini-nights into maxi-nights – p. 110

Our 3 basic parenting rules – p. 112

Baby dates: quality time with your mini – p. 115

Cheat food: 1-minute healthy snacks that your baby will truly love – p. 118

Family traditions: how do you celebrate them in style? – p. 119

Que? 5 tips to raise a multi-lingual baby – p. 126

### **Travel: my ultimate tips for travelling with a mini** – p. 128

4 things you’ll need when travelling with a baby – p. 130

Weekend getaway with the car: are we theeeeere yet? – p. 132

Flying and long-distance travel with a baby: here’s how – p. 135

### **My fav places for mini shopping** – p. 144

Antwerp – p. 144

Brussels – p. 145

Paris – p. 145

London – p. 146

New York – p. 147

Online – p. 149

In closing – p. 150

## FROM GIRL BO\$\$ TO MOMMY BO\$\$



Paris, October, 5th 2016. Got up extra early to prep for the Louis Vuitton show, the very last major show of this Paris Fashion Week. It promises to be a busy day, delightfully chaotic, with editorial & street style shoots, outfit swaps, meetings, the show, writing interviews and quick reports, and a big party to finish off. And here we are sitting in our hotel room, my boyfriend Marcio and I – both of us still in bathrobes, **staring at the pregnancy test in complete disbelief.** Is this for real??

And that's how the arrival of our first tiny baby announced itself: amidst the chaos of our always-on-the-road lives, in the world's biggest fashion capital where we had first met 10 years ago, right in between the fashion shows. Looking back, it feels pretty symbolic to me: **the baby was right smack-bang in the middle of the life we loved to lead,** just as we had always wanted. I glanced from the test to the show invitation; an invitation from Louis Vuitton next to an invitation to become parents – it was so us! :)

Us becoming parents, there couldn't be a more surreal concept. With a Brazilian boyfriend whose family is everything to him, and the close ties I have to my own family, we were simply dying to have a little brother or sister for our fat grey tomcat, Bobke. It wasn't until our trip to Thailand, where we celebrated our 10th anniversary together, that we starting seeing things in more tangible terms, and a few months later we had that specific day in Paris when everything suddenly became very, very real. :)

**Making a tiny person and including him in your life: it sounds fantastic and scary and overwhelming...** and 1001 other things that all went through my mind at once while I reapplied my mascara one last time and got into the taxi to one of my favourite designer shows – ready, set, go! And that neatly summarises the biggest challenge I faced in being pregnant:

my intuition has always been my most important guiding light (who remembers my second book? ;)), both personally and professionally. And as these things go, at the same time I'm also a serious control freak who wants to get a grip on everything and decide the funnest way to do things. It just gives me a sense of peace and the room to be free and creative. And then there's suddenly a baby. :) How do you fit a tiny new person with his own personality and (literally) loud voice into the busy life that you secretly adore, and that you worked really hard to achieve? That's something that pretty much every career woman (and man!) faces at some point: **how do you combine *girl bo\$\$* with *mama bo\$\$* without feeling like you're not doing it right?**

I've gotten a lot of practical questions, and when I did a bit of research myself to prepare for the arrival of our own baby, I quickly saw why: there simply aren't a lot of people offering practical tips on where to find the most stylish maternity clothes (they're out there, I promise!), how to deal with a difficult pregnancy (still so taboo!), which products are best for the baby's nursery (expect my official statement against fluo toys), which yummy snacks are really best for you and your baby, which secret beauty tricks can magically erase the effects of short nights, and the best way to handle a loooooong flight with you plus your mini. That and more is exactly what you'll find in this book: **my most personal story ever, straight from the heart, and stuffed with tangible tips for making this new part of your life as fabulous as possible.** Ready, set, go!







B E F O R E

PART  
ONE

B A B Y

I'll admit freely: when we first realised that we were having a baby, that day in Paris, we had zero idea of what we could expect. That's just how Marcio and I were living our lives: making the most of whatever crossed our path, without anticipating and planning the whole time. Some part of me just automatically assumed that a baby would work the same way; **we'd just see what happened and keep leading our normal lives in the meantime.**

---

*O BABY BABY:*  
MAXI PREP  
FOR YOUR MINI

---

It's almost funny when I look back on it, because the reality was pretty much exactly the opposite: from morning sickness that lasted 24/7 for weeks, those first ultrasound images that envelop you in soooo much love and other emotions, putting together your baby's wardrobe and nursery room, and of course dealing with your constantly changing body... Yup, the list of things you have to prepare for your mini is mega-maxi, and takes a whole lot of patience, a series of sleepless nights, and even more daydreaming about what's going to happen next. One thing's for sure: **you're only pregnant with your first baby once, so – chaos or not – try to keep that in mind.** For everything else, you'll find your ultimate checklist here, so you can make it through those 9 unique months in style and (relative) calm!

# Fashion

---

It's such a familiar feeling. Yes, you're unbelievably happy to be pregnant, and yes, you can't wait to actually meet your little baby, but **yikes, what a super scary thought: your entire body's going to change!** It might sound shallow, but guess what? I love my wardrobe. A lot. :) The idea that I might have to say a temporary farewell to my favourite pieces and exchange them for ones that would fit over my big, round belly did not seem appealing to me, to say the least. And especially not when I was confronted with what passes for standard maternity fashion - not good. Until I realised something: **this is the perfect opportunity to dust off my most creative styling tips!** And it turned out to be surprisingly fun, because when it was finally time to say goodbye to my baby bump, I actually got a little emotional (sigh, just typical!). So if you're asking yourself what kind of outfits you can find to wear during these 9 months to take you stylishly through grocery shopping (**practical**), meetings (**sophisticated**), hangouts with your besties (**fun**), and dates with your baby daddy (**sexy**), you can be sure that there's a **matching, on-trend, baby-bump outfit for every occasion!**



# DRESS THE BUMP

## 1-3 MONTHS: HIDE & SEEK

### THE STYLING

For the first 3 months, I didn't notice my baby bump that much. Instead of gaining a little weight (at 3 months, your baby is about the size of a lime), I lost a few kilos thanks to the constant nausea (more on that later!). On top of that, like so many mamas-to-be, I still wanted to **keep my pregnancy a bit hidden** during those risky first months, so comfy, feel-good pieces and my more form-fitting favourite clothing that wouldn't fit me any more in just a bit: those became my go-to items.

#### TIP 1 // AVOID MATERNITY CLOTHES

It may sound like a no-brainer, but if you don't want to look pregnant in the first few months, avoid maternity clothes as much as you can. And I'll take it a step further – wear the clothing you'll soon have to say goodbye to every chance you get! Now's the time to wear all your denim in your fav **denim-on-denim combos**. And yes, you can take that very literally: go ahead and pair your favourite denim shirt with jeans, with or without the same wash (that's the great thing about denim: everything can go with every occasion), and add some sneakers and a hot jacket for the perfect badass outfit! Oh, and if your jeans are already getting a little tight, then try the **elastic band trick**: thread a hair tie through the buttonhole and wrap it around the button to buy yourself a couple extra centimetres. It's that easy!

#### TIP 2 // DRAW ATTENTION AWAY FROM YOUR BELLY

There's no better way to keep your mini-bump

hidden than to shift the emphasis to another part of your body. And that's easy to do with **striking accessories or details that are just a little bit different!** Despite the fact that my first trimester was in winter, I was often spotted in my favourite tasselled blouse, choker necklace with maxi charms, oversized smiley-face bag, and playful monster-print sneakers. In short, lots of small details that make you smile and divert attention from your belly! **Start with a simple basic piece**, like always-flattering wide trousers in a neutral colour, such as dark blue, and **match** to your heart's content **with the craziest pieces in your closet**.

#### TIP 3 // BREAK UP YOUR SILHOUETTE

Contrary to popular belief, a dark monochrome outfit (dark blue, brown, or black) does not necessarily camouflage things. Colourful prints are a much better idea, and they also make your complexion look better! If you're not a big fan of prints and prefer monochrome, then go for **bright monochro-**



**matic colours, which you can pair with each other in unexpected ways.** Orange + red or hot pink? Purple + red or pink? As long as you don't pick super tight items, there's a good chance that the effect will be loads of fun.

#### TIP 4 // LAYERS AND OVERSIZED!

And if your belly is really hard to hide, there are always layers and oversized items! Loose-fitting slip dresses over a top or a casual sporty ensemble with a wide sweatshirt – all super stylish and wonderfully comfy. Or if you need to dress it up a little more, try a pair of over-the-knee velvet boots with a trench coat! Sexy and chic – always. And however difficult it may be: **keep your hand off your belly as much as possible**, because no outfit can hide that reflex! ;)

## THE SHOPS

### BASICS / LEVI'S (MEN)

If you already have a little belly but you still don't feel like jumping into maternity denim straight away, take a peek at the Levi's **men's collection!** The **classic low rise 501s and 511s** pair perfectly with kitten heels and a cool jacket. And that relaxed tomboy vibe is a free bonus!

### COMFORT / COS

COS has a specific leisurewear collection that's extra comfy, and pretty much the whole collection is absolutely perfect for a growing belly. And with a colour scheme that focuses on **earth tones** (white, black, nude, brick red, salmon pink), you can go wild with your acces-



sories; you'll always, always, always keep fitting into those. ;)

### TRENDS / HATCH

One of the most annoying features of maternity wear is, of course, the idea that you have to invest in something that you'll only wear for a really short time. Hatch, an American brand (they offer international shipping!), is here to help, with a very extensive collection that's **also perfect if you're not pregnant** – think casual pantsuits, oversized striped sweaters, flattering caftans, and even a limited edition swimsuit line, all in timeless prints and on-trend colours. They also often launch amazing collections with specialised designers like Current/Elliott (ready-to-wear), Bandier (workout), and Marysia (swimwear)!

# DRESS THE BUMP

## 4-6 MONTHS: IS SHE...?

### THE STYLING

My second trimester: hallelujah!! At month 4, the nausea started to fade and my baby bump was finally starting to show (around 6 months, your baby's about the size of a melon). So it's about time to show off that beautiful belly, so you'll avoid those "Is she...?" questions as much as possible. Yes, she is! :)



#### **TIP 1 // LEGGINGS, BABY!**

Leggings: they really are saviours in this no-more-jeans phase! The only problem? They look so boring so quickly! My favourite way to add a bit of gangster to my leggings is adding a cropped bomber jacket in camouflage print. **The shorter cut means your belly is still visible and the print**, in neutral shades of khaki and brown, **has a super cool effect** when combined with an all-black outfit.



## TIP 2 // AN ODE TO THE PENCIL SKIRT

The biggest challenge in the second trimester is finding a way to highlight your tummy in a sophisticated way (so without going too crazy with tight items that can be a bit tacky). A knee-length pencil skirt is perfect for this, especially **paired with a classic striped shirt and T-shirt with playful text – all to give your look more punch**. Add in a pair of sexy patent leather ankle boots, *et voilà!*

## TIP 3 // MIX & MATCH TEXTURES

One of my favourite ways to make an outfit just that little bit different is **mixing contrasting materials** (light and delicate + heavy and rough)! Wide, loose-fitting trousers with a satin sheen (and a stretchy band at the top, of course!) plus a cashmere V-neck halter and XXL suede jacket: yes and yes! **Give the sweater more of a waistline by tucking it loosely into the trousers**, and finish it with your favourite pair of chunky sneakers and a big shopper bag.

## TIP 4 // CINCH LIKE A PRO

It may not be for everyone, but for me it was an amazing way to make my belly look great in an oversized striped shirt: just add a bustier top! Pick one that's suitable for the purpose, meaning **beautifully finished, made from rich fabrics** (velvet is perfect) **and in a sophisticated colour pattern** (pink: nope; black or brick red: yes). Pair with form-fitting leggings to balance out your wider top half nicely!

## THE SHOPS

### BASICS / JOSEPH

If you're looking for the softest, high-quality wool sweaters and tops (and matching pencil skirts!), then Joseph is definitely the brand for you. They have a super pretty **knitwear collection with masses of basics in neutral shades, plus a few more experimental items** – fringes on the sleeves or a special texture, if you're looking for a little extra.

### COMFORT / BLANQI

While some of my girlfriends struggled with swollen hands and feet, skin problems, or hair loss (eek!), my biggest problem was my growing belly. I naturally have a pretty slim waist, and it was so crazy to suddenly feel the extra weight there! It's a sure way to develop back problems (even at night), so Blanqi's supportive collection really came in handy. The **seamless shirts and leggings** are designed to **give extra support** in the places that carry the most extra weight as your bump grows, and they **look perfect under a form-fitting dress** (great for parties!).

### TRENDS / A PEA IN THE POD

This online store has a nice selection of maternity clothes from 'regular' brands like Splendid and 7 for All Mankind or Paige jeans (also one of my personal favs!). You can easily find **more on-trend pieces** with cool prints, like a camo tracksuit or stretchy pencil skirt.



# DRESS THE BUMP

## 6-9 MONTHS: BIG & BEAUTIFUL

### THE STYLING

Aaaah the 3rd trimester: time to bring out your very best styling tricks, because believe me: every time you think your belly is as big as it's going to get, it gets a bit bigger (and at the end of it all, your baby will be ready to make a grand entrance!). And the mission is this: **to make everything that still fits around your belly look elegant, stylish, and not too girly!**



#### TIP 1 // RIBBON BELT TRICK

The most important accessory at this point in your pregnancy? A belt! Pick one that you **can tie yourself so it can grow along with your belly**, and use it to cinch your dresses and tops just above your baby bump. To keep your ribbon belt from looking too cutesy (especially paired with your belly), all you need to do is **add a few edgy details**: fur-accented slip-ons, a big black bag (to balance out your bump a bit :)) and oversized earrings.

## Colophon

**www.lannoo.com**

Register on our website to receive regular newsletters with information on new books and interesting, exclusive offers.

Text & Editing

**Sofie Valkiers**

---

Photography

**Marcio Bastos**

---

Translation

**Joy Phillips**

---

Book Design

**Leen Depooter - quod. voor de vorm.**

If you have comments or questions, please contact our editing department at [redactielifestyle@lannoo.com](mailto:redactielifestyle@lannoo.com)

© Uitgeverij Lannoo nv, Tielt, 2018

D/2018/45/546 – NUR 450/452

ISBN: 978 94 014 5691 3

All rights reserved. No part of this book may be reproduced or saved in an automated database and/or made public in any form whatsoever, whether electronic, mechanical or any other form without prior written authorization from the publisher.