

american baby

HEALTHY PREGNANCY, HAPPY BABY

9 Reasons Motherhood Rocks!

#1 Your Tot Thinks
You're A Goddess

Quiz

Baby Has A Fever

Do You Know What To Do?

Childproof
Without
Going
Bonkers

The Smart Mom's
Guide To Shots
Your Complete Vaccine
Timeline Inside

12
Games
Little Ones
Go Gaga
Over

REAR

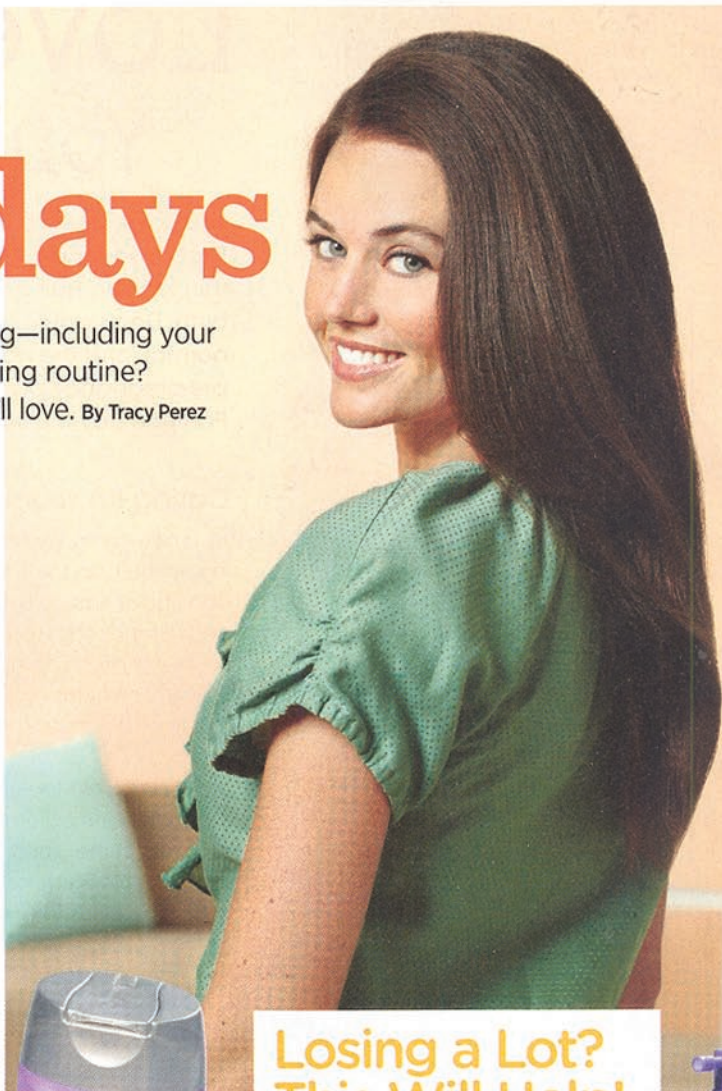
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happy hair days

Motherhood changes everything—including your hair. Ready to rethink your styling routine? We'll help you lock in a look you'll love. By Tracy Perez

Go With the Flow

Pregnancy hormones can turn fine, straight strands curly and frizzy, or cause your ringlets to suddenly go limp. Scrutinize your new mane, then shop for products that can help you manage it like a pro. To control frizz, use a deep conditioner once a week, such as ❶ **Kiehl's Superbly Smoothing Argan Conditioner** (\$19; kiehls.com). Then run a straightening lotion into your hair while it's damp—we like ❷ **Aveda Smooth Infusion Style-Prep Smoother** (\$24; aveda.com). For once-wavy hair that's fallen flat, switch to a shampoo that contains potent plumping ingredients such as wheat protein and panthenol. A bargain bet: ❸ **Suave Volumizing Shampoo** (\$3; drugstores).



Losing a Lot? This Will Help!

Pregnancy, when your entire body is in make-more mode, is full-hair heaven. Sadly, as hormones return to normal, the shedding begins. Because you held on to all that hair during pregnancy, you may lose up to 500 hairs a day instead of the usual 100 or so. Take comfort in the fact that you won't say goodbye to any more strands than you started with before pregnancy, and pump up the volume with products for thinning hair.

➤ **Bosley Volumizing & Thickening Nourishing Leave-In** uses plant extracts to create thickness (\$15; bosleypro.com).