

Do your homework
and you'll soon be
taking charge

3 Dress the part

Lisa Talbot, personal stylist
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As a mum of three, I know that the thought of what to wear on returning to work starts to worry us as soon as we know our return date. And as a woman, your body shape changes during and after pregnancy. But I promise you can look amazing after pregnancy in your daily 'mummy' life, either at home with your baby or returning to work. You mustn't pressure yourself to get back to your pre-baby weight too soon – there are styles of clothes to suit each body shape, to make you look and feel amazing.

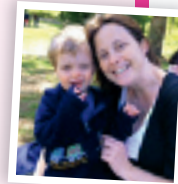
- Highlight the good. Hide the bad. Don't like your tummy? Draw attention away from it. A darker colour can be slimming and a piece of costume jewellery will draw eyes away from that area.
- Do your research. What are people wearing now? Is the office code smarter than before? You can find out with a quick email to a friendly colleague or on a pre-return to work lunch.
- Think small-scale, simple and plain. Getting dressed in the morning is easy when garments work with each other.
- Don't forget your own style. The clothes you wear need to reflect your

personality and your lifestyle, so please don't forget to inject a little of who you are into your outfits.

Mum's story

"I really wanted to feel my best when I went back to work as a teacher after having my son Tom. I went all out with a facial and new outfit, and went to a gym the week before. Feeling well presented really helped me walk tall and feel proud to be back."

Lucie Phillips, 33, mum to Tom, 2 **PPP**



See our 'Ways to take the stress out of returning to work' feature at [made for mums.com](http://madeformums.com)