

Spoon-feeding linked to child obesity

Babies who are allowed to feed themselves during weaning are less likely to overeat or be overweight as toddlers, a new study has found. Swansea University experts monitored how 298 children were introduced to solids between 6 and 12 months old, and then their weights and eating behaviours at 18 to 24 months. They discovered infants weaned in a baby-led approach had a better ability to stop eating when full and were also less likely to be fussy eaters.



Pregnancy peanuts

Advice on whether to eat peanuts during pregnancy has confused mums-to-be over the years. Now new research suggests eating them may actually lower your child's chance of developing a nut allergy. US scientists studied more than 8,000 children and found those whose mother had consumed peanuts, or tree nuts such as walnuts and almonds, while expecting had significantly lower rates of allergy. They suspect this is because early exposure creates a natural tolerance. "We can't say with certainty that eating more peanuts during pregnancy will prevent peanut allergy in children. But we can say it doesn't cause peanut allergy in children," study author Michael Young of Boston Children's Hospital says. Current NHS advice says it is fine to eat nuts while pregnant, unless you are allergic to them.



DID YOU KNOW?

Infertility rates in China have rocketed in the last 20 years, from three to 12.5 per cent. Experts suspect unhealthy lifestyles coupled with pollution are to blame

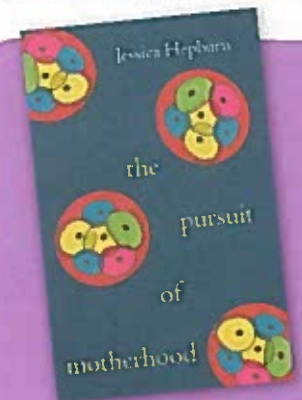
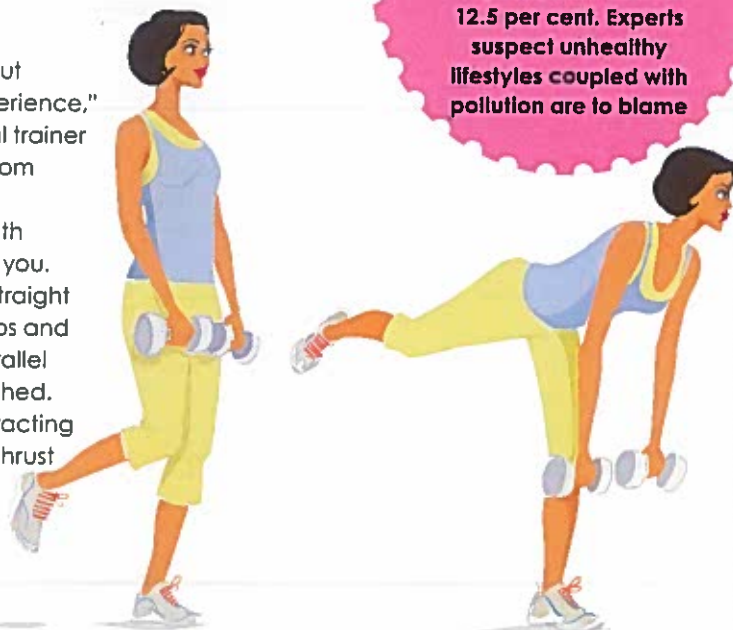
Docket personal trainer

WARM UP YOUR GLUTES

This can be done with or without weights, according to your experience," says Nick Finney, celeb personal trainer and consultant to myvitamins.com

WHAT TO DO

- 1 Stand with feet shoulder-width apart. Raise one leg behind you.
- 2 Keeping your raised leg as straight as you can, bend at your hips and lower your torso until almost parallel to the floor. Keep your back arched.
- 3 Pause for one second, contracting your buttock muscles, then thrust your hips forward to return to the original position.
- 4 Repeat 12 to 20 times with each leg. Rest, then repeat four times.



Book of the month

After miscarriage, ectopic pregnancy and several unsuccessful IVF attempts, Jessica Hepburn decided to "write the book I could not find". *The Pursuit of Motherhood* is an honest account of her struggles. £8.99, Matador Books.