

And, baby makes . . . a step-by-step nesting plan

READY *to* HATCH



A "welcoming baby" gift basket made by mommy helper Lisa Blades sits on a selection of all natural, nontoxic flooring (linoleum, cork floor, bamboo floor and all natural carpet are recommended for a clean and environmental nursery) available from Livingreen, 218 Helena Ave. in Santa Barbara.

STEVE MALONE / NEWS-PRESS

Anyone who is close to me knows that organization is not my strong suit. (I vainly prefer Lanvin, Oscar and Stella for those.) But, at some point, while with child, Mother Nature divinely intervenes even with the messiest of us mothers-to-be.

Restless nights of "Did I take my prenatal vitamin today?" . . . "Is he moving enough?" . . . "I shouldn't have had that gallon of ice cream after dinner!" soon give way to even more panic-inducing thoughts like, "We don't have a crib!" . . . "My hospital bag isn't packed!" . . . "He's not on the list at All Saints!"

No longer willing to wing it, A-List found a rare bird of pre- and post-natal relief: glowing, cherublike faced Lisa Blades' nurturing new company — Nesting . . . 123.



THE A-LIST

Gina Tolleson

Dubbed the local "Diva of Baby Preparedness," Lisa calmly eases you into a safe, organic and organized formula for parenthood. Through personal consultations (starting at \$125 an hour, gift certificates available) and a brilliant step-by-by nesting plan, families

can feel confident about bringing their newest addition home.

As a second-time mom myself, I thought I didn't really need any help preparing for this babe, but Lisa refreshed my maternal instincts and reminded me of many things that worked the first time around and those that were simply unnecessary. Having three types of strollers for every possible agenda, a multitude of gadgets that clogged my house and expensive shoes for a child that didn't walk (although, have you seen the baby Gucci loafers?) are deemed useless from experience. However, cotton breast pads instead of those sticky disposable ones, a deluxe Prince Lionheart wipe warmer (who knew? I feel like I abused my 8-year-old having him endure cold wipes) and getting two Diaper Genies this time (one for downstairs and upstairs changing duties) are an absolute air-quality control requirement.

From home-safety reports, nontoxic paints, flooring and chemical-free mattresses for the nursery to postpartum necessities, doulas and preparing siblings and pets for that little one, Lisa provides strategies to decrease the stress so there can be more time devoted to bonding with your baby.

Build, nurture and hatch a beautiful nest for your child . . . I'm off to feather my own.

Gina Tolleson is executive editor of Santa Barbara magazine. Her column will return in October. E-mail her at life@newspress.com.



STEVE MALONE / NEWS-PRESS

FYI NESTING . . . 123
Lisa Blades, 969-9789, or
www.nesting123.com

Dubbed the local "Diva of Baby Preparedness," Nesting . . . 123's Lisa Blades places an organic mattress in a baby crib at Chicken Little at State and Victoria streets.