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# PREGNANCY born

EARLY BIRD  
SPECIAL

## OUR ANNUAL HOLIDAY GIFT GUIDE

JUST  
EAT IT

Fight  
gestational  
diabetes  
with food

# 10

things to do  
before your  
due date

YOUNG  
AT START

Big fashion  
for little ones

*Build up babe's  
immunity*

STYLISH  
SPACE  
SAVERS

LIGHTS  
OUT

Sleep  
safety  
gear for  
baby's  
first year

Expert  
advice on  
diagnosing  
colic ... and  
what to do  
about it

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PHOTO: EMILIA TANEVA



# Blond ambition

First-time mama **Emilia Taneva** juggles motherhood with a newborn, giving clients the perfect grin and traveling the world, all in style and with a perfect smile. @bubbly.moments



Seraphine dress, \$255, [seraphine.com](http://seraphine.com)



## Dressing room for two

My style didn't change dramatically (or at all) while I was expecting. When jet-setting, I was wearing most of my regular stretchy dresses, skirts, and tops until the very last weeks of the pregnancy. For work, I bought a few affordable pairs of black pants that were cut to fit throughout the nine months with soft over-bump bands and a flattering slim-leg fit. My body changed the most after week 32, and I did buy some easy maternity midi and maxi dresses in bigger sizes that I can still wear post-baby. I liked adding a belt to a dress or light coat toward the end of the pregnancy.



## Organization is key

My closet is sorted by clothing type and style. I prefer clutter-free with some of the latest vogue items. Apparel that I don't wear regularly or have worn only a couple of times is donated to my favorite charity. I believe the right accessories (fashion jewelry, watches, sunglasses, belts, scarves and headpieces) play a crucial part in giving you the complete look. I designate my clothes and handbags for a specific purpose and location: home, work, weekend, happy hour, cocktail party, fancy restaurants, night out, vacay, seasonal. For example, clothing that I wear in a tropical beach location like Hawaii will not be appropriate for glitzy Las Vegas.

## Pop the Bubbly

Ever since I was a little kid, I wanted to travel the world, to see what's out there, and to experience different cultures and cuisines. I spent a big part of my early 20s traveling across Europe as part of a dental student organization. I find traveling to be an adventure! After I completed my residency in orthodontics in Chicago, I started traveling more often once again and was eager to share my adventures. The more I traveled, the more inspired I was to start a blog, and to share my experiences. The Bubbly Moments blog currently focuses on a variety of luxurious destinations and exclusive places, as well as dental and orthodontic tips.

See more style inspo from Taneva at [pnmag.com/emiliataneva](http://pnmag.com/emiliataneva).





### Pro bono teeth tips:

→ Pregnant women are generally more prone to tooth decay and periodontal disease (unhealthy supporting gum tissues and bones; red, swollen, tender or bleeding gums). Increased hormone levels may be partly responsible for pregnancy gingivitis with the condition tapering off soon after the baby is born. Teeth should stay healthy during pregnancy as long as good oral hygiene habits are maintained at home and the dentist is seen regularly. In order to keep a brighter smile, I would suggest pregnant women eat a well-balanced, nutritious diet with plenty of protein, calcium, vitamins A, C, and D; brush their teeth at least twice a day for at least two minutes each time; use fluoride toothpaste; floss at least once a day; and use an antibacterial mouthwash to further destroy bacteria.

### Stamp collection

In the past, I was planning my travels only two weeks in advance. I can see now traveling with baby, the entire preparation phase to start as early as eight weeks ahead of a trip.

I would suggest packing clothes that can be worn in multiple combinations. You can travel in style by wearing a maxi dress and denim jacket or a matching set. This is not only trendy but also very functional. Pack some face wipes and makeup in your carry-on to refresh and retouch before you land. Bring your favorite handbag or smaller purse and add a long strap for easy hands-free carrying. Make sure you have mini everything of your personal skin and hair products (shampoo, conditioner, soap, shower gel, toothpaste, dental floss, mouthwash, facial foam, moisturizer, eye cream, serum, dry shampoo, hair spray, fragrance, pain relief medications). During your vacation getaway make a splash and turn heads in a bold and elegant color-block swimsuit! **P&N**

Get the Look



**City livin':** Chicago, Illinois

**Nine-to-five:** Orthodontist

**Moonlight gig:**  
bubblymoments.com

**Joy to the world:** Baby Boy Nikola, born Aug. 15, 2019

**Hometown:** Veliko Tarnovo, Bulgaria

**Rest is for the weary:** I have alarms set every 2 to 3 hours during the night for breastfeeding and the last one at 7:30 a.m. to get ready for work.

**Favorite place to unwind:** The amenities floor in my building—it has a gym, pool, sauna, steam room and outdoor terrace.

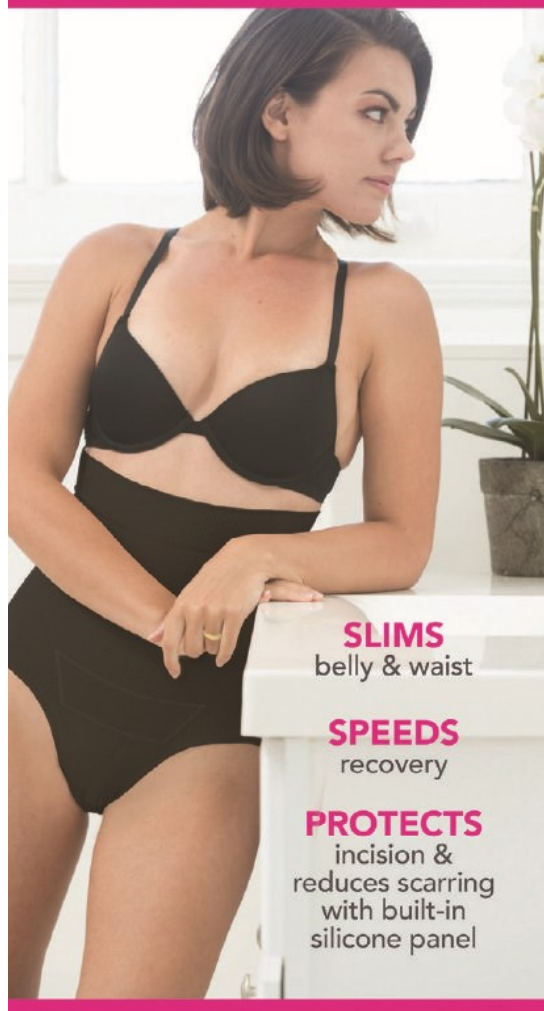
**Readers are leaders:** I like listening to Audible self-improvement, real estate and finance books during my commute and reading Kindle leisure books at home.

**Sequins or sweats:** Sequins out of the house; sweats at home.



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