

+ **Magnesium:** 150 to 300 milligrams. — VICTORIA CLAYTON

editor's note: Ask your OB or midwife about whether you should take additional calcium as well as vitamin D and omega-3 fatty acid supplements. For more information, go to fitpregnancy.com/prenatalvitamins.

Frugal finds Score baby-gear bargains online at Trading Cradles (tradingcradles.com), where parents buy and sell “gently used” products. Similar to Craigslist but with a limit of 250 characters per ad (so you won't have to plow through endless loving details about people's no-longer-needed stuff), the free-of-charge site is organized by city and allows buyers to search by category—from car seats to clothing—and then contact sellers directly. Be aware that at this point some cities have a lot more loot available than others. — LIZBETH SCORDO



In our next issue: How to save on prenatal care.