


# 5 Ways to Extend Your Wardrobe Through a Winter Pregnancy

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by **Chaunie Brusie, RN, BSN**



## Is there any better season than winter to be pregnant in?

Unlike my most miserable of miserable summer pregnancy, in which I melted into a sweaty pool each and every day and tried in vain to stuff my body into tank tops and shorts that resembled clothes suitable for public viewing, winter provides ample opportunity to style the expectant mama.

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Because I am a fashionable, frugal mama (OK, so I'm not really fashionable, but I *am* frugal), I make it my goal to get through each and every pregnancy with pieces that take me far, especially during the early weeks and that awkward post-partum-but-I-still-look-six-months-pregnant phase.

Your mission, should you choose to accept it: *Extending your winter wardrobe through pregnancy and beyond!*

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## 1. Leggings

Leggings are the number one go-to for winter pregnancy style. You can easily pick up a pair of maternity leggings for less than \$10, and I can guarantee that you will get your money's worth. Pair with an oversized sweater or dress, and you have an easy and comfortable outfit that may just pass for stylish.

Also, I have a confession: I still, to this day, wear the maternity leggings that I bought when I was pregnant with my son over two years ago. Hey, they're stretchy!



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## **2. The coat**

OK, question of the day: Will you need a new maternity coat for your winter pregnancy? And the answer is? Probably not.

Although there are some really adorable maternity winter coats out there (if you're willing to spring for them), I've always managed to get away with bundling up in bulky sweaters or just buttoning a top button or two. Honestly, my baby bump was like its own internal furnace, anyway!

## **3. Sweaters**

Sweaters are your friend during your winter pregnancy. Go for the ultra-comfy, oversized sweater that you can pair with layers for added warmth, since, as I always found, I needed less warmth! (Please see reference to pregnancy = internal furnace.) I also recommend sweaters that are v-neck or button down so you can wear them as coats or during breastfeeding sessions for even more bang for your buck!







Image via [Khanelle Prod' Medias/Flickr](#)



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#### **4. The scarf**

Although I don't own as many as a lot of women, I love scarves, and I particularly loved them during the winter for two reasons:

- 1) I felt like they could “play down” my baby bump a little bit on those days I felt particularly large—just giving me a little extra material to hide behind, and
- 2) They helped me transform the same two maternity shirts that I wore over and over into slightly different looks.

One comfy maternity shirt + 3 cute scarves = one happy mama! Plus, scarves are accessories that can totally carry well into a non-maternity wardrobe.



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## 5. A ponytail holder

I've said it before, and I'll say it again—the everyday ponytail holder is my go-to necessity for making regular clothes do double-duty during pregnancy.

During the winter months, it is especially important to know this little secret, as you don't have the option of nice summer dresses to accommodate your growing baby bump. Wrap a ponytail holder around the button of your jeans, loop it through the buttonhole, and fasten back around to give yourself a little extra breathing room in your non-maternity jeans. (This also works for second helpings at Christmas dinners!)

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Chaunie Brusie is a coffee mug addict, a labor and delivery nurse turned freelance writer, and a young(ish) mom of four. She is the author of "Tiny Blue Lines: Preparing For Your Baby, Moving Forward In Faith, & Reclaiming Your Life In An Unplanned Pregnancy" and "The Moments That Made You A Mother". She also runs Passion Meets Practicality, a community of tips + inspiration for work-at-home mothers. ... [More](#)