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Angel Maternity Castle Hill shop manager Jeanette Berry in the newly refurbished shop.

Caring for mum

QUALITY maternity wear is very important to ensure mother and baby are comfortable for the whole nine months of the pregnancy.

At Angel Maternity there is a large range of basic, smart casual and career clothing designed especially for Australian women by Angel Maternity's own Australian designers and pattern makers.

Managing director Olivia Zhao said Angel Maternity's career pants were particularly popular as they could be worn for the entire pregnancy – as can all their clothes.

"They have a specially designed waist band which lets the mother adjust it outwards as her tummy grows," Ms Zhao said. "Then, when she has had the baby, she can gradually adjust the waist band back in again as she loses her tummy. Comfortable pants are very important because it is not good for the baby to have anything tight around it."

The staff at Angel Maternity in Castle Hill are all specially trained to understand how clothes fit different pregnant women and how to accommodate each individual baby bump.

Ms Zhao said it was important this training took place with every new item they got in the store.

"It's not a situation where you can just see something you like and wear it," Ms Zhao said. "It all depends on where the tummy is and its shape."

The right fabric was very important too, Ms Zhao said.

"We choose our fabric very carefully and we only choose the best," Ms Zhao said. "We use high quality cotton which is very soft and stretchy so it will fit nicely around the tummy."

Angel Maternity also stocks a range of maternity underwear and accessories including stockings, support girdles and nursing singlets.

Details: Angel Maternity, shop 1/261 Old Northern Road, Castle Hill; Phone 9894 2055; Visit angelmaternity.com.au.