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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**Baby Your Baby -- And Give Birth To A Big Reader**

**By Blake Kritzberg**

There are a lot of options out there when it comes to helping your baby's development along, including piping Mozart to your child in the womb or teaching her to sign shortly after she's born. But you're still giving your baby a great start just by providing her with the building blocks she'll need to learn to read.

Just about all the important things that modern science suggests when it comes to helping your baby's brain develop have been practiced by parents for millennia. Now as ever, these steps are important:

Sing to your baby. Babies and toddlers love rhyme almost as much as they love the soothing sound of your voice.

Talk to your baby. Even when your baby is tiny, talk to her as if she already understands what you're saying. Use gestures, body language and tone of voice to keep her attention and dramatize your message.

Imitate your baby. When she makes those first experimental sounds, make them back to her. Your baby will feel how important she is to you, and get excited by the effort of language.

Play "where's the?" games. Ask your baby, "Where's your toes?" "Find" her toes and touch them, then switch the playing field to her fingers or nose.

Touch your baby. Whenever possible, hold your baby in your lap and cuddle her while you talk or sing to her. Even when she's much older, she'll still associate the warmth and coziness of this early experience with language.

Start out with books. Even as early as six weeks of age, you can start introducing books to your baby. Pick bright, tactile books with clear pictures of things your baby might recognize, like puppies or cribs. Sturdy books they can touch or pet are ideal; look for classic "touch-and-feel" titles like Baby Animal Kisses or Pat the Bunny. The classic fabric "Quiet Book," with its embroideries, braids, buckles and buttons, is an unbeatable way to interest a slightly older baby. Cuddle your baby in your lap and read

for short periods of time, so it never becomes arduous for either you or her.

Blake Kritzberg is owner of BebeBleu. Stop by

<http://www.bebebleu.com>

for baby bedding, cribs and

apparel.

## **Tips For Preparing For Your New Baby**

### **By Gabriel Adams**

When you first find out that your wife is pregnant with your first baby, you are usually very excited. Then slowly this excitement starts to turn to anxiety and fear. Having a baby is a huge step in your life, and you need to prepare for it as much as possible before the baby arrives. Once the baby is here, you will be amazed at the lack of time you have for anything except taking care of the baby. Here are a few tips to help you prepare for your baby's arrival.

The first thing that you need to do is to set a doctor's appointment to get tested to make sure that your wife is definitely pregnant. The home pregnancy tests are usually very accurate, but the test at the doctor's office is almost perfect. Your wife needs to start taking prenatal vitamins as soon as possible to make sure that your baby is getting enough of the right nutrients. After visiting the doctor to make sure mom and baby have all that they need to be healthy, it is time to start working on your house.

Make sure that you have the nursery ready before the baby is born. If you find out the sex of the child before birth, then you can completely have the nursery decorated before the child arrives. If you do not want to know the sex of the baby, then you can use neutral colors, so that it will not matter what the sex of the baby is. Either way, make sure that the nursery is ready for your new baby, because you will not have anytime after the baby is born to work on it.

Another way to prepare for your new baby is to read as many magazines and books as you can. Also talk to as many parents as you know to help prepare yourself for your baby's arrival. Nothing will fully prepare you for your baby's care, but this knowledge will get you out of some trying situations. Once you are prepared try to relax and take it one day at a time, because at first it will be a struggle.

Get a Personalized baby blanket to prepare for your new baby at

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