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**Menopause, Andropause And Other Hormone Imbalances**  
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## Extra-Cute Baby Outfits

By Kirsten Hawkins

Parents live vicariously through their children and play dress-up.

One of the joys of being the parent of an infant comes in the form of choosing cute outfits for the baby to wear. Over the years, parents have narrowed this down to an art, finding and choosing the most adorable outfits that they can imagine and making it seem that every day is Halloween for their infants and toddlers. While scary and grotesque outfits rarely show up on a baby even during the actual Halloween holiday, there are plenty of parents that like to dress their sons as baseball players and their daughters as princesses. It's almost as if the parents start to relive a second childhood through their infants and just want to play dress-up.

And that's ok. It's part of being a parent.

### The Sailor

"We want you as a new recruit," sang the Village People at the close of the 1970s in a song so popular that the US Navy thought of making it an official theme until someone finally advised the top brass what it implied. People love ships and sailors, though, and have been dressing their baby boys in naval inspired clothes for nearly a hundred years. The reasons aren't very clear but it seems that every little boy or grown man comes across pictures of himself as an infant or toddler in a sailor's suit at one time or another. If he could speak he might say, "Batten down the hatches and swab the poopdeck, matey! And, unless I get a little help bottom-side, poopdeck may take on a whole new meaning!"

### The Baseball Player

Every father imagines his son standing atop the mound in Yankee Stadium, three pitches away from a perfect game in the last inning of the last game of the World Series. Even men who never excelled in sports themselves seem to have a burning desire to see their sons go on to be the next big thing in Major League Baseball. It's the only feasible explanation for the popularity of baby boys' baseball outfits. These are more common than the sailor suits and can be purchased in run of the mill stores like Wal-Mart, Kmart, and Target. Your boy may not be the next Nolan Ryan or even the next Bob Uecker, but you can dream that he is as you admire him in his little uniform. These come in versions licensed

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by real Major League ball clubs and generic versions that just share some team colors.

### The Princess

Little baby girls don't escape the dress-up play imposed by their parents, but are outfitted in more traditional items like frilly dresses, white tights, and little patent leather shoes. Their mothers may imagine them to be princesses, prom queens, or debutants, but mostly just do their best to make them beautiful. Since all babies are beautiful and the only thing more beautiful than the average baby is your baby, they don't have to try too hard.

Kirsten Hawkins is a baby and parenting expert specializing new mothers and single parent issues.

### Visit

<http://www.babyhelp411.com/>

for more information on how to raising healthy, happy children.

## **Essential Baby Clothes And Accessories**

### **By Catherine Olivia**

Leave the cute outfits to the shower guests - these are the things you need.

Having a baby is a time of combined joy and stress for most people. Nothing compares to the joy that a mother feels when she's holding her new baby for those first few days after bringing the little tyke home or that of the proud father showing off pictures of the infant to his friends and family. Unfortunately there is also nothing quite like the stress in worrying that everything is going to be all right and that the family is properly prepared for their joyous new addition.

New parents often fall into the trap of being unprepared when it comes to suitable clothing for their baby. In the months and weeks prior to the mother's due date the couple will be preparing for baby's arrival by setting up the baby's room, buying necessary items like a crib, playpen, changing table, walker, and, of course baby clothes. The problem introduces itself when the parents (and this usually comes from Mom's side) focus too much on purchasing the "cutsie" baby outfits and ignoring the basic essentials that babies will need.

Cotton bodysuits, absorbent baby blankets, bibs, and baby booties are items that a new parent can never have enough of. Babies are messy simply by their nature. For all the cuteness and adorability that they possess they are essentially little drooling, slobbering, spewing, waste producing machines for about the first year or so of their lives. As such, their clothes get messy quickly and often. So often that a parent may find herself changing her baby's clothing almost as often as she changes baby's diaper - sometimes more.

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The best plan is to stock up on the practical "onesies" suits, baby tees, and mess-cleaning cotton blankets so that you always have plenty on hand. Buy plenty, but not so many that you'll quickly be stuck with a pile of baby items that no longer fit the baby. A good rule of thumb is to have at least five clean outfits at any time. Pack extra when taking baby on an outing, and always make sure that you have plenty of clean backups. This may require a good deal of additional laundry duty, but that is just one of those fringe benefits that come along with a little bundle of joy.

The cute and adorable baby outfits are fine for taking baby to church or to visit grandma's house, or for taking family photos, but keep in mind that the odds dictate that as soon as you fasten that last cute little button or tie the final adorable pink bow, the baby is going to spit up all over that precious little outfit. While planning and preparing for the arrival of your newest family member, forego a few cute outfits so you can stock up on more of the practical essentials. The guests at the baby shower can provide the cute stuff while you ensure that you are truly prepared.

This article provide courtesy of

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