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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## How To Do A Baby Handprint Poem

By Mikael Rieck

It can be a lot of fun creating a baby handprint poem keepsake. As it involves paint and a child it can also very quickly get very messy so be sure to do it at a place where you can easily clean up after you're done creating the keepsakes.

Before you get started you will need to find a poem that you can put place the baby hands on. There are a lot of poems available on the internet that you can borrow. Be sure to read any disclaimer or copyright information that is posted along side the poem that you choose. I always recommend that you contact the author (if possible) to make sure that it is okay to use the poem they created.

Most of the time they are only glad that someone likes their poem. They might even have more poems that you can use for additional keepsake ideas that you might have.

If you haven't got the time to look around for a poem to use then here is one that you can print:

Sometimes you get discouraged Because I am so small  
And always leave my fingerprints On furniture and walls

But every day I'm growing I'll be grown some day  
And all those tiny handprints Will surely fade away

So here's a little handprint Just so you can recall  
Exactly how my fingers looked When I was very small

-- Put a date here -- Love, -- put child's name here --

Be sure to print out a few copies in case the first handprint isn't perfect.

The other ingredients that you will need is: Your child in play clothing (obviously), a small photo (not necessary), water based paint (or finger paint), a bowl or similar to hold the paint, a sponge or a brush to apply the paint to your child's hand, paper towels to easily clean up your child's hands afterwards.

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Now you apply the paint to your baby's hand and place the hand on the paper with the poem at the exact place that you want it to appear. It might take several tries before you get it right so be sure to bring your patience.

When you have finally made a baby handprint poem that you like be sure to clean the hands (and the rest) of your baby before moving on to anything else. Otherwise you might end up getting paint all over the place.

Now you'll have to wait for the paint to dry and if you want to you can glue a little picture of the baby to the handprint poem. To add a final touch you can frame it to make it last for years to come. Be sure to add the baby's name and the date to the handprint poem before you frame it.

Unique–baby–footprint.com provides you with information on all kinds of baby keepsake related issues like baby handprint picture, baby footprint and more. Come take a look at

<http://www.unique–baby–footprint.com/>

### **Using A Baby Hand And Footprint As A Gift?**

**By Mikael Rieck**

I am sure that you have been in a situation where you didn't know what to get for your parents or your mom and dad in law. Maybe it was their birthday or maybe it was for Christmas or maybe you just wanted to give them a present. Nevertheless it can sometimes be a challenge to find a gift that is affordable and one that they will be glad that they got.

If you are a parent yourself (preferably if you have a child of age 0–6 years) then you now have an easy to do, affordable and yet valuable gift to give. And the best part is that you can spend time with your child and he/she will think that it is fun to do.

The gift is to create a unique baby hand and footprint (or a child hand and footprint if your child isn't a baby). It is easy to do if you choose to buy a keepsake kit from a local store or on the internet. If you're going for the internet then be aware that it takes time for the shop to ship the kit to you.

Once you have the kit at home you're ready to start making a baby handprint, a baby footprint or maybe even both. Use your imagination and let your fantasy run wild. Use colors if you're the artistic type or keep it in plain colors if you're the more conservative type.

They great thing about a handprint or a footprint is that it will always be unique. No one can create a print that is exactly the same as your baby's hands and feet are very unique. Secondly I'll bet that your parents or your mom and dad in law will be thrilled to get a little keepsake memory of their grandson or daughter.

If this is the first time that you have ever done a handprint or a footprint you might want to buy more

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than one kit. It isn't difficult to do as most kits have an explanation inside but if you do something wrong you'll have to run to the store to get another kit or buy another one on the internet (and wait for it to arrive).

A kit is just one way to do a handprint or a footprint but there are other ways that are more creative, fun and unique. Actually the kit solution is kind of "the easy way out". If you feel that you could do more than just a kit print then I invite you to come to my site to see some of the other options that are available to you.

No matter what route you choose to go I can assure you that the baby handprint or footprint will be a gift that the grandparents will want to hold on to for the years to come.

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