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The Great Baby Name Debate

By Claire Kolarova

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Winifred or Willow? Thomas or Troy? The name you choose for your child will last a lifetime. Whether you're looking for something original that will stand out from the crowd or a traditional name that people will instantly recognize, choosing a name for your new baby is a huge responsibility.

It goes without saying that you as the parents must like the name. Names that hold bad associations for you are out (Jeremy was a bore at school, you can't stand Bella in the Tweenies), and if you consider your own name uninteresting, you may wish to choose something more exotic - or vice versa.

Think carefully about combinations of first name and surname. Are they compatible? You may like a mixture of an unusual first name with a more familiar surname (Zara Phillips), but be careful about rhyming the two names - Mark Clarke won't thank you for it. Beware initials that could cause hilarity to your child's future friends - Ethan Thomas or Peter Oliver Ogilvie won't be joining in the giggles! Trying to be clever can also cause grief - Poppy Fields or Summer Winters may sound cute at the time, but can eventually grate on everyone's nerves!

If she's called Grace, will she turn out to be butter-fingered? Will Maximus grow into a Mr. Puniverse? Is Jordan a boy or a girl? What will Elizabeth grow up as? Lizzie? Beth? Liza? And as for Ashleigh, Ashley, Ashlee, Ashlea and Ashlie - all in circulation at the moment - how is anyone supposed to find a name that is both special and appropriate?

Fortunately, sources of inspiration can be found everywhere. You can avoid the throng of Chloes, Emilys, Jacobs and Jacks topping the baby name charts for the past few years, and choose from a huge variety of names collected in specialist books and on the Internet. Some parents prefer biblical names - Rebecca, Abigail, Joshua, Samuel and Joseph are all very popular at the moment. Names inspired by nature include Blossom, Lily or Skye and even Tiger for boys. Place names (Paris, Lamorna), colours (Coral, Ebony), astronomy, music, and sport - all provide a wealth of ideas and choice.

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Naming twins presents its own set of challenges. You may wish to link the names in some way using the same first letter (Jack and Jill?) or a theme such as Liberty and Faith, or even similar names like Leo and Eleonora. However, you might end up having two very independent children who don't wish to be connected by name as well as birthday. A less obvious connection involves using different names with similar meanings such as Columba and Jemima (both meaning dove), or Jonathan and Matthew (gift of God).

For those of us who still haven't decided even when the stork delivers, the arrival of your newborn may give you all the inspiration you need! Christmas babies often appear as Noel or Noelle, Natalie or Natasha, nighttime births produce star inspired names such as Stella, Esther or Sterling, and for thankful parents after a difficult birth, Nathaniel (gift of God), Abigail (father's joy) or Miranda (wonderful) might fit the bill.

So whether you plump for Clifford or Condor, Harriet or Harmony, above all have fun choosing that special name - and with careful thought, your child will grow up bearing a name you can all be proud of!

Claire Kolarova is a busy mother and teacher, and webmaster of a little kids' games site that features

The Facts About Organic Baby Food

By A. Pruder

Quite simply, organic baby food is that which is processed without the use of artificial pesticides and/or synthetic fertilizers. While many note organic food as being either store-bought, garden grown or gathered in the wild, the correct association is certified organic foods, which are produced and labeled according to strict regulatory standards. In a number of countries, including the United States, the use of the word 'organic' in the commercial market, without the proper certification, is prohibited by law.

Organic baby food is most commonly found in a supermarket and will be labeled accordingly. Because of its nature, organic baby food is more expensive than other types. Processed organic baby food typically includes only those ingredients that are organic and has no artificial food additives. While there seem to be a number of benefits to using organic baby food, the most common reason for purchasing this type of product is the overall quality. Increased nutritional value, the absence of residues from artificial pesticides and better taste are all positive benefits of organic baby food.

Organic baby food, because it is believed to be fresher, often carries an improved taste over other baby foods. Because organic farms are small, their products are most commonly sold close to home. Therefore, organic baby food and other products feature a fresher taste simply because they are fresh.

By 2003, organic food products were available in 20,000 natural food stores and 73% of commercial grocery stores. While many believe that organic baby food is helpful, others are not as certain. Some

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believe that farming and organic fertilization may carry its own risks that may be passed along in organic baby food.

The main debate lies with the better approach to manufacturing organic food. Is it more healthy to use artificial and synthetic products in food processing or natural fertilizer and organic farming methods? There are both sides to any debate and the questions surrounding organic baby food is no different. There is legitimate concern over contamination and safety of organic food and products, but an exact determination as to which side of the table is right has yet to be decided.

The information in this article is to be used for informational purposes. It should not be considered as, or used in conjunction with, professional medical advice or recommended feeding for your infant, toddler or young child. Prior to beginning any food preparation involving the use of organic baby food, consult your child's physician for additional information and/or a recommendation regarding the use of organic baby food as part of your child's food intake.

Want to learn more about organic baby food? Make sure you visit our site at:

for access to additional organic baby food tips and information.



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