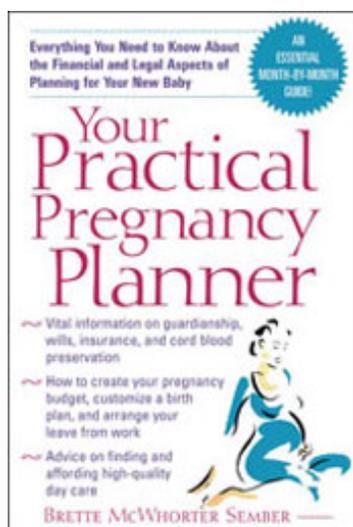




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si baby



Legal, financial and practical information from pre-conception to early parenting. (McGraw-Hill)

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## Expectant Parents Prepare !! Pregnancy Attorney Offers Tips to Help

Pregnancy is a time of great change. Watching your belly grow and getting the nursery ready are exciting milestones. However, "pregnancy is about more than doctor's appointments and layettes," says Brette McWhorter Sember, retired attorney and author of *Your Practical Pregnancy Planner: Everything You Need to Know About the Legal and Financial Aspects of Planning for Your New Baby*. "Pregnancy is a time of new responsibilities and choices, legally, financially, and practically. Expectant parents have a lot to prepare for." Sember offers these tips for expectant parents:

**Know Your Rights.** New and expectant parents need to educate themselves about informed consent, the right to refuse treatment, the right to a second opinion, pregnancy leave, maternity and paternity leave options, The Pregnancy Discrimination Act, newborn screening choices, and your rights with regard to your own and your child's medical records.

**Create Budgets.** Pregnancy is an expensive time. Not only are you purchasing an entire new wardrobe for yourself and paying for frequent medical care, but you're also buying pregnancy books, paying for childbirth classes, and buying everything you need for your baby. Creating a pregnancy budget will help you plan for these expenses. It's also essential that parents create a parenting budget, so they can see how much they are going to spending each month on their regular expenses, in addition to the cost of diapers, wipes, formula, baby clothes, and more once they are parents.

**Plan for the Future.** Pregnancy is the doorway into your future as a parent. Take the time now to think about things such as wills, guardians, life insurance, and college savings accounts. It can be difficult to think about things that seem unpleasant or far away but taking a few minutes now to create plans for the future will allow you to feel comfortable and know that everything is in place and your family is protected.

**Get Organized.** While you're waiting (and waiting and waiting) for your baby to be born, use this time to get organized. Do a safety check of your home, including tests for lead paint and radon. Try different layouts for the nursery using graph paper and to scale drawings before you start moving furniture back and forth. Sign up for free newsletters and magazines so you'll have an ongoing source of information. Stock your pantry and freezer so you don't run out of things the first few weeks the baby

is home.



## Warmth, delivered...

When everyone thinks of Linus of Peanuts fame, his faithful blanket immediately comes to mind. Why can't so many kids live without their blankets? According to Dr. Steven Glicksman, a New York-based psychologist. "Children form attachments to blankets because they are often the first thing they own; ownership provides a sense of self and enables them to begin to form their own identity. Blankets are also familiar, soft, big and easily transported."

Admiral Road Designs offers 100% non-pill fleece blankets that are made to last and do not run, shrink fade or fray. The hand-made designs and craftsmanship, the ability to personalize with a child's name, and the affordable price tag make these blankets stand out from the piles of ordinary baby linens and gifts a new mom can receive. Now available for the first time in the U.S. at <http://www.admiralroad.com/>

Call (866) 466-9566 for more information. SRP \$44-\$64.



## Diapees & Wipees

Now available for stylish Moms who not only want to organize, but accessorize as well! diapees & wipees is a small stylish bag designed specifically to hold two to four diapers and a travel pack of wipes to keep them clean and protected in your diaper bag, handbag or anywhere. You can chose from a wide variety of fabrics- from classic gingham to hot dot and funky monkey.

SRP: \$14.99 to \$19.99 <http://www.diapeesandwipees.com/>



## Jessica Scott, Ltd.

Jessica Scott, Ltd. is launching its first line of organic and eco-friendly maternity clothing and baby bedding for parents and expectant parents who are concerned about exposing themselves and their babies to environmental toxins. Unlike the traditional bland colors and baggy designs associated with organic textiles, the Jessica Scott, Ltd. collection will offer chic, comfortable, colorful styles for moms-to-be, as well as super-soft, high quality, and unique baby bedding designs. The maternity collection contains classically cut pieces with a slightly European flare, including the use of hand-dyed silk ribbons, raw and frayed edges, plunging neck lines, and unconventional hems. The upscale, organic baby bedding collection features embroidery on luxurious fabrics, lush accent trims, and enchanting color combinations. For more information, go to <http://www.jessicascottltd.com/> or call 720-249-2441.

## Small For Gestational Age



More than four million babies are born each year in the United States and an estimated 100,000 are born SGA. A baby is SGA when his or her birth length, weight or both is in the bottom 3rd percentile for babies of the same gestational age. The majority of the children born SGA catch up in size by 2 years, but about 10 percent remain small.

Parents and pediatricians should discuss and track a child's growth progress on a growth chart. It is important for children who fail to grow 2 inches in a year to be evaluated by a pediatric endocrinologist. Pediatric endocrinologists specialize in helping children with growth and endocrine gland problems, such as diabetes, SGA or Growth Hormone Deficiency. Early diagnosis of poor growth can improve a child's chance of reaching his or her growth potential. For more information on SGA or healthy growth call 1-866-244-1284.

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