

# Finding the Perfect Name

Choosing a name for your baby isn't as easy as it seems. No regrets – take the time to choose a name with meaning, one that you and your child will be proud of, one that 'fits' your family. Consider the number of syllables, what nicknames can be derived from the chosen name, how you and your partner feel about the name (it's nice to agree on the name).

For some, finding a name can take their entire pregnancy and delivery without a decision. For others, they knew the name they would pick before they even became pregnant. Your baby will wear the name you choose for life, which is why it is so important to put a lot of thought into it. Your child will be known on the playground, in an interview, professionally, and to future generations by the name you choose.

## Avoid names with initials that spell out words

Would you name your baby Richard Alexander Thompson? Maybe, until you saw "RAT" on a monogrammed baby gift! Try to choose a name that doesn't spell out an unexpected word with an unpleasant connotation.

## Think about nicknames

Are you prepared to hear your child called by a nickname? Andrew will inevitably become "Andy" some of the time, even if you insist on the formal name. Make sure you like the potential nicknames associated with the name you choose. But if you have strong feelings against them, think about choosing another name with nicknames you like better or consider names without commonly used nicknames like "John" or "Mary."

## Should you honor a family member?

If you genuinely like the idea of naming your baby after a family member, then by all means go ahead. Just make sure you like the name. If you don't like the name, use that



name as the middle name. Remember – it is your decision.

Family names are unique and valued – they should be considered. For example, my mother's last name was Clayson...it is now the name of my nephew. My cousin's last name was Whitfield...it is now the name of her son. Search your family names – you might just come up with something unique...something special.

## Go with your heart!

There are so many things to consider! When your baby is born, you realize it's all a matter of feeling, not logic. The feelings you and your partner share matters more than any opinion offered by friends and family. Stick with the name you genuinely love and welcome your child into the family with it.

## Five tips on getting started:

- Make a list of the names you favor most.
- Consider the middle and last name as well.
- Avoid names that remind you of people you dislike.
- Think about the nicknames.
- Most importantly, go with your heart!

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