

Special Holiday Edition
ePregnancy
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Is One Drink Too Many?

What do you really know about Fetal Alcohol Syndrome?

Holiday Foods...

those you can eat and those You Must Avoid

Synchronized Sex

He's hot, you're not, now what?

10 TIPS FOR SURVIVING THE SEASON

MEDICAL UPDATE

Cord Blood: Childbirth's Second Miracle

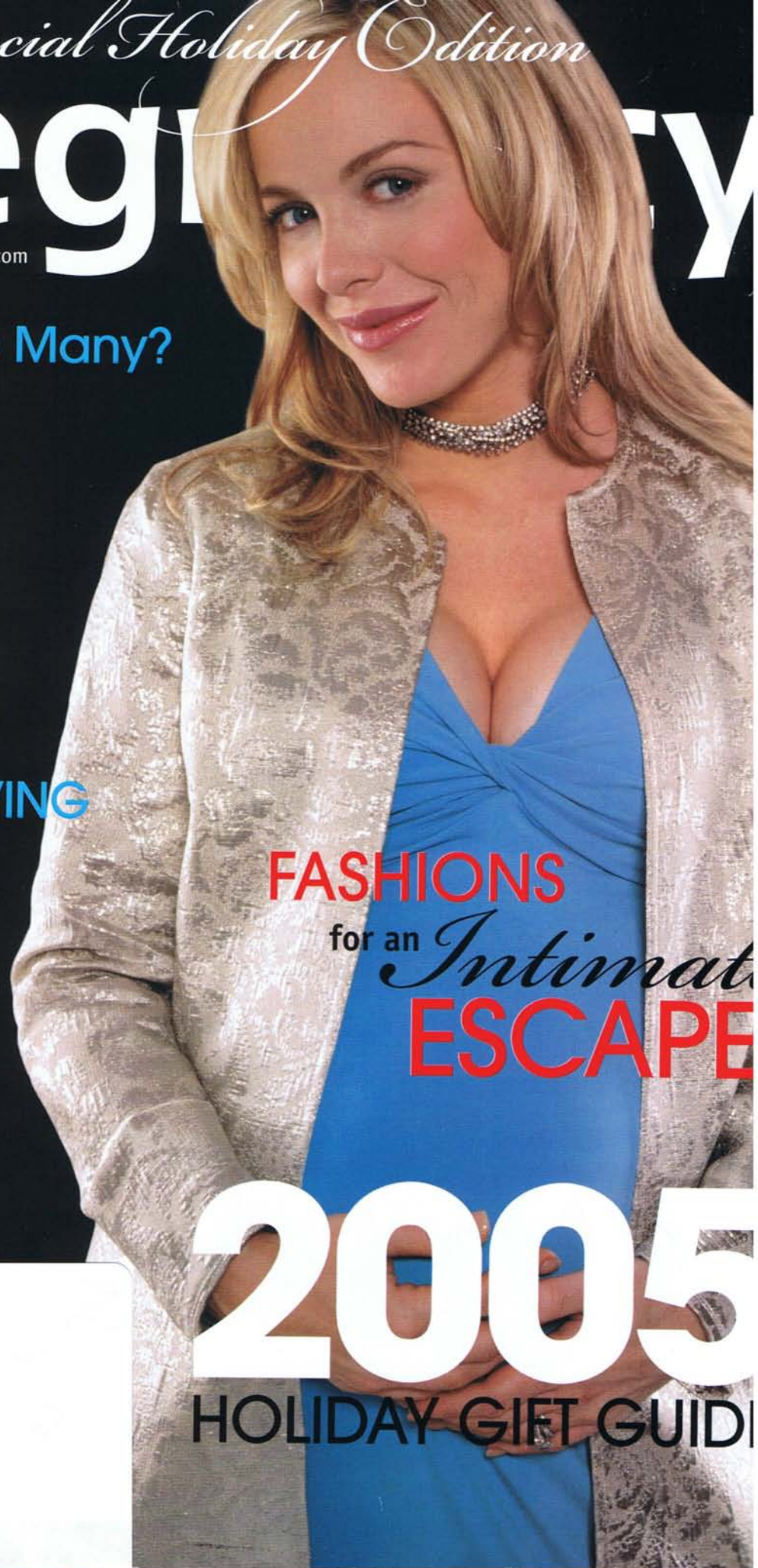
Stay in Shape for the New Year

FASHIONS

for an *Intimate*
ESCAPE

2005

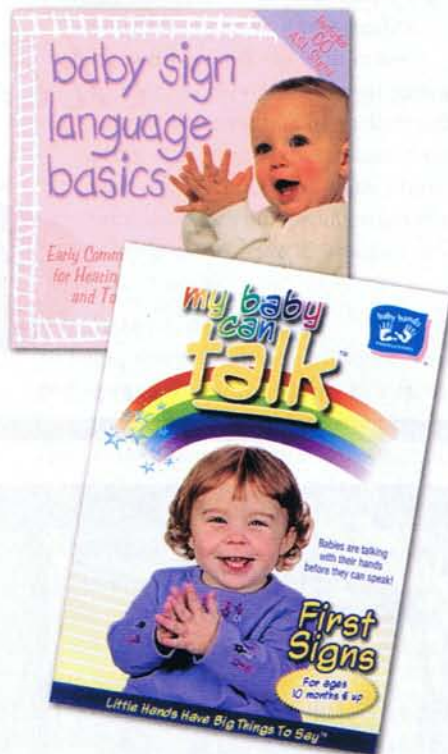
HOLIDAY GIFT GUIDE



Baby Sign Language

Many of the crying jags your infant experiences come from not being able to communicate. What if you could help her by teaching her signs for words like “more, eat, cracker” and others? Teaching infants American Sign Language (ASL) via videos, books and “Mommy and Me” classes can help the two of you bond and enhance future language skills. A long-term study at UC Davis funded by the National Institutes of Health showed that by age 2, children who signed as babies had an increased vocabulary compared to their non-signing peers. How to get started:

- **Baby Sign Language Basics** (\$9) by Monta Z. Briant is a diaper-bag-friendly book that teaches parents sixty baby-friendly American Sign Language signs as well as baby-specific signing techniques, songs and games to make learning fun and easy. Find it online by going to ePregnancy.com, scrolling down the home page to the Go Codes section and entering 8772.
- **First Signs**, the first in the “My Baby Can Talk” DVD series (\$20 at Go Code 8773), is based on ASL and teaches 20 elementary signs that include babies’ most-loved first words. Both a baby and an adult demonstrate each sign to help you learn more easily. — JN



Everything but the Kitchen Sink

Imagine having frozen teething rings and a hot cup of tea without having to leave the nursery. The compact MicroFridge, an all-in-one freezer/refrigerator/microwave, takes up less floor space than a bedside table. With over 2 cubic feet of fridge space, you can chill 2 days worth of bottles as well as something to get you through those late-night feedings. What’s more, the freezer compartment actually freezes ice cubes. The microwave is fully programmable and delivers enough power to warm washcloths, heat up a cup of tea or cook a microwave dinner. An investment for the long-term, MicroFridge will be a great addition to the rec room for sleepovers, the guest room for visiting in-laws and, eventually, the baby’s future college dorm room. It’s available online at Go Code 8774. — CC

A Miracle

Anne Geddes, long famous for her amazing photographic work with newborns, teamed up with singing sensation Celine Dion to create a beautiful new book called *Miracle*. It features over 100 breathtaking images of tiny new babies, and it comes with Celine Dion’s new *Miracle* audio CD, as well as a “making-of-the-book” DVD. Geddes says she was inspired to put this book together to show the world, “Each new life is truly a miracle. I photograph babies to portray and promote the absolute promise of a newborn, the powerful potential of any

child to be an extraordinary human being.”

Dion, who is also included in some of the photos in the book, says of her CD, “The pieces we recorded have special meaning to me and address the deep and universal connection between a mother and child.” If you’re anxiously awaiting your baby’s birth or just welcomed your own little one into your life, you’ll love this book. It’s a touching reminder that every baby is a miracle. Find it for \$60 at most bookstores throughout the United States and Canada. — MB

