

Pregnancy



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PLANNING A BABY SHOWER

Baby showers are a lot of fun, especially for pregnant mom-to-be. Not only is this something for the baby, but now she doesn't have to go out and buy. Before you throw a baby shower for someone there are a few things you should do to prepare. The first thing is figure out if this will be a surprise shower or not. There are benefits to both, the first one being if she knows she can help you with a list of people that she would like to be there. However, if it is a surprise she'll be touched that you cared enough to throw her a baby shower, but be careful you don't want to give her too much of surprise and put her in labor.

Making the Guest List

When it comes to making the guest list things can get a little tricky. Find out if there is anyone that would be upset if they weren't invited. Never leave out close family or friends, at least give them the option of showing up.

Games

Planning games for a shower can be a bit difficult when you have so many fun games and have a few gifts to pass out as prizes. Baby shower games are a lot of fun, here is a quick list.

Mommy's belly- The mom-to-be stand in the center of the room and each guests get to decide how big her belly is using a string or a toilet paper sheets. Find out who guessed the closest.

Guess the nursery rhyme- Give each guest a sheet of nursery rhymes and have them guess the nursery rhyme or finish it. This will help everyone remember them and see who reads those bedtime stories.

Did you say Baby Game?- Each guest is giving small clothespins to wear around their neck on a necklace or on their shirt. Every time someone says "Baby" if someone catches them they get to take one pin. At the end of the party the guest with the most pins wins a prize.

Memory- Using a plastic tin of some sort place a bunch of baby items in it such as, bib, thermometer, baby spoon, diaper rash crème, etc. Anything you'd use on a baby. Let each guest get a chance to look in the bin for a few seconds and take it away. Once everyone is finished have them write down everything that was in the box. The person with the most correct answers wins.

Baby Food Tasting - Have a variety of baby food in jars, take off the outside wrapper and place a number at the bottom of the jar, on a separate piece of paper write the name of each jar. Each guest is dished out a spoonful of baby food to try. Have them write down what they think each one is. The one with the most correct answers wins a prize.

Have a great baby shower and don't forget to bring a gift.

BELLY HANDS

All Hands on Baby

Everyone wants to touch the baby, especially during the pregnancy but no one every asks. If you haven't noticed yet, the minute you start to show a tummy everyone else will gladly show you. The tummy becomes this magnet for hands and everyone wants to handle it. It doesn't matter if you are walking around in a store, sitting down in a restaurant or walking on your own street, someone is bound to start rubbing all over it.

You aren't the only one that is being driven nuts by this either, take a look at your husband. Sure he seems like a trooper but deep inside he's probably ready to put someone's lights out. Talk with your husband and see how he feels. Even if you don't mind, he might not like other men's hands on you. He may not care if it is a female touching your body but he can mind about a man. Think about how you would feel if you saw some woman rubbing her hands all over your husband's chest. Maybe the two of you can come to an agreement, after all do you have to let everyone touch the baby?

Your belly, clothed or not is a personal space, sure there is someone intruding inside you but that person in welcome. But to actually touch someone else's belly one should ask before they do it and respect your answer. If you don't want them to touch it, tell them. While some women don't mind all the attention, there

are other women that don't want their belly's touched, let alone them to be showing for the whole world to see. Maybe they've gained 10 pounds and feel conscious enough about it, or they could be a very private person.

Children may also want to touch the belly, normally it is because they know someone that has had a baby and they were able to do it. If you don't like it, let them know. If you don't mind, you may want to place their hand on your belly. Children tend to get excited and actually smack the belly when they are trying to reach for it.

Forget about the rubbing the belly for a moment, be careful that you don't get the person that likes to poke at it. That hurts more than anything and half the time they don't get it. Try explaining to them as nicely as you can that it hurts. They may only be doing it because they want to see the baby move and when you jump they just think it is part of the pregnancy reaction. They may think twice before doing it again to you or anyone else.

If nothing else seems to work and you've been polite in letting people know that your belly is off limits, feel free to sick your husband on them or start swatting. You've already given fair warning. Don't feel bad if you smack a person that lifts up your shirt in broad daylight either. This is a normal reaction and people should really think twice before doing it. They wouldn't do it if you weren't pregnant.