

# SHEKNOWS®

## Real Moms guide



## Planning Your Child's Future

March 31, 2011 by Stephanie Elliot

If you're a newly pregnant parent-to-be, congratulations, and welcome to spring! Here are some things you might not be thinking about as you're just now getting used to the idea of becoming parents! It's a good idea to "spring ahead" in preparation for parenthood because the only way to succeed is to be prepared.

### **Music & Your Baby's Intelligence.**

There are many benefits to playing music to your baby while you're pregnant, including increasing brain development, lowering stress levels, and better sleeping habits after birth. Learn more about the benefits of music at [www.bellysonic.com](http://www.bellysonic.com).

### **Prenatal Vitamins.**

You're taking your prenatal vitamins right? Prenatal health is vital to your baby and if you aren't taking prenatal vitamins, start now by requesting a prescription from your doctor.

**Your Baby's Future Health.**

Talk to your doctor about the possibility of obtaining umbilical cord blood at the birth of your baby that can be stored for the future should your child need it for medical reasons. Also new in medical advancements: ask your doctor about storing a small amount of amniotic fluid that might be collected during prenatal testing that can be used for regenerative health. Learn more at [www.biocellcenter.com](http://www.biocellcenter.com).

**Reading.**

It's never too early to start reading to your baby. Start now by reading or talking to your baby. She'll get to know your voice and when she's born, you'll discover an amazing bond already created.

**Start saving.**

Those late-night feedings may seem like they'll never end, but in a blink of an eye, it's time for college. Someone will have to pay for it.