

# american baby

ideas  
galore!

## Pick A Name You'll Love Forever

6 Tricks To Getting It Right

## Mommy Confidence

Stay Cool Despite Spit-up,  
Screaming, And Other Delights

## \* Baby's Secret Signals

Learn What Those  
Sweet Coos Mean

A Step-by-Step  
Guide to  
Buying First  
Shoes, P. 56

## Save For Your Family's Future

(And Still Have  
A Blast Today)

## Hang In There, Mama!

See Why It's  
Best To Make  
It To 40 Weeks