

SHOWERING THE PARENTS-TO-BE WITH LOVE & HEALTH

VACCINATE YOUR FAMILY

The arrival of a new addition to your family is a happy time, and one of the best ways to celebrate is with a baby shower. You may want to play host in honor of the parents-to-be so we've pulled together a few new spins on this decades-old tradition, including a creative way to start the conversation about vaccines! Who knows? You may even start a family tradition of your own!



A PROGRAM OF **ECBT**
every child by two

RETHINK THE GUEST LIST



In recent years, baby showers have become increasingly coed. In addition to the father-to-be, consider inviting close friends, male siblings and the spouses or significant others of the women invited. This allows for a more interactive and out-of-the-box shower. Remember, when inviting men, go easy on the pink and think of activities that both sexes will enjoy, like: a [baby changing relay race](#), [the baby picture game](#), [the baby food game](#), or a [diaper raffle](#).

CALLING ALL KIDDOS



If this isn't your child's first baby, it might be helpful to invite your older grandchildren and guests' children to the shower. Incorporating the big brother or sister-to-be allows for the child to get excited for their sibling's arrival and to become a part of the welcoming process, and inviting guests' children saves them the trouble of finding a babysitter!

SHOWER O'CLOCK



One simple way to update the traditional shower is to rethink the time of the party. Most baby showers are hosted in the afternoon; however, a morning brunch or "mocktail" hour shower puts a unique spin on the traditional shower. This allows for the host to plan a modern menu and personalize the shower to the couple's tastes.

GOT GIFTS?



Before you ask your guests to shower the parents-to-be with onesies and gadgets, have a conversation with the parents about what would be most helpful when the baby is born. In some cases donations to a child's college fund or to a charity in the child's name would prove to be more prudent than a closet full of clothes or infant toys.



MORE

CONSIDER THE MENU



When creating the menu for your child's shower, be mindful of common food allergies, vegetarians, and other dietary restrictions. This can provide a tasty way to update baby shower "finger foods" with gourmet salads, homemade pizzas, fruit salads or frittatas. If your friends are wonderful cooks, a potluck is a great way to cut down on costs.

LOCATION, LOCATION, LOCATION!



It is often worthwhile to look into locations outside the home for a baby shower. Hosting the event in a private room of a restaurant, a hotel suite or the local park all spare the host clean-up time and energy. It also allows for you to participate more fully in the shower rather than stressing about the home and schedule.

LEAVE A LEGACY WITH THE BABY



Typically the baby won't arrive until a few months after the shower, but there is no reason they can't be given memories of their shower. Having guests create a baby "bucket list" of things they hope the baby will experience or write letters to the baby are all ways to include the child after the fact. In fact, you can provide [this pledge](#) to guests at the shower, and there is even a space for them to write their own personal message!

DO ME A FAVOR



It is tradition to gift your guests a small favor for attending the baby shower. Baby-themed cookies, seeds for a garden, picture frames or candles are all small tokens of your gratitude that can remind the guest of the shower and the baby as he or she grows up.

BOY OR GIRL?



Have a conversation about the games the parents-to-be would like to play. A "gender reveal" surprise has been gaining popularity recently. If the parents-to-be are open to it, you could reveal the gender through a [pink or blue cake](#), [box of balloons](#), [confetti](#), [the unwrapping of a blue or pink onesie](#), or [a piñata](#). For example, if you were to cut into a frosted cake, the cake layers would either be pink or blue, indicating the baby's gender.



CREATE A VACCINE CONVERSATION



It is recommended that everyone who is in close contact with a newborn be up-to-date with flu and whooping cough vaccinations. A baby shower serves as a convenient reminder for guests to have a conversation with their healthcare provider, such as a doctor, nurse, or pharmacist, about whether the [flu](#) and [whooping cough](#) vaccines are right for them. You can find a list of local places that offer vaccinations at <http://vaccine.healthmap.org/>.

FOR ADDITIONAL INFORMATION

- Centers for Disease Control and Prevention
www.cdc.gov
www.cdc.gov/flu/
www.cdc.gov/pertussis/
www.cdc.gov/vaccines/