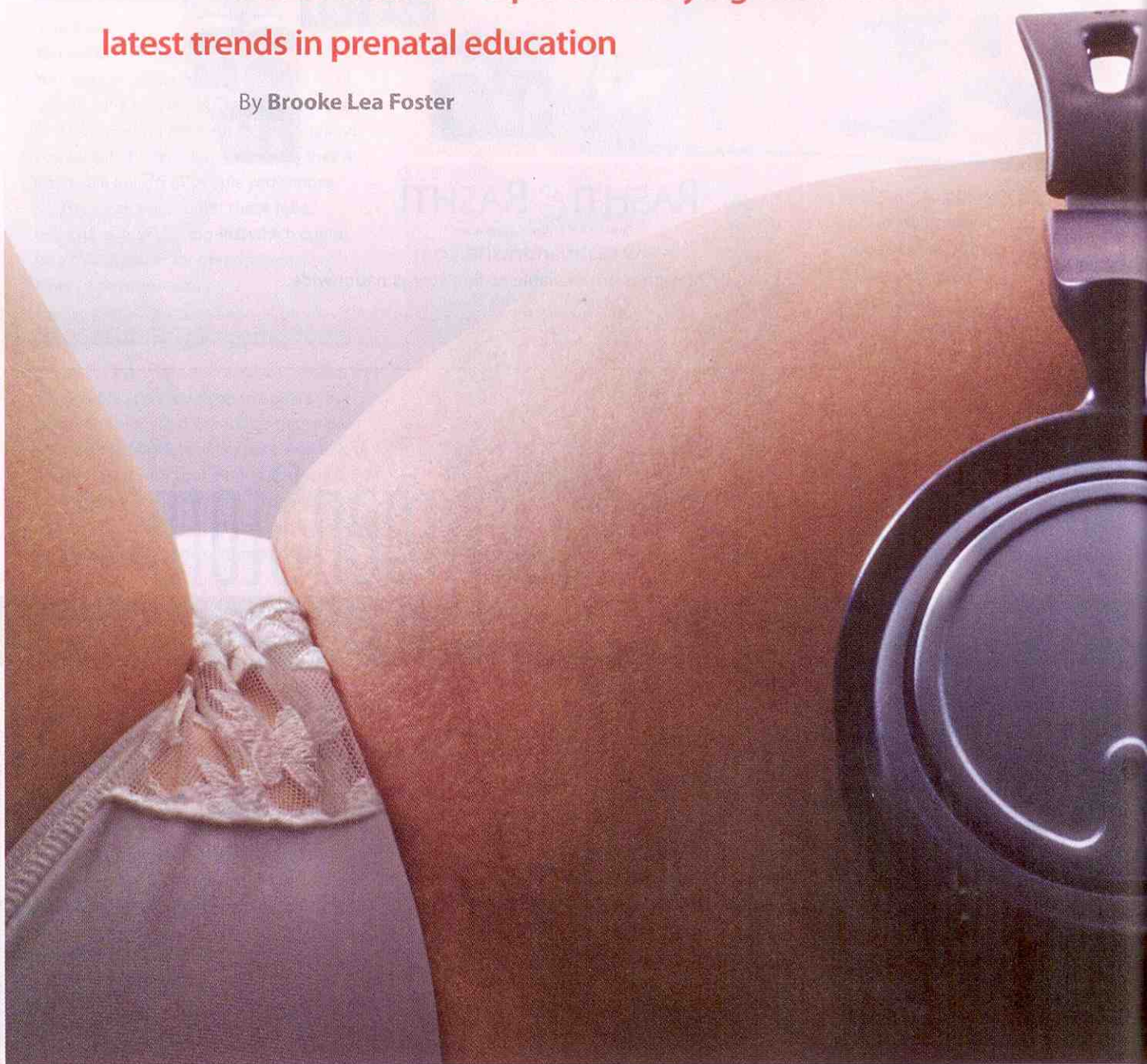


Baby's first

Can you make your child smarter *before she's born?*

Here's what the experts are saying about the latest trends in prenatal education

By Brooke Lea Foster



classroom

When Elizabeth Lam was three months pregnant, she visited her local Babies “R” Us. The kindergarten teacher and first-time mom wasn’t shopping for high chairs—she was looking for ways to stimulate the mind of her unborn child. “I was trying to find anything I could to play on my stomach for my son to hear,” she says. “I wanted to give him as many advantages as possible.”

Expectant mothers want to get *everything* right. We try to eat right, and pray that there are no complications. We stay away from caffeine and fruits sprayed with pesticides and pop DHA supplements. We do everything to give our babies a head start—and it’s happening earlier and earlier.

Too early for some, in fact, Jen Taylor, a pharmacist in Richmond, VA, who has a 7 year old and an 18 month old, says that pregnant mothers worry too much about what they should be doing, which only adds unnecessary stress.

