

BABY NAME CHALLENGE

5 SIMPLE STEPS TO CHOOSING A BABY NAME



*your complete guide to finding a
baby name you'll love*

INTHEPLAYROOM.CO.UK



hey there!

If you're here because you're struggling to choose the perfect baby name for your precious little bundle of joy, then you're not alone!

Without a doubt, choosing a baby name is one of the biggest decisions that new parents will make. And rightfully so!

Your baby is destined to carry the name you choose for them throughout their entire life. And their name will have lasting impacts such as their social relationships or even employment opportunities.

So, it isn't really something that you want to take lightly. No parent wants to end up with baby name remorse!

The good news is, you're here and we can help!

We are going to walk you through 5 simple steps to choosing a baby name that you'll love!

step one

Think About What Inspires You!

With literally thousands of baby names to choose from you are going to need to start by narrowing down your options.

And the best place to start to do this is by thinking about the things that inspire you and your family.

You may look to your family culture and traditions, people of influence in your life, hobbies, or even your favorite characters from books or movies!

Here are a few questions you can ask yourself to determine what is an important influence in your baby's name decision:

- Is family culture of importance to you?
- Do you want to honor a loved one or person of influence? And if yes, what are the ways you can honor them i.e. their name, something that reminds you of them
- Do you want to theme your baby name?
- Do you want to theme current or future sibling names?
- Is the name's meaning important to you?
- What are the things that you and/or your family are drawn to?
- Do you want a name that is timeless or trendy?
- Do you want the name to imply a certain feeling or reaction i.e. cute, strong, beautiful, preppy
- What do you want your baby's name to say about them?
- Are you looking for a girl name, boy name, or gender-neutral name?

That is a lot to think about, so we recommend brain storming ways in which you may feel inspired on the next page.



inspiration

What / Who Is Important To You & Your Family?

What Inspires You?

What Do You Want Your Baby's Name To Represent?

step two



Research Baby Names Based On Your Inspirations

Now you have identified the things that inspire you, the next step is to start researching those topics.

If you are doing a google search, the key here is to be very specific.

For example, if you want to draw inspiration from royalty for your baby girl, then you would search 'royal girl names' or 'girl names that mean royal'.

Before you start though, make sure you grab a pen and print off the below baby names list.

Then, while you are browsing through the various names make sure to jot down the names that you like or stand out to you.

There is nothing worse than seeing a name you like, only to forget it a few minutes later and not being able to find it again!

step three

Write The Full Name Down & Say It Out Loud

Now you have a few names on your list, the next step is to start putting the full name together with any potential middle names and last names.

You're going to want to see if you like the way it looks when it is written.

Ask yourself:

- Do you like the way it looks together?
- Is it too short?
- Is it too long?
- Do the initials or monograms spell something untoward? You probably don't want the initials to spell out B.U.M., A.S.S., F.M.L, W.T.F, or similar. And if you're not sure we recommend doing a quick google search.
- What can the name be shortened to? People love to shorten names, so make sure you also like the potentially shorten version. Or at least be aware that you may need to set boundaries from the get-go.
- Does the name or shortened version of the name rhyme with anything or can be used in a way that your child may be teased? For example, 'Fattie Pattie'.

Then you want to say the name out loud.

You want to make sure you love how the whole name sounds together, including middle names if you are choosing any. As well as any shorten versions of the name.



write it

Full Name

Possible Nicknames

Initials

Full Name

Possible Nicknames

Initials

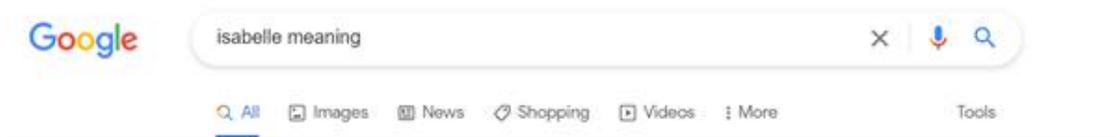
step four

Research The Full Name

Hopefully, by now you have started to narrow down your name choices and might have even picked your top 2 or 3 choices.

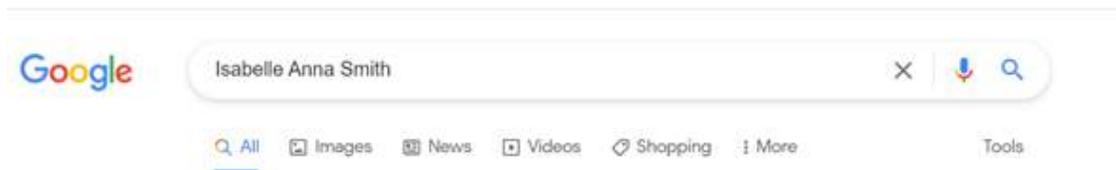
So, it's time to do a little more research!

First, you want to find out what the baby name means. You can do this by typing the name + meaning into a google search.



Then you need to ask yourself do you like the meaning of the name? Or does the name carry strong associations that are difficult to shed?

The next step is to then search the full name on google. First, middle, and last names. For example, type into google search 'Isabelle Anna Smith'.



You are looking to see if there any negative connotations that may deter you from loving the name.

For example, is it the name of a famous celebrity or even a serial killer? Is it the lyrics to a well-known song?

It may seem like a bit of an overkill move, but you're better off doing a quick google now than finding out down the track that there is an association with the name that you hate!

Finally, the last step in research your potential name is to check the domain availability. Now you may want to skip this step if technology is not an important factor for you. But for some parents, securing the domain name and possible social handles of your baby's name is really important. Especially in this digital age.

research it

Name

What does the name mean?

Is the domain available?

Name

What does the name mean?

Is the domain available?

step five

Let The Name Sit With You

If you've made it to this step, no doubt you have narrowed down your baby name choices to just a few. You may have even chosen your perfect baby name!

But don't stress if you are still undecided. Sometimes you just need to let the names sit with you for a little while.

You can even practice using the different names while talking about your baby and see what feels natural.

We often find that after a few days, there will be a name that parents will gravitate towards.

However, if you really can't decide or agree on a name then we suggest going back through the process.





bonus

'Why We Chose Your Name' Printable

We know what a big deal choosing your baby name is! It can be a long process researching and ruling out names till you find the one that you absolutely love.

And no doubt your child will love hearing the story behind why you chose the name you did!

That's why we have included this memory book keepsake. So, you write down all the special details that went into choosing your baby's name.

Simply print out the 'Why We Chose Your Baby Name' printable below, fill in the details, then place it into your baby's memory book or baby keepsake box.

why we chose your name

Your Full Name

Your Nicknames

What Does Your Name Mean?

Why We chose Your Name

Other Names We Considered

Thank you!

We hope you've found this baby name challenge valuable! If you're looking for more great resources check us out:

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