



# how to find your baby's forever name

by the name nest



a little guide  
to help you  
on your  
naming journey

the name nest





## the forever name journey

'your journey may be long, it may feel like it is an uphill climb,  
you may feel like you are sailing through stormy seas,  
or you may walk calmly, along a gentle and familiar road,  
you may feel like you are basking in spring under a golden sun'



this metaphor is to show you that each name finding journey is unique  
and will never be the same. this is what makes it magic.  
the steps below are guides for you to use on your naming journey.  
you may want to use them all or you may only need to use one.  
enjoy the process and remember to have fun



let your own voice be the only one you hear  
with the exception of your partner of course\*

do not let other people's words or opinions influence your  
decision. it is your baby's forever name and in the end they will  
become the name you gift them. everyone else will see this in  
time too.



what is important to you?

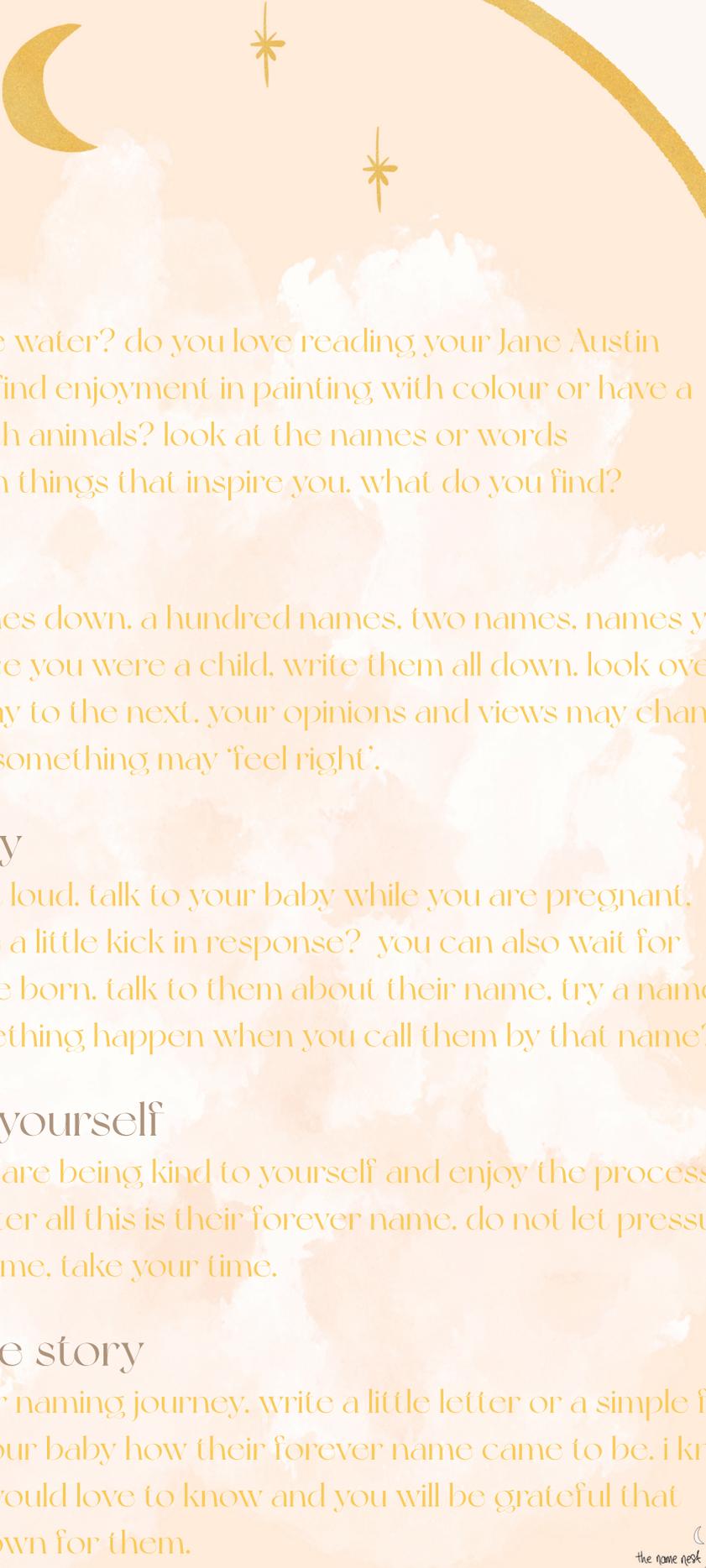
do you want to gift your child a name that has a special  
connection to you? maybe you want to give them something  
spiritual in nature, perhaps something that is out of tradition  
or to honour a family member? something to ponder over



open your heart & mind

opening your heart and mind to all possibilities. a name may  
come to you in a dream, it may be something you hear in  
passing, you may see it in nature or on a social media post.  
be open to receiving the signs that may come your way.





\* inspiration

do you love the water? do you love reading your Jane Austin novel? do you find enjoyment in painting with colour or have a connection with animals? look at the names or words associated with things that inspire you. what do you find?

\* keep a list

write your names down. a hundred names, two names, names you have loved since you were a child. write them all down. look over your list one day to the next. your opinions and views may change over time and something may 'feel right'.

\* talk to baby

say a name out loud. talk to your baby while you are pregnant. does baby give a little kick in response? you can also wait for your baby to be born. talk to them about their name. try a name out. does something happen when you call them by that name?

\* be kind to yourself

make sure you are being kind to yourself and enjoy the process. do not rush. after all this is their forever name. do not let pressure decide your name, take your time.

\* write a little story

document your naming journey. write a little letter or a simple few words to tell your baby how their forever name came to be. i know one day they would love to know and you will be grateful that you wrote it down for them.





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the name nest on Instagram @thenamenest

you can also visit the website [www.thenamenest.com](http://www.thenamenest.com)  
to view all of my artworks and name artworks

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much love, Tara Sea. the name nest



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