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The Obama baby boom has begun

December 15, 3:24 PM
by Angele Sionna, Early Childhood Parenting Examiner

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There's more than a month until Barack Obama becomes president of the United States, but he's already inspired the generation of new Americans with an Obama baby boom.

I'm not talking about the countless number of people who've [named their children after Obama or his daughters](#), though there are plenty of little Obamas and Baracks getting bigger everyday in homes across the world. I'm talking about all the soon-to-be new moms and dads that have been whirled into hope for the future, despite the down economy because of the Obama's election.



The ultimate dad: President-elect Barack Obama shops for a Christmas tree with his girls in Chicago, Sunday. (AP Photo/Gerald Herbert)

"Obama inspires people to change for the better – a return to basics," Debbie Mandel, Author of *Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life*, recently told me in an interview. "What could be more basic than the family unit? The country has reinvigorated confidence that Obama can work well with other countries and so, reduce the chances for war making families feel more safe and secure. For example, after WWII, the country was ready to rebuild physically, emotionally and spiritually, resulting in the baby boom."

Another factor Mandel tells me is Michelle Obama. "Michelle Obama is "mother" in the house and has for now given up her career as a high-powered attorney. As a first family they look loving and beautiful, even grandmother will live with the family. Therefore many couples want this too. We are a celebrity- driven society," Mandel says.

And as doctors get more and more women calling in to set up their first pregnancy appointments for babies due in late July and in August, Mandel says that's just the beginning of the Obama baby boom.

"Consider this analogy: Many couples start off the New Year with a big bang - the common denominator is a new beginning, a fresh start and a fresh life. There were great celebrations Election night, in other words, multiple "New Year's Eve Type Parties" and booze and bed tend to make babies. This exhilaration is building up to the Inauguration. The party is just getting started," she says.

For more info about Obama's inauguration, read [THIS](#) story.

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Angele Sionna has been a professional journalist for over a decade. She enjoys writing about family activities, travel, food and, of course, anything to do with her two beautiful girls Ava and Ellerie. Email your ideas & questions to Angele at parentingexaminer@gmail.com.

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