

MABEL'S LABELS  
BABY NAME E-BOOK



*Name that baby!*



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# Introduction

## Why is it so difficult to name your baby?

Nothing is more permanent than a name. Unless your child grows up to be someone famous and changes their name, it is something they will probably have for the rest of their lives. It can be your first gift to them, or your first parenting faux pas. This is probably why parents-to-be spend hours searching baby name books, analyzing internet name lists, scrolling through movie credits and books and generally agonizing over what to call their child.

And if you're currently pregnant, finding a name for your unborn child probably occupies a great deal of your time. Perhaps you don't know what kind of name you're looking for, maybe you like generational names, while your partner prefers trendy names, or there is a relative insisting on using a family name that you fear will give future schoolyard bullies ammunition. Maybe you've finally nailed down a boy list only to be told you're having a girl! Or perhaps your partner admits to detesting your number one choice.

Wherever you are in your name search, this guide is for you. We know that naming a baby is stressful, and that maybe you're just tired of looking, but with fun facts, tidbits and advice this e-book will help put the fire back into your search.

In this e-book we will share Mabel's top 25 boy and girl names based on order popularity, along with their meanings and origin, and make a few suggestions of other things you may wish to consider when naming your child. Things like initials, spelling, phonetics, bully ammo, future considerations, when to break with tradition and more. And if you still don't have a name picked out by the end, in addition to our top 25 list, we've also provided some of our favourite baby naming sites. So read on and maybe by the end of the book you'll be inspired, and you'll have one more name to add or cross off your list.

After all it is the first big parenting decision you'll ever make. Go ahead, Name That Baby!



# Do you hear what I hear? Testing one...two...three...

## Sound/Ease

Sometimes we like a name for no other reason than it sounds nice, pleasing to the ear like a familiar melody. Then there are names that we dislike because like crashing cymbals they are like phonetic assaults to the senses. If you have a first name picked out, have you tried it together with your last name? Does your first name go with your last? Does it roll off the tongue or does it get stuck?

Maybe you like alliteration where the first and last name begins with the same letter. Samuel Saunders. Or perhaps you prefer names with equal syllables such as Melody Jenessey. It is really about personal preference.

## Is your choice easy to say or will everyone mispronounce it?

Gulouwachit who? Names that are difficult to pronounce are usually prized for their uniqueness but can provide some frustration on both the parent's part and the general public. While the name is familiar to your ears it may take several tries on the part of someone hearing it for the first time. If this doesn't bother you go for it! Just consider that if it takes someone three tries to consistently get your child's name right, then they might expect a prize at the end, and you and your child may become frustrated

Perhaps the name you've chosen is difficult to learn by ear but is easy to read. This will help later once your child is in school. This way they can keep their unique name and not have to explain how to say it, twenty times a day. If it is phonetically impossible to sound out your child's name even when it's in writing, just consider that this is something that will accompany every introduction your child has to a new environment. You can correct parents and daycare workers in the beginning but when your child is off to school it will become their responsibility. If this is something you feel your child will overcome or that he/she will take pride in the fact that he or she is unique than Golouwachit it is!

# To 'B' or not to 'B'—Spell Considerations

## Traditional names and spelling

Sometimes it's fun to take a creative spin on a traditional name by altering the spelling. Some parents are opting for ease of communication spelling names like the traditional Siobhann, as Chevaunne or using phonetic spelling. Siobhann may look cool on paper and it is traditional but if people are constantly calling your child "Sigh-o-ban" then it might irk you.

Phonetic spelling is popular as well, choosing to spell the name the way it sounds. For example, Sophie becomes Sofie and Amelia becomes Amealia. This can be great if you like traditional names while your partner prefers more unique choices. It provides a nice compromise, by giving common names a unique twist.

## When creativity becomes confusing

Mikhael might be Michael to you but to others it may read as 'Mick-hale'. Will the spelling help or hurt your child when it comes to learning their name and/or having to correct their teacher in class? Creative spelling makes a name look cool, just keep in mind that you won't be in your child's classroom to correct whoever mispronounces a simple name due to creative spelling. One example, of a new trend is the name Abraham spelled as lbrahim. Even the most literate person may not get that right if they were seeing it for the first time.

## What to do?

You can still change the spelling of a name but keep its sound intact. Change a traditional "C" name to a "K". So Chloe becomes Kloe, and Courtney becomes Kourtney, or change a traditional "Ph" name to an "F" so Philomena become Filomena. It isn't likely someone is going to mispronounce these since they are phonetically the same, but it is a bit more creative.



# How to Avoid Embarrassment and Bullies

## Initials

So you have your baby's name picked out, complete with a first, middle and of course the last. Yay! You've done it! But wait, not so fast. There is something else to consider. Your baby's initials. What? Yes that's right.

This can be just as important as a name. JFK ring a bell anyone? Will your child's monogram be something you can proudly display or will it have an alternative meaning that isn't as positive? Your child's initials form an acronym- and in some cases a word, if there are more than three names. Consider this, please. What do they sound like? Do they spell something less than favourable? For example, you wouldn't want to name your child Todd, Elmer, Rodney Dalton, all perfectly respectable names. Why? Because the acronym spells, T.E.R.D, and let's face it a 'terd 'is a turd no matter how you spell it. My initials are LB, which is fine but if I'd ever had a weight problem then that would have been torture. J.R.K, sounds a lot like jerk doesn't it? Or B.U.T. We know it's missing a "T" at the end but we can guarantee you bullies won't care. If you are willing to risk it and you love the names you've chosen, then that's the most important thing, but if the initials sound like or spell something that may make your child the 'B.U.T.T' of jokes then you might want to reconsider. Pun intended.



## Rhymes

What rhymes with it? What can bullies use for fodder on the playground? Kids can be cruel. If the name you love rhymes with a farm animal, you might want to keep that in mind.

## First and last name compatibility

Ever hear a name combo and wondered what the parents were thinking? We knew a girl in school named Shanda Lear. No, we're not kidding. The poor kid spent her childhood being compared with a light fixture found in most dining rooms. Don't forget to consider first and last name compatibility when selecting a name. 'Lop' might be cute on its own but not if your last name is 'Sided'.

## Pop culture

Also don't forget about pop culture references. If your child is going to share a name with a famous figure in history or pop culture, just make sure that you are on board with their values, (there is definitely a reason why you don't hear the name Adolph anymore) and know that even if you like the star that your child shares their name with, that they may be hung up on when ordering a pizza. Yes, it's Britney Spears. No, I'm not going to shave my head if you're late with my pizza.

## Have a crystal ball

Imagine the future. Your cute little bundle of bouncing baby cherubic boy you nicknamed Buzzy, is now a six foot tall 200 pound accountant. Your child won't always be little. Children grow up, and while the name Buzzy, or Cheeky might be adorable, it might make them hide in the halls or be shoved into lockers when they're in high school. Then they become adults. What kind of career do you think your child will have? Of course there is no way of knowing this so it's a good idea to consider all prospects. If they become an artist then Flowery might be a great name but what if they become a wrestler, judge or lawyer? Is the name too short and cutesy for a professional career? Can it be made to sound more formal depending on the situation?



## The long and short of it

If you are sold on a cute sounding name then a compromise can be made by selecting one that can be made to sound more formal if needed. For example, Rebecca. The short form Becky is perfect for childhood and your child may opt for the more sophisticated Rebecca when they are older. Some other examples are: Lexie-Alexis, Izzy-Isabella, Abby-Abigail. So if you want something cutesy consider the long form on the birth certificate, at least this way they will have the option to use it later on, no matter what career path they choose.

# When tradition gets in the way

Many of us love traditional names. After a stint in the late 90's, early 2000's when names became more creative-boys names were interchanged with girl's names, spellings changed, and celebrities were naming their kids after fruit, a lot of mothers decided it was time to get back to basics. Choosing a grandmother's name or a favourite character from a Victorian novel is lovely, but what if the traditional name family members favour isn't one of your choosing?

What do you do if your mother-in-law for example, insists, that your husband is the fourth Gunuverb Galistercoc Van Hourtenhok and that in keeping with tradition you must endow your eldest son with the same name? How can you be the one to break that tradition?

First you might want to pray for a girl. Problem solved.

But in the instances where divine intervention does not work, then you and your spouse must decide how important it is that you keep that generational tradition. Is this a name that worked for the past few generations because it was from a different country? Perhaps you can gently suggest to your mother-in-law that while the name is a solid one for its place of origin that you are concerned with the challenges it might provide your child, based on your current geographical location.

Does your husband or significant other share the same name and is also defending it? Now you're not only in danger of insulting your mother-in-law but your beloved as well. Perhaps you can ask your husband/S.O if they were bullied for their name as a child. Undoubtedly the answer will be yes, and you can remind them that while it made them the person they are today, it probably didn't feel very nice at the time. Wouldn't they want to spare their child the same playground torture?

If your spouse was not bullied for their name then you can lament to your mother-in-law about how times have changed and that names and people aren't what they used to be. Kids these days are cruel, and will make fun of anything that's different. And if none of these tactics work, (we're sorry) and you absolutely positively must give in then consider only using the name on paper, and calling the child by a nickname or short form that everyone can live with.





## What's in a name?

Did you know that names have meanings and a history behind them? Some go way back to Biblical times and some are more current. Whether or not it influences your decision it can still be fun to know where the name you're considering came from and what it means if only for dinner table conversation. We've provided the meanings and origin for Mabel's Labels' top 25 names for boys and girls based on order popularity for you.

### Our list:

#### Top 25 boys

<b>Name</b>	<b>Meaning</b>	<b>Origin/Country</b>
Aiden	Fire	Scotland
Alex	From Alexander-protector of mankind	Greece
Andrew	Manly Brave	Scottish/English
Benjamin	Right hand son	Hebrew
Caden	Fighter	America
Caleb	Faithful	Israel
Dylan	Born from the ocean	England
Elijah	Jehovah is God	Hebrew
Ethan	Firm, strong	Hebrew

Jackson	Son of Jack	England
Jacob	Supplanter	Biblical
James	Variant of Jacob	England
Jayden	God has heard	America/England
Liam	Determined guardian	Ireland
Logan	Small cove	Ireland
Lucas	Light	Latin-America
Mason	Stone worker	France
Michael	like God	Biblical
Nathan	Gift of God	Israel
Noah	Comfort, Peace	Hebrew
Owen	Young fighter	Celtic
Ryan	Young royalty	Ireland
William	Resolute protector	English

## Top 25 girls

Name	Meaning	Origin/Country
Abigail	Source of joy	Biblical
Amelia	Industrious, Striving	English
Aubrey	Noble, bright	German
Ava	Variation of Name Avis/Aveline	Latin-America
Avery	Nobility	England
Charlotte	Feminine	France
Chloe	Verdant and blooming	Greece
Ella	Beautiful fairy	English
Emily	Admiring	Latin-America
Hannah	Favour, grace	Hebrew
Isabella	Consecrated to God	Italian
Julia	Soft haired, youthful	Latin-America
Kaylee	Variant of Katherine	English
Lauren	From place of laurel trees	English
Layla	Dark beauty	Arabia
Lily	Blossoming flower	Latin-America
Madelyn	High tower	Greece
Madison	Son of Matthew (original meaning though now uni-sex)	English
Mia	Mine	Biblical
Olivia	Peace, olive	Spanish/Italian
Sophia	Wisdom	Biblical
Zoe	Life	Greece

# Sites that are out of sight!

Where can you go for more name suggestions to expand upon our most popular 25? There are traditional baby name books to cuddle up with, movie credits, TV shows, and the internet packed full of baby naming sites. But with so many sites to choose from, we thought we'd help narrow it down by providing some of our favourites listed here.

## Baby Naming sites we like



[Babynamewizard.com](http://Babynamewizard.com)

### What we like

This site ranks the current most popular names, including a graph that shows the history of when the name peaks in popularity. It will also tell you in what parts of the world that name is most popular. So if you're worried about having a name that is too common according to a list, you may be relieved to discover it isn't as popular in your part of the world.

### What we don't like

Although it is fun that the site offers info such as possible nicknames, famous people with the same name, as well as songs, and movies that contain the name, it appears to be information provided by those who use the site. Well the info is fun, some is incomplete on certain names and it is difficult to determine the reliability of the source.



[Nameberry.com](http://Nameberry.com)

### What we like

This site offers blogs and more than the usual list of what's popular, with a forum where you can join and share names and ask for advice on picks. The site is easy to navigate offering picks based on popularity and gender.

### What we don't like

There aren't any channels that are unique



[Behindthename.com](https://www.behindthename.com)

### What we like

What's not to like about this site! If you a history buff, or if the meaning of a name is important to you then you will love this site. Not just for nerds, it offers the history behind the name you're considering, the origin, names related to it- which is sometimes how you find something new and unique, and the popularity rankings in different countries. The search options are also cool. You can select your country when requesting the list of the names that are currently trending, or search by letter, name, or origin. Search for a French girl's name, or an Irish boy's name and see what comes up.



### What we don't like

There are no lists of cool names or trendy names, or celebrity names you just have to search by origin, popularity or initial.



[Meaning-of-names.com](https://www.meaning-of-names.com)

### What we like

Okay, so it's another site that provides the origin of the name and meaning. What is different about this site is that you can search by name, or you can choose from a list of meanings that you like. If you would like the meaning of your child's name to be love, or miracle you can select those and a group of names will pop up.

### What we don't like

If you choose a name that had been around for a while, the meanings of the names can be somewhat archaic. Plus they even provide a group of names that mean death. I can understand liking the name but searching under that channel? Not necessary. Plus if a name does mean that, no one wants to know about it!

# Phew! We made it!

So, there are a lot of things to consider when naming your bundle of joy. Good luck! Just keep these things in mind and no matter what name you choose, don't forget to proudly display it on their baby gear with a Mabel's Label. Choose your name, colour, and icon, including two new adorable ones just for baby, and you will have a label as unique as your child, and the name you've decided on.

Go to [mabelslabels.com](http://mabelslabels.com) to place your order today and don't forget to check out the new Baby Combo complete with a variety of washable, microwave and dishwasher safe labels perfect for all of baby's gear from diaper bags to bottles!

