the long & tall of it

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Parenting: it doesn't have to be a tall order

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Being a parent is not easy. You want to do your best for your baby and, especially if you are a first-time parent, there is a lot to take in, a lot to discover and actually, a lot to disregard. Babies are meant to be small, right? Yet if your little one has been blessed with your tall gene, the chances are that you are going to have to give away all those little outfits you bought before you realised just how much your baby would take after you. Tall babies don't seem to be catered for on the whole: the assumption is that babies will be a certain height, a certain weight and by such-and-such an age, they will be fitting into this kind of outfit while growing out of that one. The one-size-fits-all approach almost certainly does not work for your tall baby. But before you get yourself pent up with frustration, it may cheer you up to learn that tall mothers tend to have healthier infants, especially those babies who take after their mothers in the height department. Researchers at the Journal of the American Medical Association found that good nutrition throughout childhood plays a key factor in this too. Interesting to know, but this doesn't alter the fact that it can be a right pain sourcing baby stuff to fit your not-so-little-one. So let's get practical. Do your research. Don't even bother going into your local baby shop on the off-chance - check online to see if their products come in a range of sizes. After all, you can bet your bottom dollar that if it's too small for your baby, it will be too small for you to use as a tall parent. You need prams and buggies with longer handles, taller baby changing tables, taller baby cribs. Don't stoop lower than you have to - tall-baby website, Tallbabystuff is written by and for parents just like you - it covers everything from sourcing tall baby bathtubs to nursery furniture to maternity clothes for the taller lady. It's US-based so the prices are in dollars, but there are plenty of ideas and suggestions to point you in the right direction. And when it comes to practical add-on solutions, MBS have come up with a gem. Their handle extender is ideal for parents who already have a decent buggy but maybe is just too small for them. Again, it's one of those things you wouldn't necessarily think about before your baby was born, but would now make your life just that much easier on a daily basis. For the tall parent who wants to meet other tall parents, there is the thriving online community, babycenter, where parents can swap stories, compare experiences and generally have a good ol' baby-related virtual chinwag. So with a bit of research and support, there is no reason why sourcing stuff for tall parenting need be a tall order. Share your experiences

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