

Sibling Preparation

HELPING YOUR FAMILY

WELCOME

YOUR NEW BABY



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Introduction

Congratulations! You're having another baby! You are probably wondering how to help prepare your child for the new addition to your family. I've designed this ebook to give you the tools, research, and checklists to help your child or children transition to being older siblings and welcome a new baby. The most important tip to start with is to keep calm and enjoy the ride. It's all doable!

I was six months pregnant with my second baby when my daughter turned 15 months. She was a very clingy toddler and still breastfeeding. My husband and I told her about the baby and encouraged her to talk to the baby, too. We sang songs to the baby and read books. We talked about what the baby was doing inside me – like eating and sleeping – and we told her he was so excited to meet her.





We talked about the baby as if he were already here, and we tried to encourage our toddler to establish a connection with her brother before he was born. We believe this early bonding helped our daughter take on the role of a big sister before her brother was here so that by the time he arrived, she already had integrated and practiced that role, making her transition much easier.

Sibling Preparation: Helping Your Family Welcome a New Baby walks through three steps to aid in this family transition: prepare, include, and enjoy. Teaching your family – specifically, your child or children – to accept their new sibling should be a thoughtful, intentional process, as it can be a stressful change, in particular, for firstborn children.

Suggested read:

- [Pregnancy: A Family Affair](#)
-

Brenda L. Volling of the Center for Human Growth and Development, University of Michigan, studied this type of transition after a birth and found it to be “one of the most traumatic experiences of early childhood. Parental attention, once the sole province of the firstborn, must now be shared with a sibling rival. The emotional upset and disruptive behavior of firstborn children to the arrival of a new sibling is often viewed as sibling jealousy.”

Children have this special way of connecting with siblings that sometimes goes beyond words, and we wanted our daughter to use that connection to bond with her soon-to-be-born brother. Fifteen years later, they continue to have that special close connection, even deeper than what best friends have.

To assist your firstborn in moving from jealousy to love and acceptance, let's start by talking about preparing your child early so he or she isn't surprised by how the family life will shift!

Step 1: Prepare

The benefits of preparation

In her research, Volling found younger firstborn children were more likely than older firstborns to exhibit problems adjusting, like “clinging and seeking adult attention, more distress over time, more time wandering, more withdrawal, and had more toileting and night-time accidents.”

Preparation for these young ones is a pillar to healthy family transition.

Sibling preparation can help:

- Ease the transition into having a new sibling
- Give the child time to adjust
- Reduce anxieties
- Increase the child’s ability to express feelings
- Make the experience a huge learning opportunity for the child
- Prepare parents to better cope with the older child when the new baby arrives

How to tell your child about the baby

For a smooth transition from being the baby of the family to the big sister or brother, early preparation is a must. The best person to tell your child about the new baby is you! You don't want your child to find out from someone else; you want to manage the story! Exactly when to tell your child is a personal decision and may vary depending on your child's age. If your child is older, you can make a game of learning the gender, show them the ultrasound photos, or bake a cake announcing the baby. Children are perceptive, and your child will likely sense something happening before you reveal the news.

Don't leave sharing the baby news with your child to the last moment, as this type of surprise might not be received well by your child. Take



advantage of the months you'll be pregnant to prepare your child for the impending change – and new sibling responsibilities.

Most parents find that the second trimester, after three or four months of pregnancy, is the safest time to reveal pregnancy, to minimize the possibility of the child coping with an early loss. Remember that especially if you have a very young child, he or she may repeat the news to friends, family, and strangers, so hold onto the news until you're ready for those outside your family to find out!

Suggested Reads:

- ***"When should we start the conversation about childbirth"***
 - ***"Daddy, the baby is coming, you need to push really, really hard"***
-

Start bonding now

Plenty of research shows babies bond with parents and siblings well before birth.

"Hearing is one of the first senses to develop, and your baby can hear from about 17 weeks from conception," notes Dr. Miriam Stoppard in her book *Bonding Before Birth: Prenatal Nurturing for your Baby*. "By 27 weeks from conception, all the connections from ear to brain are in place. By six months, the womb is buzzing with sounds, but your baby can distinguish your voice from all other sounds and with little distortion."

In addition to your own mother-to-baby bonding, this is a great opportunity for your child to forge a bond with his/her new sibling using senses like voice and touch.



“We engaged Justice throughout the pregnancy, though that was typically by default,” said Evan Krauss of St. Louis. He and his wife Stephanie have two sons, Justice and Harrison. “He attended doctor’s appointments, listened to the heartbeat – he wasn’t quite sure what to think of that – and would talk to the baby with us.”

Keep these helpful tips in mind to take full advantage of this important window of time:

- Talk, sing, and encourage your child to talk and sing to the baby inside the belly.
- Read books to the baby and your child together.
- Encourage your child to draw pictures of and for the baby, and create an album of these pictures and drawings for the baby.
- Let your child participate in choosing a name for the baby.

Suggested Read

- **“How did the baby get inside your tummy, mummy? And 9 other questions toddlers ask about birth”**
-

Easing transitions

If you're planning to make adjustments to your child's life, plan and do the changes early, before your baby arrives. "The [transition to siblinghood] may be a developmental turning point for some children that portends future psychopathology or growth," writes Volling, "depending on the transactions between children and the changes in the ecological context over time."

Examples of transitions to tackle well in advance of the baby's arrival are:

- Starting preschool or daycare
- Weaning
- Giving up a pacifier
- Toilet training
- Sleeping in a bigger bed
- Moving to a different house (In a 2015 Moving.com article, Jess Fenn notes six upsides to moving while pregnant, including: leaning into your nesting instincts in the new place, not affecting your baby's sleep pattern, and allowing yourself postnatal recovery time without the stress of a move.)

Suzanne and Bryan Norman of Colorado Springs, Colorado, saw changes in their older child Miles once his new sister Daphne hit 12 months. They'd moved to a new state, and, with that transition, his jealousy kicked in. Suzanne said Miles "struggled to understand why [Daphne] didn't have consequences for behaviors like throwing food on the floor – which is developmentally natural for a baby, but for him, would have been disobedience."

The two are great playmates now, at ages 5 and 3, but the home transition coupled with Daphne becoming less of a newborn and more of another kid caused Miles to spin for a bit.

The Burtons of Charlotte, North Carolina, moved their son Kieran from crib to bed before his sister Elsie's arrival. "He was big enough to go in a big-boy bed, but we made sure to do that transition before she came," Christine Burton said. "Honestly, we had to do it because his sister needed his crib!"

Once Elsie was born, Christine and her husband Nick switched off on bedtime duty with their firstborn to make sure he felt loved and given special attention by each parent. "It wasn't perfect all the time, but we tried as best we could," said Christine.

Dealing with emotions

With the arrival of a new sibling, you can expect your child to experience a mix of emotions. In Laura E. Berk's *Infants, Children, and Adolescents*, she writes, "When a mother is more positive and playful with her new baby than her preschooler, she can spark rivalry and heavier problems in the older child along with less friendliness toward the baby."

The emerging mix of emotions will vary for every child according to personality, age, emotional development, and his or her degree of independence.

Examples of normal feelings your child might experience are:

- Frustration: Your toddler might show signs of impatience, whining, and an increase in tantrums. He or she will be sharing you with another human being and hasn't developed the patience to wait. Understand that his or her processing of these emotions differs from an adult's maturity.
- Stress: Stress in a toddler can be devastating and exhausting for both child and parent. At that young age, stress man-

agement is hard to learn. First, try to avoid being stressed yourself, and then attempt to understand your child's feelings. Stress can be passed on easily, especially if your child is very attached to you or if he/she is still breastfeeding. Patience and relaxing moments – as close to relaxing as you can get! – go a long way.

- Confusion: Your child can be confused if she doesn't understand the changes underfoot. This is why preparation is so important: When your child knows what to expect, she'll have a better understanding of what's happening and be less confused about her new role as a big sister.
- Jealousy: Jealousy is normal, and your child will experience it in one way or another. He might want to hit the baby, hit someone or something else to call for attention, or ask if the baby can be given back. To ease this feeling in him, spend one-on-one time together to ensure he feels loved and understood.
- Fear: Your child will feel the loss of you as the person who gives her undivided attention. She'll fear you won't be there for her, that you'll abandon her to spend time with her new sibling. Fear of losing a parent can be scary for little ones, so make sure your child has a lot of attention from other people as well – not to replace you but to help you when you can't divide your attention. In addition, be cognizant of how you tell your child that you're busy. Instead of saying, "I can't play



now; I'm holding the baby," you might say, "My arms are full right now." This helps your child not negatively associate the change in her mom as a playmate with the new baby.

- So, how can you adjust your parenting to help in your child's transition? Remember to:
- Listen and acknowledge your child's feelings without denying or discounting those emotions.
- Encourage your child to express feelings through art and role-playing.
- Reaffirm that you're emotionally and physically present and that you'll always love your child.
- Look at photo albums and videos of when your child was a baby, and describe how excited you were while waiting for him or her to arrive.
- Tell your child stories about his or her own birth.
- Ask your child if he or she remembers what it was like being inside the womb. (You may be surprised to hear what your child can remember!)
- Talk about the advantages of being an older sibling: for example, holding and cuddling with the baby and teaching the baby new concepts like how to make music or hold a fork.
- Spend time around other families who have babies so your child can get used to being around them. It also helps for your child to see you hold a baby and learn you still love him or her.

Berk encourages spending additional time with the older child to give him or her attention and affection. It's recommended that the partner not recovering from pregnancy plan special outings with the older child.

“There were times on the weekend that I would catch up on sleep and nap while Elsie napped. Nick would take Kieran out and do something fun with him,” Christine said. “Once Elsie was in a sleep routine for her naps, it would give me a chance to do some quiet time activities with Kieran. We could take the baby monitor and play outside, too. He looked forward to my undivided attention.”

If you have family or close friends nearby, you might find it helpful for them to take on roles you previously held, like carpooling to school or helping your older child with his homework.



Checklist for preparing

- ❑ Tell your child about the new baby.
- ❑ Involve him in creating art for and talking to the baby inside you.
- ❑ Give your child time to adjust, and understand there may be behavioral setbacks.
- ❑ Spend one-on-one time with your child, during which he can express his feelings.
- ❑ Tackle big transitions – like weaning or moving homes – before the baby's birth.
- ❑ Reaffirm your love for your child by telling him stories about his birth.

Step 2: Include

Pregnancy and birth are normal processes and huge learning opportunities for your child about health, wellness, and bodies. Both you and your child stand to benefit immensely from allowing him or her to be included in the process, and educational tools like MamAmor dolls help visualize the process and foster conversation. The more information you give, the better prepared and educated your child will be.

A note about the decision to have your toddler present for the baby's birth: Experts are divided on the age when a child's presence for a birth is appropriate. It's an individual choice, and you'll want to thoroughly prepare your child for what labor and childbirth look like, as well as feel confident that you can remain focused on your labor.





“If you do decide to have your child at the birth, make sure you have an adult caregiver whose only job is to be there for the child,” writes Kyla Boyse, R.N., of the University of Michigan Health System. “It may be nice to give [your child] a special, age-appropriate job, such as cutting the umbilical cord or putting on the hat.”

Another option is hiring a sibling doula: a special babysitter to help with the older child or children during the birth.

The Normans asked a close friend to watch Miles during Daphne’s birth. They then anticipated Miles’s reaction to visiting the hospital by preparing him that this was a different hospital.

“Kids can associate hospitals with something being wrong,” Suzanne said, “so we intentionally told him this is a special kind of hospital visit that’s happy, where nothing is wrong. We just go there because that’s where the doctors are. And the doctors are very good at taking care of mommies and their babies.”

Some parents may opt for a homebirth. My husband and I always knew we wanted our children present at their siblings' births, so we had three homebirths to make sure our kids were somewhere familiar and comfortable during this life-changing time.

Four months after I found out I was pregnant with my second child, I started preparing my oldest daughter for the event. She was 18 months old at the time and still breastfeeding. She was around for most of my labor, but since I gave birth really late at night, she ended up falling asleep when her brother was born. We had two friends feed and entertain her, which was so great, especially at nighttime when little ones have a bedtime routine. It kept her on her usual schedule so there wasn't a great upheaval.





At my third child's birth, my parents traveled from overseas to be with my two older children. The kids came and went as they pleased, and it was such an intimate family moment. We also gave our son the job of cutting his new baby sister's cord. He's 15 now and still talks about that special moment with her; they have a strong connection that started that day.

Learn through play

Play is an invaluable way to prepare your child. It helps him or her feel included and enjoy becoming an older sibling. Ideas for having fun and learning through play are:

- ☛ Encourage doll-playing for boys and girls.
- ☛ Practice changing diapers and giving a bath to a baby doll.
- ☛ Role-play taking care of a baby, and use the opportunity to talk about:
 - ☛ What babies do inside the womb (Use appropriate terminology, according to age)
 - ☛ Appearance, sounds, and needs of a baby



- ☺ How to hold a baby
- ☺ Breastfeeding
- ☺ Together, read books for children about pregnancy, giving birth, and babies.

Suggested related read:

- **[“Preparing my son for his brother: My introduction to MamAmor Dolls”](#)**
-

Make time to include

Preparing for pregnancy and birth can be a busy time for families. Including your child in preparations can help him or her feel important, as well as make the busy time more enjoyable and fulfilling for the whole family.

The Burton kids are exactly 22 months apart, so Christine and Nick chose books as a way to teach Kieran about his new sister. “Since he was young, he didn’t quite understand what was going on until his sister was here,” Christine said. “We would read books about welcoming a new baby to him and talk to him about the baby in my tummy.”

Ways to include your child in the mix are:

- ☺ Let your child help in planning, painting, or organizing the baby’s room.
- ☺ Bring your child with you to midwife or doctor visits.
- ☺ Have your child help pick out and purchase baby items.
- ☺ Take your child with you on a tour of the hospital or birth center.
- ☺ If you’re planning a home birth, let your child help arrange and set up supplies for the big day.
- ☺ If you are creating a birth plan, let your child lead small, age-appropriate jobs.

Getting ready for the big day

Birth day is the culmination of all your preparation and an exciting day for the whole family. It's okay for your child to be included as much or as little as you and he or she is comfortable. You may not know what you want in advance, but with a little planning, you can make room for you and your child to find what's right for you both.

- Find a person whose only job will be taking care of your child during labor, birth, and the hours following birth. Let your child know who will be taking care of him or her during this exciting time.
- Have a backup plan in case your childcare arrangements fall through. This is an important day!





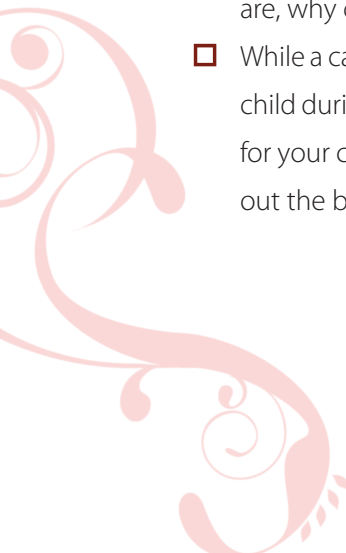
- Be realistic. Tell your child that you will be tired and that the baby will need a lot of attention. Talk about the needs of babies and that this baby will not be a playmate for a while.
- If you are planning a home birth, you might want to give your child more detailed information about what's going to happen. That might include talking about more specifics like what the cord and placenta are, why contractions happen, and why there is blood.
- Hire a doula to ensure **you** have the support you need.
- Bake a birthday cake, make a special card for the baby, and let your child choose the baby's first outfit. Baking a cake is something you can do in advance with your child, or he or she can bake with their caregiver while waiting for the baby to arrive.
- Give your child small jobs according to age: for example, at a home birth, a child can cut the cord, put a hat on the baby, and help change a diaper.

- Have a gift ready from the baby for your child. Examples are a t-shirt reading Big Brother or Big Sister or a special toy or book.

Newborn Elsie gave her big brother Kieran a toy truck and train. “We felt a small gift from his new sister would be a good idea so he would think she was pretty cool,” Christine said.

Checklist for including

- Role-play taking care of a baby so your child learns about changing diapers, bathing, breastfeeding, how to hold a baby, etc.
- Read books for children about pregnancy, giving birth, and babies.
- Let your child help plan for the baby’s room or choose a name.
- If you’re planning a home birth, talk to your child about what she might see – specifics like what the cord and placenta are, why contractions happen, and why there is blood.
- While a caregiver or sibling doula is taking care of your older child during the birth, have celebratory, baby-focused tasks for your child, like baking a cake, making a card, or picking out the baby’s first outfit.



Step 3: Enjoy

The baby has arrived! The hours after birth are a time to savor your newly expanded family. It's important for your older child to feel included and enjoy this special family bonding time. Ideas for helping your child have a positive experience of this precious time are:

- Do a gift exchange between siblings.
- Have a cake and party for the baby.
 - Let your older child take photos under your supervision.
 - Let your child introduce the baby to visitors.



- ☛ Have small gifts wrapped for your child for when visitors bring only a gift for the baby.
- ☛ Take time to focus on your relationship with your older child. Give him or her a lot of special attention and one-on-one time every day.
- ☛ Dig out your older child's birth announcement to talk together about this special time.
- ☛ Point out how great it is to be an older brother or sister.

Staying safe

Plan now to make a safe environment for your older child and baby to interact. Explain to your older child that because babies are so small, there are rules to follow to make sure everyone stays safe.

Jessica and Josh Weiss of Nashville, Tennessee, had twin 19-month-old boys when baby Charlotte was born. "We had to teach them to be gentle with her," Jessica said. "They loved holding her, so we would all lie on the couch together as she was passed in each lap. They learned to 'tick tick' her toes and kiss her on the forehead."

- ☛ Rules for your child when holding the baby are:
 - ☛ Ask an adult.
 - ☛ Wash your hands.
 - ☛ Sit on the couch or sofa with pillows all around.
 - ☛ Hold the baby's head.
 - ☛ Tell an adult when you are done.
- ☛ Never leave your child and baby alone without adult supervision.
- ☛ Teach your child about choking hazards.
- ☛ Explain that there is absolutely no hurting allowed.



- Give your child special jobs, such as pushing the stroller, helping with diaper changes, assisting with bath time, and making silly noises to help keep the baby happy.
- Teach your child which jobs are only for grownups.

The Normans wanted Miles to feel involved in his new sister's life, so they tailored their recommendations to their son's individuality – This is where a parent's intuition comes in!

"Miles's mind is very concrete and logical, so we gave him a practical job," said Suzanne. "We told Miles he was in charge of Daphne's little toes. We asked him to help us clean, tickle, and put socks on her feet."

Expect regressions

It's normal for toddlers and preschoolers to experience regressions in behavior once the baby comes along. Berk writes that "the arrival of a baby brother or sister is a difficult experience for most preschoolers,

who quickly realize that now they must share their parents' attention and affection. They often become demanding and clingy for a time and engage in deliberate naughtiness. And their security of attachment typically declines, more so if they are over age 2 (old enough to feel threatened and displaced) and the mother is under stress due to marital or psychological problems."

Yet she notes "secure infant-mother attachment and warmth toward both children are related to positive sibling interaction, whereas coldness is associated with sibling friction." Examples of typical backward movement are:

- ☛ Reverting to baby talk and behavior
- ☛ Forgetting his or her potty training and bed wetting
- ☛ Restarting or increasing use of a pacifier
- ☛ Wanting to go back to nursing, if they have stopped
- ☛ Increase in separation anxiety
- ☛ Aggressive behavior
- ☛ Wanting to hurt the baby
- ☛ Wanting to "return" the baby



Try not to get frustrated, and remember the regressions will end. Jessica acted quickly when her twins took out some of their frustration on their new sister Charlotte: Collin and Carter stepped on the baby and laughed, after which they were swiftly punished and put into timeouts. It was old hat for Jessica, who says the brothers are always fighting over "cool" toys.

Jessica and Josh take advantage of Charlotte's naptime to spend time with their boys and ease any feelings of aggravation. "Anytime she napped, especially in the early months (and now), we put our attention on the boys, doing activities like coloring, painting, Play-Doh, etc. – basically things that need my hands-on attention to help them be creative."

An older sibling's resentment can evolve into "a rich emotional relationship that starts to build between siblings after a baby's birth," writes Berk. "The older child can also be seen kissing, patting, and calling out "Mom, he needs you" when the baby cries – signs of affection and sympathetic concern."

In the meantime, here are some tips to get you through the rough patches:

- Listen and acknowledge your child's feelings.
- Suggest other choices, and distract him or her from what's currently causing frustration.



- Spend consistent quality time with your older child. Ensure she or he has one-on-one time with each parent as often as possible.
- Have a basket full of books, toys, crayons, etc., for your older child while nursing or bottle-feeding your baby so your child to play with you or next to you.
- Point out how proud you are of him or her being a big brother or sister.
- Talk about the advantages of being an older sibling.
- Create a special space in the house that your older child doesn't have to share with the baby.
- Show your child how you expect him or her to behave with the baby by modeling good behavior when you are interacting with the baby.
- Say "My hands are full" rather than "I am busy with the baby."

Suggested Read:

- **"Top Ten tips for nursing with a toddler in a tow"**
-

We've talked about regression, but you may also notice behavioral changes that somehow seem related to the newborn yet aren't negative – after all, your older child keeps on maturing, new sibling or not!

"Around the same time that Daphne was born, he developed an obsession with golf," said Suzanne of her son Miles. "He played constantly. He still does. We suspect the sport was an outlet for him to express and establish himself"



Sibling bonding

The sibling-to-sibling relationship is a rich one that comes to occupy much of each child's time. A 1996 *Time Magazine* story reported that by 11 years old, children "devote about 33% of their free time to their siblings – more time than they spend with friends, parents, teachers or even by themselves."

In addition, "adolescents, who have usually begun going their own way, devote at least 10 hours a week to activities with their siblings – a lot when you consider that with school, sports, dates and sleep, there aren't a whole lot of free hours left."

"From day one, Justice loved Harrison," said Evan of his firstborn. "Harrison has always been enamored by his big brother. He loves his big brother so much and calls him 'Brother' more than he calls him Justice."

During any burgeoning relationship, conflict is likely to occur along the way, and it's simply part of your children's evolving relationship with each other. *Time* reported: "Laurie Kramer, professor of applied family studies at the University of Illinois at Urbana-Champaign, has found that, on average, sibs between 3 and 7 years old engage in some kind of conflict 3.5 times an hour. Kids in the 2-to-4 age group top out at 6.3 – or more than one clash every 10 minutes, according to a Canadian study."



As the baby grows, keep encouraging new ways for your children to bond and enjoy each other. Healthy sibling bonding will help ease the transition into life with 2+ children. Some tips to get you started are:

- Design new routines that include both the baby and child.
- Encourage playtime together. Early on, this might start with your child holding the baby or showing the baby toys and pictures.
- When the baby is older, consider having your children sleep together for naps or all night. Sharing a room may help ease nighttime fears and encourage sibling bonding.
- Encourage your children to nurture one another.
- Give each child his or her own special time with you one-on-one.

The Krausses noticed their sons' differences early on and learned how to accommodate each child's unique needs.

"They are fairly inseparable, though definitely have different personalities, and their love buckets are filled differently – if you are familiar with the book *The 5 Love Languages*, it is very applicable to understanding how to connect with your kids," Evan said. "Justice is very content and self-resilient, though his love bucket overflows through quality time with either just mommy or just daddy. Harrison, on the other hand, is a touch baby: all about the cuddles."

The Normans are grateful for how different Miles and Daphne are from one another because of the lessons learned by their differences.

"He helps her take risks and learn about the world around her. She helps him embrace his imagination and be mindful of others' feelings," she said. "He has learned the power of leadership and influence, and how our choices affect people around us."



Checklist for enjoying

- ❑ Celebrate the time after birth -- It's someone's birthday, after all! You might have a cake and party or arrange a gift exchange between the new siblings.
- ❑ Teach your child how to enjoy the new baby within safety parameters (ask an adult, wash your hands first, etc.).
- ❑ Give your child special jobs, like pushing the stroller or assisting with bath time.
- ❑ Be on the lookout for regressions, like baby talk, wetting the bed or an increase in separation anxiety. Try not to get frustrated, and remember the regressions will end.
- ❑ Focus on the rich relationship that will develop between your children, talking about how great it is to be an older sibling and how proud you are of your child. This fosters the sibling bond.

In Conclusion

Adding a new child to your family is a huge adjustment for your unit, and it's also a massive shift in your child's relationship to her parents and the world. The deep relationship that develops between siblings is one that typically outlasts the relationship between child and parent, so it's crucial to encourage a bond between them early.

A common (and normal!) fear among parents is whether they're making the right choices in parenting their children. As long as you fill your firstborn's changing life with love while preparing her for the impending adaptation, involving her in the process, and making this new life enjoyable, you'll be just fine.

Above all, keep a sense of humor! Go with your gut, and enjoy the journey!



Recommended Resources

Always read and/or watch before reading/showing to your child!

Books

0-3 years old

- ☺ The New Baby by Fred Rogers
- ☺ Baby Born by Anastasia Suen
- ☺ Our New Baby by Wendy Cheyette Lewison
- ☺ How a Baby Grows by Nola Buck

3-5 years old

- ☺ Baby On The Way, by William Sears, MD - Martha Sears, RN and Christie Watts Kelly
- ☺ What Baby Needs, by William Sears, MD - Martha Sears, RN and Christie Watts Kelly
- ☺ Big Sister Now. A Story About Me And Our New Baby, by Annette Sheldon
- ☺ Big Brother Now. A Story About Me And Our New Baby, by Annette Sheldon
- ☺ Julius. The Baby Of The World, by Kevin Hanks
- ☺ Alligator Baby, by Robert Munsh
- ☺ We are having a Homebirth!!, by Kelly Mochel

5 +

- ☺ Being Born, by Sheila Kitzinger and Lennart Nilsson
- ☺ Before You Were Born: The Inside Story of Baby Science, by Ann Douglas

- ☛ [Darcy and Gran Don't Like Babies](#), by Jane Cutler
- ☛ [Hello Baby!](#), by Lizzy Rockwell
- ☛ [How Was I Born?: A Child's Journey Through the Miracle of Birth](#), by Lennart Nilsson and Lena Katarina Swanberg
- ☛ [My Mom's Having a Baby!](#) by Dori Hillestad Butler and Carol Thompson

Videos

Cartoon type

- ☛ [Arthur's Baby](#)
- ☛ [Sesame Street: A New Baby in my House](#)

Videos and documentaries

- ☛ [Birth Day](#), a DVD by Naoli Vinaver Lopez
- ☛ [Gentle Birth Choices](#) – Barbara Harper
- ☛ [What Babies Want](#) – Debby Takikawa
- ☛ [The Business of Being Born](#) – Ricki Lake and Abby Epstein

Videos of other mammals giving birth

- ☛ [Elephant Giving Birth](#)
- ☛ [Birth of a puppy](#)
- ☛ [Birth of a dolphin](#)

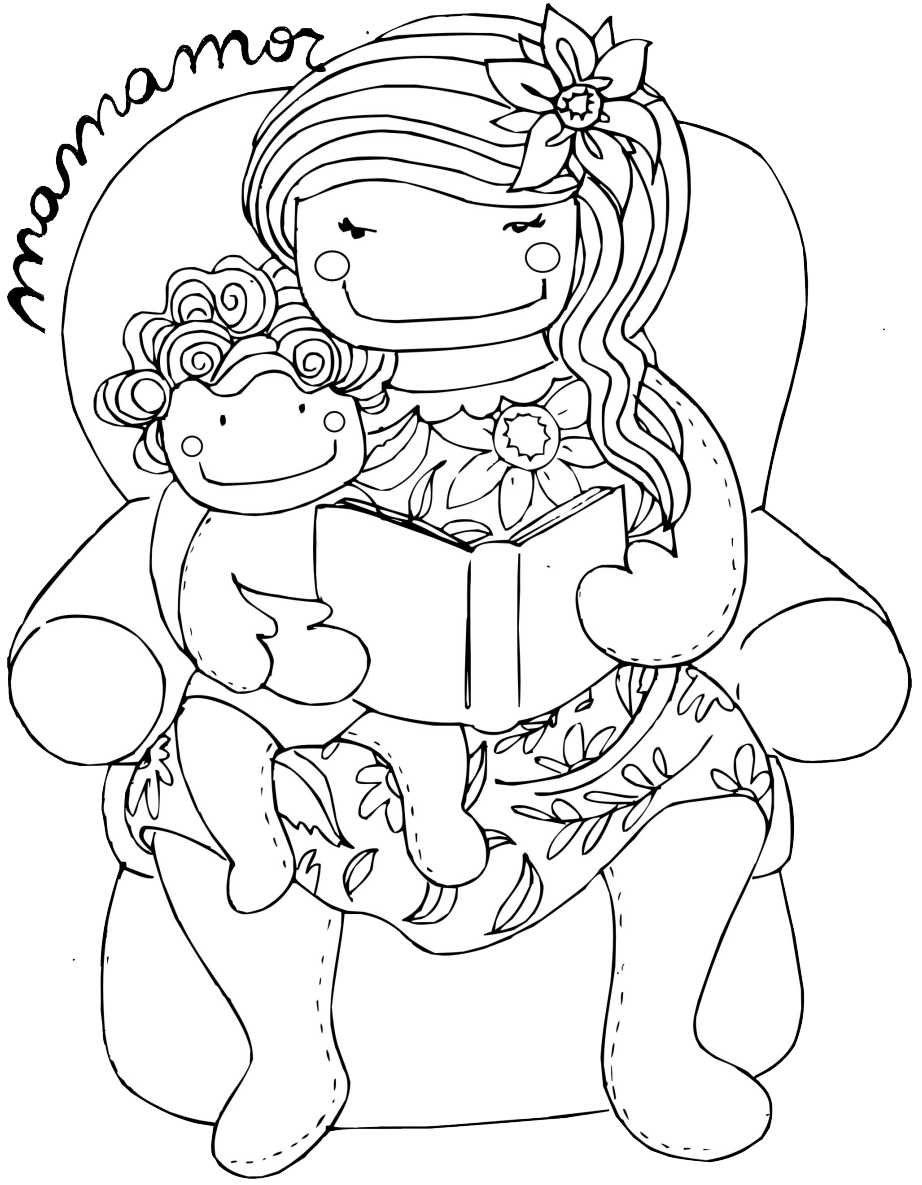
Preparing your child for a home birth

- ☛ [Selection of birth videos for children](#)
- ☛ [Selection of natural birth videos and slide show](#)

Other resources

- ☛ [MamAmor Dolls – Pregnant, Birthing and Breastfeeding Dolls](#)
- ☛ [Sibling Preparation Coloring Pages](#) (see following pages)

mamamor



mama mami



Your journey helping your family welcome a new baby doesn't end here, we have more for you!

Join our [VIP Sibling Preparation Community](#) and get insider's tips, resources, and notification of future events and courses.

Join the conversation in our [Sibling Preparation Facebook Group](#) and meet other like-minded parents and educators sharing their sibling preparation stories in a safe and inclusive environment.



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