

We're Having a Baby

1. Bring your child on a doctor's appointment so he/she can see the baby on the Ultrasound.
2. Let your child help decorate the baby's room or pick out a special toy for the baby.
3. Talk to your child about the things he/she will be able to do with the baby.
4. Buy your child a baby doll and act out what will happen when you come home with the baby. Let your child care for the doll.
5. Discuss changes that will occur in the household ahead of time. Let your child know about the things that will be different so it's not a big surprise once the baby arrives.
6. Check to see if your hospital has a sibling tour and/or classes designed to help them adjust to the transition.
7. Take your child to see where you will be delivering the baby. Let her/him see where you will be staying and take a peek at the babies in the nursery.
8. Tape a picture of your child to the baby's crib. It will help make the big sister/brother feel very important.
9. Bring a small gift to the hospital for the baby to give to his/her new big brother/sister.
10. Keep a wrapped present in the closet in case a visitor brings a baby gift. Then you will have something for the big brother/sister to open as well.
11. Throw an "I'm a big sister/I'm a big brother" party.
12. Do an arts and crafts project where you make a shirt that says "I'm a big sister/brother or "my sister's/brother's name is_____."
13. Always include your child in helping with the baby so they don't feel left out. Make it their job to hand you the diaper, the bottle, etc.
14. Set aside special time every day to focus on your child. Giving your older child attention and focus will make him/her feel loved and reassured. Mixed reactions to the new baby is normal and to be expected.



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