

MS03 VT07 Talking to your Kids v2 540p

[Music]

So, when you find out you're pregnant, you may want to involve your young children and let them know that there's a baby growing inside of mom and help involve them as much as you feel comfortable so that they can start to get ready for the adjustment.

We had been talking about it, obviously, in front of our son that we're pregnant and there's going to be a baby, but we haven't really forced the issue. And I think he's a little bit young to understand what's going on as he's not even two.

Every toddler's a little bit different, so it's hard to know exactly how to explain to your kids that you're pregnant. But I think starting early and making them a part of the pregnancy will help them be involved and hopefully help them adjust better once the baby's there.

So, what do you think it's going to be like when the baby comes?

I felt really excited, and I felt a tiny bit scared.

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So, our goal is to incorporate the entire family. Everybody needs to be a part of this process so that they are going to be the leader in encouraging and welcoming this newborn into the family.

Well, there's going to be tons of things to do with the baby.

Change the diaper.

Change the diapers.

The poopy ones.

Yeah!

We always tried to involve her in everything that we did. It was really important to us to make her a part of every decision. You know, she helped pick out the paint for the baby's room and build the crib and pick out the name and just be a part of it. Because she's going to remember this forever.

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There are many books out there about this. I think that as long as you explain to the older siblings in a straightforward and loving way that they're going to be an older sibling, that you're still going to be there for them, and they're going to be able to help take care of this new baby, that all should be well.

[End of recording]