

MS09 VT07 III Be a Big Brother v1 540

[MUSIC]

As you're approaching delivery and if you have another child at home you want to start preparing them for the delivery of your baby. You might think about bringing them to some prenatal appointments so they can hear the baby's heartbeat. You also want to start talking to them about what to expect when you go into labor. And you want them to know who they're gonna be with and who they'll spend time with during that time. Also you want to get them to feel like the baby is coming in to part of their family and that they have a bond with the baby.

So what do you think it's gonna be like when the baby comes?

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

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

Change the diapers.

Change the diapers.

The poo-poo on them.

Yeah but we won't really make you do that, will we?

No.

I think in order to help this be a positive experience for Anya, we've tried to involve her along the way a lot more than you might if you had a two- or a three-year old.

I'm really excited about my mom being pregnant because I've been waiting for

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like two or three years.

So she knew about the pregnancy early on. She had a chance to tell her friends about it. She's been invited to some of the doctor appointments where she could hear the heartbeat. We've involved her in those decisions and discussions so that she feels like this is something she's a part of instead of something that's being done to her.

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 gonna remember this forever.

You also want to think about planning time for just you and the older sibling to spend time together. If they have activities that they do just keep their routine as normal as possible.

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

[End of recording]