

MS11 VT08 Siblings

[Music]

If you have another child at home, you want to start preparing them for the delivery of your baby.

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. So, she knew about the pregnancy early on. She had a chance to tell her friends about it. 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.

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.

It's a great opportunity for Anya to learn responsibility and learn to take care of somebody small and all of the things that we learn when we are in families with babies.

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 welcoming this newborn into the family.

We're really happy for Raelie that she gets to be a big sister, that we get to see this all happen through her eyes. And we built Reese's [?] crib together and we did his room together. And so, this is definitely a big family moment for all of us for sure.

You also want to think about planning for just you and the older sibling to spend time together and having things in that sibling's life that are just for them. Just keep their routine as normal as possible so they know they still have one-on-one time with you.

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[End of recording]