

PREPARING OUR CHILD FOR A SIBLING

Sharing About the Pregnancy:



When and how do we share about our pregnancy?

- **Pregnancy is not visually seen in the beginning,**
and
- it's also a **long time until the birth.**

If we share it with our young children right away, they might not understand fully; if they do, it might feel like forever.

These two aspects are things to consider, so I recommend sharing when it's **physically visual.**

Sometimes, we may have no choice but to share about it earlier, especially if we suffer from extreme limitations and our life drastically changes during pregnancy.

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Some mothers don't want to share with everyone that they are pregnant in the early stages, and if a child is told, the child might share it with others.

It's best not to ask a child to keep this to themselves. They might not be capable of that, and we might ask them something they can't do.

We want to be mindful also about our child knowing we are expecting before others know and tell them. *It's better they hear it from us than others around them.*

Here are some scripts to get some ideas of how all this might sound when sharing with our child:

- ***“We want to share something with you. We are having a baby! You see, my belly is growing? In my belly, a baby is growing.”***
- ***“We will have one more person to love in our family. We love you so much, and we will love your sibling.”***
- ***“Look at these pictures; this is when I was pregnant with you! We want to share something with you. We are expecting another baby in our family, which means that you will be a brother/sister.”***



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When sharing how we feel, it is best to avoid blaming it on the baby; this might create resentment towards the baby. We can share while leaving that part out:

- ***“I can’t pick you up right now.”*** (without sharing that it is because we are pregnant).
- ***“My body needs some rest right now; I am going to lay down,”*** without sharing that it is due to our pregnancy.
- ***“Lately, my body feels exhausted. I need to listen to it and stay seated; we can play the game while sitting down.”***
- ***“I must take some time to eat right now. I know it’s hard to wait for me. I need a moment.”***

If we keep blaming the pregnancy for reasons why we cannot do things as usual with our child, they might start to resent their unborn sibling already and blame them for the fact we can’t do things with them.



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Lastly, avoiding labelling the older child “big” is best. Sometimes, they aren’t ready to be viewed in that way. It’s a huge change for them to have a sibling, so we don’t want to change by adding a label. This label can indirectly pressure them to act a certain way that “big” kids do. Therefore, we can stick to their name/nickname :)

