

DVD Worksheet

Connecting Children with Their Unborn Sibling

1. Look through your children's baby pictures with them and show them their own ultrasound pictures if you still have them.
2. When buying a baby blanket, show your children the blanket they themselves had as a baby.
3. With your gentle guidance, let your children help choose items for the new baby.
4. Let your children interact with their unborn sibling. Let them talk to their baby brother or sister.
5. Bring them with you to your doctor appointments and let them hear the baby's heartbeat.
6. Let your children feel the baby move and kick inside of you.



1. Children need to find their place both in the _____ and in the _____. Sibling rivalries are exciting, because they give you opportunities to help your children grow.

Introducing a New Sibling

2. One of the best ways to prepare your children for a new baby is to _____ to them.
3. Having a sibling can help develop a _____ and prepare a child for adulthood, because that child has someone whom they have to _____ life with. It teaches your child very early on about _____, about how to approach complex situations with people who have different ideas, about teamwork, and about the complexity of relationships.
4. Announce a new _____ in a way that will best help your children to work through their emotions.

During Pregnancy

5. Pregnancy is the perfect time to let your children make friends with their _____ sibling.
6. Understanding how _____ they are to their unborn sibling will help them to become friends with the baby even before his birth.

After Birth

7. Once the baby is born, give your older children opportunities to interact with the baby in _____ ways.

Siblings Are Unique

8. The best way to _____ sibling rivalries is to help each child know that they are unique and fully loved.

Sibling Rivalries

9. It is easy to see that fighting among siblings is _____.
10. If you find yourself ready to _____ or blow up at your kids, simply send both children into a time-out to allow your own self time to _____.



DVD Worksheet Key

Connecting Children with Their Unborn Sibling

1. Look through your children's baby pictures with them and show them their own ultrasound pictures if you still have them.
2. When buying a baby blanket, show your children the blanket they themselves had as a baby.
3. With your gentle guidance, let your children help choose items for the new baby.
4. Let your children interact with their unborn sibling. Let them talk to their baby brother or sister.
5. Bring them with you to your doctor appointments and let them hear the baby's heartbeat.
6. Let your children feel the baby move and kick inside of you.



1. Children need to find their place both in the **family** and in the **world**. Sibling rivalries are exciting, because they give you opportunities to help your children grow.

Introducing a New Sibling

2. One of the best ways to prepare your children for a new baby is to **talk** to them.
3. Having a sibling can help develop a **child** and prepare a child for adulthood, because that child has someone whom they have to **share** life with. It teaches your child very early on about **relationships**, about how to approach complex situations with people who have different ideas, about teamwork, and about the complexity of relationships.
4. Announce a new **baby** in a way that will best help your children to work through their emotions.

During Pregnancy

5. Pregnancy is the perfect time to let your children make friends with their **unborn** sibling.
6. Understanding how **similar** they are to their unborn sibling will help them to become friends with the baby even before his birth.

After Birth

7. Once the baby is born, give your older children opportunities to interact with the baby in **positive** ways.

Siblings Are Unique

8. The best way to **reduce** sibling rivalries is to help each child know that they are unique and fully loved.

Sibling Rivalries

9. It is easy to see that fighting among siblings is **normal**.
10. If you find yourself ready to **yell** or blow up at your kids, simply send both children into a time-out to allow your own self time to **calm down**.



Homework Key

Sibling Rivalries!

Sibling rivalries are normal as children figure out their place in their families and in the world. They must work through their unique temperaments and figure out how to get along with each other. Remember that during this sometimes frustrating time, you must take great care of yourself. Their problems and disputes don't have to be yours. Stepping in to solve every dispute may lead to resentment or manipulation. If you have to step in, guide your children to their own resolution rather than resolving the problem for them.

**Consistent Consequences**

It is important to use consistent consequences for your children's poor behavior.

**Preparing Your Older Child for a New Sibling**

Read the brochure, "**New Babies & Older Children**", and answer the following questions.

1. You can expect your older child to feel **unsure** about the whole idea of a sibling, especially if your children are less than **three** years apart.
2. When a new baby comes along, they will often feel like their position is **threatened**.
3. When considering your child's perspective, what do you think he might be feeling about a new brother or sister?

Answers will vary, but could include: The new baby may get more of mom's attention, mom won't love me as much, the new baby gets all kinds of new things, the new baby gets more attention from everyone.

4. Young children seldom tell how they **feel**. Instead, they show their feelings by their **actions**.
5. Begin **preparing** your child for the new baby as soon as your bulge becomes obvious.
6. What are some things you can do to prepare your child for his new sibling?

Answers will vary but could include: Let him feel the baby kick. Invite him to pray over his baby brother or sister. Look at children's books about childbirth, babies, and fetal development. Spend time together looking through photographs of your child when he was a baby. Letting him hear the new baby's heartbeat or see the baby on ultrasound. Talk with your child about where you will have the baby, and where he will be during the birth. If you are planning to change the room for your older child, make sure to move him months before the baby's arrival.

7. Answering a few questions about the baby will help your child to understand more why your time and energies are so focused on the newborn.
 - Why do babies **cry** so much?
 - Why do babies have to **eat** so many times?
 - Why do new babies have to **sleep** so much?
 - Why do new babies need to be **held** so much?
 - How can he **help** take care of the baby?