

29
months

The median interval between siblings in U.S. families

Source: National Vital Statistics Reports, Centers for Disease Control and Prevention, 2013



A Big Brother in Training

During my second pregnancy, here is what I did to prepare my toddler to be a big brother:

- I involved him in my pregnancy. I showed him sonogram pictures and explained in age-appropriate terms how the baby was growing.
- I told him how the new baby would act. We read books about being a big brother, and I helped him hold a doll so he could practice being gentle.
- When I went into labor, he had a special birthday bag. It included birthday hats, balloons and a gift to give the new baby. He even got his own special big brother gift.

—Katie Begley

A Song for Big Sister

With the birth of her brother, my middle child needed special Mommy attention. She liked to run and play with me, so I made open-gym time a weekly outing.

Halfway through one session, a daycare worker brought my infant son to me to nurse. Chin on her chest and shoulders stooped, my daughter walked away.

I began to sing a soft, made-up song of love from me to her. As I sang, my daughter stopped and turned back to look at me. Her shoulders rose and her beautiful smile once again lit her face. And just like that, she was freed from feeling overlooked.

—Heather Thrapp



**PREPARING
YOUR
TODDLER**

Bringing home a new baby can make some toddlers feel unsure about their place in the family. Create a special scrapbook to remind your child that he or she is valued and loved. Simply download and print our unique template. You can fill the pages with pictures and notes and then read the book to your toddler. Download the booklet at FocusOnTheFamily.com/NewBaby.