



The Big Brother/Big Sister Promotion

Understand your child's love languages. If your child feels loved throughout your pregnancy and postpartum, the transition will be easier! Your baby can "love" on his or her older sibling while in-utero!

For the siblings who feel loved when quality time is spent with them:

- [See Baby App](#). This is a great app for IOS that helps siblings connect with what the baby looks like especially in the early stages of first trimester.
- [Hello in There](#) : A book about a little girl following the growth of the baby inside her mother's womb. Open the "door" to mommy's belly to discover the growing baby
- [Big Sister Coloring Book](#) Let her express herself through art.
- [I am a Big Brother Coloring Book](#) Let him find his promotion in the world of dinosaurs.
- [Bun in the Oven Activity](#): Bake a bun together. Show them how patience is needed for the bun to rise.
- [Plant a garden](#): Sow the seeds, water, and watch it grow. This activity also helps siblings in the event of a miscarriage. Some seeds grow into flowers, but not all of the seeds bloom.
- Dates each trimester with Mom
- Dates with Dad- let dad bond with the kids so that the transition is easier when you've got your hands full. This can be more difficult than you think it will be.



For the siblings who like to receive gifts,

- Start a countdown calendar of gifts each month of pregnancy (similar to an advent calendar) from the baby to the big sibling.
- Gifts for siblings at baby shower.
- Gifts for siblings when they visit their sibling for the first time at the hospital.

For the siblings who feel loved when they can be helpful

- Cinebaby App : Recruit siblings to take weekly Bump pictures
- Decorate onesies together: Tie-dye, puffy paint, iron-ons -whatever gives your child connection to a new sibling.
- Plan a Gender Reveal Party Together: Incorporate big brother or sister in the big reveal!
- Decorate the nursery together with the sibling's input
- If big sister likes baby dolls, fill a baby stroller with diapers that she can bring to you when needed. If big brother likes trucks, find a dump truck that he can bring diapers to you when needed.

For the siblings who feel loved when cuddled:

- Have the sibling shine a light (after 25 weeks) on your belly, the baby will kick the light!
- Make a belly cast with your children.
- Have a cuddle blanket that you use for cuddling only with your child and your belly.
- pretend you are a robot that can't function without your child's hugs.



For the siblings who love words of affirmation:

- Journal each week of your pregnancy about the growth that you are seeing in your child alongside your growth. Share these encouragements with your child.
- Take time every night to say, "When you said/did_____ this today, it made me so proud because _____"
- Acknowledge the anxiety they may be experiencing while also reassuring them about their worst fears.
- Letters from Mama - write little cards that he or she can read each day while you are in the hospital. Hide them in a treasure hunt or in little easter eggs that they can find while you are away.

The Bottom Line:

Siblings need to know that they are not going to be replaced, there is enough room in your heart for them, and that they matter too.

Finding ways to help them feel loved will fill their tanks so that they can fill yours. A child who feels loved in their own language is more likely to be gracious to "mommy fails" and more patient when you are not available.

Be creative. Be silly. Be outrageous. These are the memories that will tell your children that they are still important and they are loved.

Do you have other ideas to share with other mamas? Share them on the Woven Motherhood Facebook Community! Click [here](#) to join.

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