



Bump Up Your Baby Know-How

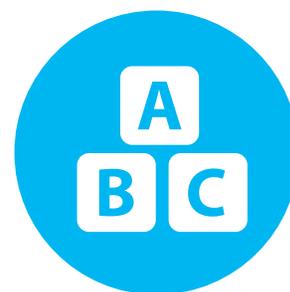
Expect more joy and less stress with this handy guide.



checklists



tips



to-dos

more

LifeEvents.

Give Birth, Get a Whole New Life – and Love It!

When you're expecting, you're looking forward not only to the birth of your baby but to the start of a new life. And while pregnancy and babies don't come with an instruction manual, we've put together the next best thing: a fun and informative guide to help you get through just about any issue you face.

Parenthood can seem more overwhelming than anything you've ever done.

Relax, take a deep breath. Step by baby step, we'll help you manage the changes that will affect:

- Your body
- Your relationships
- Your home
- Your family
- Your diet
- Your schedule



"A grand adventure is about to begin."

– Winnie the Pooh

Here's what you can "expect" in these pages:



- What to Know as Your Baby Starts to Grow
- How's It Growing? Tracking Your Trimesters
- Pregnant with Possibilities
- Breast or Bottle?
- Get the Vitals on Pediatricians
- Baby-Proof Your Life
- Learn the A-B-Cs of Childcare
- The Smart Start List
- The Good, The Bad, The Bizarre
- Oh Baby! Where to Give Birth?
- Need a Bundle of Cash for Your Bundle of Joy?
- Ready, Set ... Baby!
- Sibling Revelry





What to Know as Your Baby Starts to Grow

The Basics

- Start counting pregnancy weeks at your last menstrual cycle.
- Pregnancy is divided into three trimesters.
- Each trimester marks milestones in the baby's development.
- A pregnancy is considered full-term at 40 weeks.
- Infants delivered before the end of week 37 are considered premature.
- Premature infants may have problems with their growth and development, breathing, and digesting.



Patience is a Virtue

While many moms have opted to give birth earlier, research show it's healthier for the baby to go full term.

Give It a Rest

Getting enough rest (at least 8 hours sleep per night) is just as important as staying active.

78%

of women have more difficulty sleeping while pregnant.

83%

of pregnant women who exercise regularly sleep better.

Tips to make you drowsy:

- Warm bath
- Soft music
- Good book

Warm (decaffeinated, non-alcoholic) drink
Massage

Did You Know?

During pregnancy, acetaminophen is recommended in most cases instead of aspirin or ibuprofen, which could be harmful to the baby's development.

Sources:
<http://infographiclist.com/2015/04/02/ultimate-guide-to-sleep-during-pregnancy-infographic-sleep-pregnancy-infographic/>
<http://blog.kiddicare.com/wp-content/uploads/2014/03/v4.Kiddicare-Pt1-PregnancySleep.jpg>
http://www.babycenter.com/404_is-it-safe-to-take-aspirin-during-pregnancy_1357403.bc



How's It Growing?

Tracking Your Trimesters



First Trimester (0 to 13 Weeks)

- This is the most crucial to your baby's development.
- Your baby's body structure and organ systems develop.
- Most miscarriages and birth defects occur during this period.
- You experience nausea, fatigue, breast tenderness and frequent urination.
- Symptoms vary: some may feel an increased energy level; others, very tired and emotional.

• **Baby grows from the size of a poppy seed to the size of a peach**



Second Trimester (14 to 26 Weeks)

- Often called the "golden period" because many of the unpleasant effects of early pregnancy disappear.
- You're likely to experience decreased nausea, better sleep patterns and an increased energy level.
- Possible new symptoms include back pain, abdominal pain, leg cramps, constipation and heartburn.
- Somewhere between 16 weeks and 20 weeks, you may feel your baby's first fluttering movements.



• **Baby grows from the size of a lemon to the size of a rutabaga**



Third Trimester (27 to 40 Weeks)

- The final stretch – your belly stretches (literally) as you near the birth of your baby and you become more excited and anxious.
- Symptoms include shortness of breath, hemorrhoids, urinary incontinence, varicose veins and sleeping problems.
- Many symptoms are caused by the increase in the size of your uterus.
- Uterus expands from approximately 2 ounces before pregnancy to 2.5 pounds at the time of birth.



• **Baby grows from the size of an eggplant to the size of a watermelon**



Sources:

<http://site.pishposhbaby.com/blog/2014/08/13/bump-grind/>

<http://www.ucsfhealth.org/conditions/pregnancy/trimesters.html>



Pregnant with Possibilities:

Working Out Your Exercise and Nutrition Regimen

Remember: You're eating (and exercising!) for two. Here's some food for thought.

Enough on your plate?

Daily requirements

Bread, cereal, rice and pasta

At least 5 ounces

Vegetable

At least 2 ½ cups

Fruit

½ cup of fruit or 2 cups fruit juice

Meat, poultry, fish

At least 5 ounces

Fats and oils

At least two teaspoons



Food Foul

What to avoid:

- Beverages containing alcohol and caffeine
- Uncooked meat and fish
- Unpasteurized dairy products

Why Exercise?

By increasing blood flow to the placenta, exercise nurtures your baby's growth and development.

Women who neglect to exercise are 4.5 times more likely to deliver by caesarean section.

Other Benefits:

- Helps with sleep
- Boosts your energy
- Improves your mood
- Prepares the body for childbirth
- Eases back pain and other aches
- Reduces your risk of complications like gestational diabetes

A Weighty Matter

Gaining too much or too little can complicate pregnancy. Here are the healthy averages.

1st trimester

Average weight gain: 2-5 pounds

2nd trimester

Average weight gain: 1-2 pounds per week

3rd trimester

Average weight gain: 1-2 pounds per week



Need Exercise Ideas? No Sweat.

DO:

Swimming
Stretching
Biking
Dancing
Walking
Yoga

DON'T:

Leaps, jumps and twirls
Exercising in hot conditions
Contact sports
Stomach crunches and sit-ups



CAUTION

Always consult your obstetrician before taking on any diet or exercise regimen.

How Much Exercise is Healthy?

150 minutes of aerobic activity spread out per week
Or 30 minutes moderate exercise most days per week

Sources: http://www.momjunction.com/articles/sample-diet-chart-pregnant-women_0076927
<http://cdn.babyworld.co.uk/wp-content/uploads/2014/01/exercise-pregnancy.jpg>
<https://www.unitypoint.org/cedarrapids/filesimages/pregnancy-exercises-and-healthy-weight-gain-infographic.jpg>
<https://www.unitypoint.org/cedarrapids/filesimages/pregnancy-exercises-and-healthy-weight-gain-infographic.jpg>
http://www.eatrightpro.org/~media/eatright%20images/infographics/eatright_healthy_pregnancy_infographic.ashx
<https://www.unitypoint.org/cedarrapids/filesimages/pregnancy-exercises-and-healthy-weight-gain-infographic.jpg>



Breast or Bottle? Feed Your Need for an Informed Decision



Latching on to **Breastfeeding**

FACT: The American Academy of Pediatrics (AAP) recommends breast milk as the best nutrition for infants.

Why **BREAST** is **BEST** for Baby

- It has natural antibodies to help your baby resist illnesses like ear infections.
- It tends to be more digestible than formula and reduces gassiness and constipation.
- Research shows it may lower the risk of sudden infant death syndrome.
- It could boost your baby's intelligence and cognitive function.
- Long-term effects include reduced risk of obesity, asthma, diabetes, high cholesterol, and various cancers.

Why **BREAST** is **BEST** for You

Breastfeeding could reduce your risk of breast cancer, diabetes, heart disease, osteoporosis, and ovarian cancer.

The Beauty and the Bond

Breastfeeding is a wonderful bonding experience.

The Pump

Breast milk can also be pumped which will allow for public feedings and other family members to participate in feeding.

How long should you breastfeed?

- Babies should be breastfed exclusively for the first six months.
- Once your baby is eating solid foods, continue to breastfeed until at least a year old.
- Breastfeed as long after that as both mother and child are willing.

Milking the Case for **Formula**

FACT: Formula feeding is also a healthy choice for babies and the best possible alternative to breast milk.



WARNING: Do not attempt to make your own formula or feed an infant cow's milk.

Why Moms Choose Formula

- Less work for you: Anyone can formula-feed the baby at any time.
- You avoid the often-painful process of getting the baby to latch on to your breast.
- No pumping means less hassle: Simply leave formula for your babysitter or day care center.
- You don't have to feed the baby as often because it takes the baby more time to digest formula.
- No worries about what you eat or drink, unlike moms who breastfeed and pass along what they consume to their babies.

Combo Approach

Many moms combine breast milk and formula. By supplementing one with the other, you can save cost on a formula-only approach and cut down on time spent breastfeeding or pumping.

Save Time, Eat The Cost

While bottle feeding is often considered a time-saver, it costs approximately \$1,800 per year.



74.6% of American babies are breast-fed at birth, but only **23.8%** of them are still being breast-fed at **12 months**

Source: <http://www.livescience.com/20514-mothers-breastfeeding-babies-prevalence.html>
<http://www.webmd.com/baby/breastfeeding-vs-formula-feeding>
<http://www.whattoexpect.com/tools/photolist/the-big-benefits-of-breastfeeding-infographic>



Get the Vitals on **Pediatricians**



92% of parents

rate “accepts my health insurance” as a very important factor in selecting a pediatrician.

Weighing your options is a healthy way to choose a pediatrician. Start by looking at the providers listed by your insurance agency. You should also request referrals from friends and family. Ultimately, though, the best way to choose a pediatrician is to meet and get a feel for his or her practice, personality and style.

Here’s a simple list you can bring to help you make this big decision:

Name of doctor: _____ Name of practice: _____
Address: _____ Phone: _____
Office Hours: _____ Specialties: _____

- Do you accept my insurance?
- Is this a solo or group practice?
- If solo, who covers?
- If group, how often will I see other doctors in the practice?
- Is there a separate waiting area for sick patients?
- What evening or weekend hours are available?
- What is a typical wait time in the waiting room?
- How are routine/non-emergency calls answered?
- How will I reach you after hours?
- When the doctor’s not on call, who covers?
- Which hospitals is the doctor affiliated with?
- Does the doctor see newborns at the hospital or at the first office visit?
- Does the practice have a website?
- What are the terms for payments, laboratory charges, and insurance claims?
- How many years have you been in practice?
- Do you have any subspecialties?
- Do you have children? If so, what’s your parenting style?
- Do you typically discuss behavioral growth and development?
- What are your views on:
Breastfeeding versus bottle-feeding?

- Circumcision? _____
- Antibiotics? _____
- Immunizations? _____
- Alternative medicine? _____
- What parenting books or websites do you recommend?



Did You Know?

Pediatricians log a minimum of **12,000 to 14,000** patient care hours during training.

Questions to ask yourself:

- Did the place look and smell clean?
- Did the waiting room seem like a nice place for kids?
- Did you like the staff? Would a child like the nurses and staff?
- Did you wait a long time or were you seen as scheduled?
- Do you feel comfortable with this doctor?
- How was the parking situation?

Source: <http://www.mottnpch.org/blog/2013-03-06/how-do-parents-choose-their-children%E2%80%99s-doctor>
<https://www.aap.org/en-us/advocacy-and-policy/state-advocacy/PublishingImages/Pediatric%20Education%20and%20Training%20State%20Advocacy%20Infographic.jpg>





Baby-Proof Your Life, Save Your Infant's

Here's a quick checklist to help you keep your home and the gear you use with your baby as safe as possible.

- **Make sure your car seat is installed properly.** Many local police and fire departments will install your car seats for you or check to see if you installed it properly.
- **Your bassinet, crib or cradle** needs to have smooth surfaces and a sturdy bottom and a wide base for stability.
- **Crib toys** should have no strings that can dangle or have loops, and openings with perimeters greater than 14 inches (356 mm).
- **Keep your baby safe in the tub** with a bath ring featuring suction cups that attach securely to the tub floor. NEVER leave a baby unattended near water.
- **Make sure your changing table** has safety straps.
- **Your highchair** needs to have a wide, stable base, restraining straps and must be designed to prevent children from slipping.
- **Your child's pacifier** should have nothing attached to it, no holes or tears in the nipple, and a guard or shield with ventilation holes so the baby can breathe.
- **Stroller** needs a base wide enough to prevent tipping, secure seat belt and crotch strap, easy-to-use seat belt buckle, and brakes that firmly lock the wheel(s).
- **Always use nontoxic paints** and look up current safety standards and recalls if you are using borrowed or older items.
- **Make sure cleaning products, medications, sharp objects, and choking hazards** are well out of reach of little hands.



Did You Know?

2,000 children die each year from home injury in the US.

Drowning is the leading cause of accidental death among children ages 1-4. Most occur in residential swimming pools, but it only takes an inch of water.

Beware of pre-1978 furniture – it may have lead paint, which can cause severe (even fatal) mental and physical impairment.

Other leading causes of accidental home injury deaths of children:

- Fire and burns
- Suffocation
- Firearms
- Falls
- Choking
- Poisoning



Don't Get In Hot Water!

212 degrees = the temperature of boiling water, which can lead to 2nd and 3rd degree burns.

120 degrees = the temperature on which your hot water thermostat should be set to prevent scalding.

Source: <http://www.infographicsarchive.com/new-infographic/infographic-baby-proofing-your-home/>



Learn the A-B-Cs of Childcare

Choosing the right child care option may not be fun and games, but we can help make it easier. Here's a breakdown of your options and a list of questions to help you in your search.



A. Infant Care Options At A Glance

	Day Care Center	Family Day Care	Nanny/Au Pair
Description	Generally in a public building that stands alone or is attached to a school or business.	Providers care for children in the family's home.	Typically provides in-home care.
Typical caregiver to child ratio	Infants – 1 to 4 on average, can vary by state from 1 to 3, up to 6.	1 to 6 with 2-3 children under two years old. This can vary by state.	No limits – typically 1 caregiver for all children in family (1:1 and up).
Cost (national average per month)	\$5,476 – \$16,549/year for full-time care, varies based on hours/week.	\$4,511 – \$12,272/year for full-time care, varies based on hours/week.	Nanny – \$17 per hour on average. Au pair – \$195.75 per week (45 hour max).
Setting/ environment	Typically classroom environment, children grouped by age, ages accepted 6 weeks to 12 years.	Smaller facility – more home-like environment. Likely to be mixed age groups (beneficial for siblings).	In the client's home.
Typical hours	Set hours – common 7 AM to 6 PM, late fees assessed.	Potentially more flexible hours, 7 AM to 5:30 PM. More likely to offer early morning, evening or weekend care.	Nanny – whenever required/needed. Au pair – flexible. Can only cover 45 hours per week.
Staff/ caregiver	Director, Head Teacher, Assistant Head Teacher, teachers for each age group. Typically have or pursuing a degree in Early Childhood Education.	Teacher (owner) and possible assistants.	Nanny – varies; college students, retired teachers, homemakers. Au pair – 18 to 26 years old from countries around the world.

B. Be Aware of 10 Key Questions You Need to Ask

1. What credentials and training does the staff have?
2. How many children are onsite each day; how old are they?
3. What is the range of activities for children?
4. Is the center licensed by the state?
5. Do you allow children to attend if they have a cold or cough?
6. What are the rules and how do you discipline?
7. Do you ever take children on field trips?
8. Do you watch T.V. with the children? How many hours? What types of programming?
9. If a home provider, who is your back up if you get sick?
10. How do you handle food allergies?



C. Contact your local daycare provides for full details and to arrange meetings.

STATS: 32.7 million children in childcare arrangements 12.5 million preschoolers (ages 0-4) 20.2 million grade schoolers (ages 5-14)

Source: http://conversations.marketing-partners.com/wp-content/uploads/2013/09/Childcare_USCensusBureau-678x1024.png



The Smart Start List

Details, details. There's a lot of them to keep in mind when you're having a baby. From womb to room is a big leap, and when your bundle of joy arrives you need to be prepared. Complete this list of to-dos to keep calm and carry on as a newbie parent of a newborn.



Get a Jump on **Your Bump**

Sweat the Small Stuff

- Nursing/bottle-feeding pillow
- Sleep sack
- Baby nail clippers
- Bassinet
- Baby-friendly body wash
- Baby bottles (if bottle-feeding or pumping)
- Baby wipes and powder
- Diaper bag
- Diapers, diapers, and more diapers
- Toys
- Clothes



Think Big

- Baby tub
- Stroller
- Crib with baby blankets and mattress
- Car seat
- Cleaning table and pads
- Mini-swing
- Bouncy seat
- High chair
- Play pen

Make sure you have these items **BEFORE** your baby arrives.

Make Paperwork a Priority

Use this simple checklist to get organized and save time and worry once your little one arrives.

- Hire an attorney to set up a last will and testament, including guardianship of your new baby.
- Call your bank and ask about College Savings Plans.
- Check into your homeowners, auto, medical, disability, and other insurance.
- Make sure you are preregistered at the hospital.
- See if you can open a flexible spending account for childcare expenses.
- Consider getting life insurance.

Diaper DUMP

A baby can go through

4,700

disposable diapers in her first two years



First-year total cost for baby supplies:

\$9,000-\$10,000

Source: <http://www.infographicszone.com/children-2/top-10-baby-infographics>



The Good, The Bad, The Bizarre

Pregnancy is one of the most exhilarating, confusing, and amusing experiences you'll have. Here is a rundown of some of the more unusual things you can expect when you're expecting.

The Good

Aside from the miracle of birth, there are other reasons to rejoice now that you're pregnant as your body and mind undergo some very positive changes.

- Sex is stellar.
- Health becomes a habit.
- No more menstrual cramps.
- Reduced risk of cancer.
- Senses are heightened.
- Greater self-confidence (getting pregnant is a big confidence booster!).

The Bizarre

A few of the strange things you can expect when you're expecting.

- Your bones loosen.
- You could go up a shoe size.
- Your hair and skin will change.
- You'll spring a leak (irregular lactation).
- You may need an episiotomy (an incision to help ease the delivery of a baby larger than 8 lbs., 3ozs.).

The Bad

Nausea, fatigue, and irritability are all well-known side effects of pregnancy. But stress is a critical factor that could have negative effects on both you and your baby if not managed properly.

Stress Risks:

- Premature delivery
- Longer labor
- Low birth weight
- Miscarriage
- Impaired brain development
- Congenital heart defects

Stress Solutions:

- Eat healthy food and exercise regularly.
- Get plenty of sleep.
- Explore breathing and relaxation techniques.
- Talk to your boss about reducing stress.
- Cut back on unnecessary activities.
- Consider counseling through your healthcare provider.
- Seek comfort in your support system: your partner, family and friends.

Did You Know?

The average woman's uterus expands **500 times its normal size** during pregnancy.



Sources: <http://www.webmd.com/baby/features/fetal-stress>
<http://www.industrynewscorp.com/wp-content/uploads/2013/08/Pregnancy-Statistics-Infographic.jpg>
[https://www.unifypoint.org/peoria/filesimages/articles/13-surprising-facts-about-your-pregnant-body-%20\(2\).jpeg](https://www.unifypoint.org/peoria/filesimages/articles/13-surprising-facts-about-your-pregnant-body-%20(2).jpeg)
<http://www.parents.com/pregnancy/my-body/changing/benefits-of-pregnancy/>
<http://www.marchofdimes.org/pregnancy/stress-and-pregnancy.aspx>

Oh, Baby!

Where to Give Birth?

Where you spend the Big Day is a big decision. Here is a rundown of birth settings to consider.



Hospital Birth

This ain't your mother's one-size-fits-all hospital birthing experience. You have options:

- Traditional hospital birth, where you may have labor and delivery in one room, recovery in another, and ultimately settle into a semi-private room.
- Family-centered care, which lets you go through labor, delivery and recovery in your own private room, where your baby stays with you.
- In-hospital birth center, which offers natural childbirth in a home-like setting, either within a hospital or adjacent to it.

FACT: A hospital is the safest place to deliver your baby, especially if you have a high-risk pregnancy.

Standalone Birth Centers

Growing in popularity, these facilities function as a home-away-from-home with an emphasis on your needs and preferences, and where a certified nurse-midwife will deliver your baby.

FACT: Only healthy women with normal pregnancies should consider a standalone birth center.

Home Birth

Less than 1% of pregnant moms in the U.S. opt to give birth in the comfort of their home, usually with the help of a midwife.

FACT: Home births should be off limits for high risk pregnancies or moms with health concerns.

Important Tip: If you choose a hospital or birth center, be sure to take a tour of the facility and inquire about educational programs and resources.

Sources:
<http://www.webmd.com/baby/features/childbirth-options-whats-best>
<http://lemonly.com/work/birth-settings-in-the-us-options-for-birth-infographic>

Factors to consider

- Where your provider practices
- What your insurance covers
- Whether your pregnancy is high risk
- Where you live and what hospitals are close by

Why choose out-of-hospital births?

- Desire for low-intervention birth
- Cultural or religious reasons
- Surrounded by family
- Inability to get to hospital
- Cost (a hospital delivery can cost nearly 4 times as much as a birth center)

Who delivers babies?

OB/GYN (Obstetrician/Gynecologist)

Possesses an advanced medical degree in obstetrics and gynecology and certification by the American Board of Obstetrics and Gynecology.

CNM (Certified Nurse Midwife)

Holds an advanced degree and training from an accredited and certified nurse-midwifery education program.

CPM (Certified Professional Midwife)

Certified by the North American Registry of Midwives (NARM). No degree requirement. Some CPMs complete other training programs.

CM (Certified Midwife)

Has an advanced degree and preparation from an accredited midwifery education program.

Where Do Moms Give Birth?

Hospital	Out-of-Hospital Births	
98.8%	Home	Other
Out of Hospital	67%	5%
1.2%	Birth Center	28%





Need a **Bundle of Cash** for Your Bundle of Joy?



Having a baby is both a priceless and pricey proposition. Below is a wealth of tips and stats to steer you down the path of financial prudence.

Sweating the small stuff now could pay big dividends in the long run.

- Create a detailed baby registry so family and friends can purchase items you need.
- Shop thrift stores, garage sales, consignment stores, eBay and Craigslist.
- Stay on top of sales – holidays, seasonal, in store, online.
- Buy clothes at the end of each season for closeout sales (keeping in mind your baby's growth patterns).
- Avoid buying brand-name diapers. Buy only generic or – even less expensive and better for the environment – cloth diapers.
- Buy in bulk – especially diapers.
- Take good care of your baby items and resell them.
- Get in the habit of clipping and downloading coupons.

Sample **SAVINGS**

Brand name diapers: **\$1,229/year**

Generic diapers: **\$805/year**

Cloth diapers: **\$800/year**

You save: up to \$429/year



Save for the **Future**

Use your savings on everyday items to help fund your child's college education. Bear in mind that college tuition has increased between 27% and 66% over the past 10 years.

- Contact a financial planner.
- Set a savings goal and stick to it.
- Contribute to a college savings fund.
- Consider a 529 savings plan: Contributions grow tax free.
- Set up automatic deposits into your child's savings account.
- Explore savings bonds – modest returns on investment, but low risk.
- Use cards with cash back rewards that you can direct back to your child's college savings account.
- Consider crowdfunding your child's savings account – ask close family and friends to make a regular contribution.

\$1.4 Million | Amount parents used from 529 accounts to pay for college in one year.



Save Today, **Rest Easier** Tomorrow

48% of expectant parents worry that their biggest financial challenge will be managing everyday expenses.

41% of new parents admit that they weren't as financially prepared as they thought they were.

Sources:

<http://www.safebabyreviews.com/infographic-how-to-save-for-baby/>

<http://blog.mint.com/wp-content/uploads/2013/06/Bundle-of-Joy-Wad-of-Cash.png>

<http://www.savingforcollege.com/articles/infographic-how-much-do-you-need-to-save>

<https://www.scholarshipexperts.com/resources/financial-planning/saving-for-college-timeline-infographic>

<http://www.savingforcollege.com/articles/infographic-college-savings-timeline-653><https://www.pinterest.com/pin/487373990894258793/>



Ready, Set...Baby!

Before the Big Day arrives and you're scrambling to find everything you need, complete the checklist and information below and print out this page.



The Pack-Your-Bag Checklist: Remember you may need to wear maternity clothes home. Be sure to pack:

- Extra underwear and a nursing bra
- Overnight sanitary pads
- Soap, shampoo, toothbrush, toothpaste
- Beauty bag (hairbrush, makeup, etc.)
- Identification
- A few of your favorite snacks
- At least two nightgowns
- Slippers or socks
- A camera
- Extra cash in case you need it
- Glasses or contacts
- An outfit for your baby

Make sure your baby seat has been properly installed in your car. You'll be bringing home a precious new guest!

Important Family, Health and Contact Information

Mother	Pediatrician	Father	Health Insurance
Age:	Name:	Name:	Provider name:
Blood type and Rh factor:	Contact #:	Age:	Group name:
Last menstrual period:	Other emergency number or email:	Blood type and Rh factor:	
Expected date of delivery:	Notes:	Contact #:	ID #:
Allergies:		Other emergency number or email:	
Attending OB/GYN			Primary Care Physician
Name:			Name:
Contact #:			Contact #:

Sibling Revelry

If you have another child between the ages of 4 and 10, use the certificate below to show how important he or she is now that you're expecting a new addition to the family.

Big Sibling



Certificate of Excellence

This is to certify that upon the baby's birth (due date: _____) you will officially be a big brother or sister and deserving of extra respect, love and attention from your new little sibling and the rest of your family.

Name of Big Kid: _____

Name of Little Kid: _____

Big Kid is hereby requested to draw a picture of what your new baby sibling will look like.

Enthusiastically endorsed by you and your parent(s) below:

(Your signature)

(Parent signature 1)

(Parent signature 2)

