

**My Mom's Having a Baby**  
**By Dori Hillestad Butler**  
**Parents Guide**

**A Note from the Author:**

Children are naturally curious about where babies come from. But when Mom's belly is expanding and there's talk of a new baby coming, they may be ready for more information. My Mom's Having a Baby was written to help parents and children talk openly and honestly about where babies come from, what happens during pregnancy, how the baby grows inside the uterus, and labor and delivery.

**Pre-reading Activity:**

Pick a quiet time to sit down alone with your child. Ask your child how he or she feels about the coming baby. What does he or she think things will be like when the baby is here? Does he or she have any questions or concerns?

**Things to do and talk about after you've read the book:**

\*Talk about pregnancy. What does it mean to be "pregnant?" What kinds of changes is your body going through? Has your child noticed any of these changes? How does your child feel about these changes? Reassure your child that everything you're going through is normal.

\* Talk with your child about what it was like when you were pregnant with him or her. Share photographs from that time. Talk about things you experienced then that are the same in this pregnancy and talk about things that are different.

\* Make a pregnancy book together. Do a new page each month. Have your child draw a new picture of you and the developing baby each month. Talk about how the baby has grown/developed in the last month.

\* Help your child use a tape measure to measure your belly each month. Then measure your child. Is he or she growing each month, too?

\* Have your child draw a picture of what he or she thinks the baby will look like after it's born. Talk about ways your child can help with the baby after it's born. Talk about things your child can do with the baby as it gets older.

\*Ask your child to help you make a cassette, CD or MP3 file of soothing music you can listen to when you're in labor. Perhaps your child will want to add his or her own voice to the recording as well?

\*Help your child write a letter to the baby. Tell the baby about your family. Does your child have any special advice to offer the baby?

\*Take your child shopping for a special gift that he or she can give the baby when he or she is born. Have a special gift ready to give to your child from the baby.

\*Talk about what's going to happen when you go into labor. Who will take care of your child? What kinds of things might they do together?