



BABY CHATTER: What's New?

Child: Hi Mom and Dad! We've entered the third trimester! That means it's almost time for me to make my entrance! Well, in a few more months, anyway.

Parent: We are so excited! Well, most of the time. Is that bad? That we go back and forth between excited and anxious?

Child: No, of course not! It's actually really normal—especially if I'm your first child! Mom probably worries about things like “How much is it going to hurt?” “How long will it last?” “Will I be a good mom?” and Dad is probably wondering “How will I help?” “Will everything go smoothly and safely?” “Will I be a good dad?”

Parent: These are definitely things we've felt! And I know that parents often feel those things even after the first child, especially if previous births didn't go as planned, or involved a difficult delivery.

Child: Just remember—it's okay to be a little anxious—anything new or different can be a little scary. A childbirth class might help you feel more prepared—or talking to people about their positive birth experiences. If you are really struggling with fears and anxiety, don't be afraid to talk to your doctor!

Parent: I will keep that in mind! Anything else I should know about this month?

Child: Let's see... Oh, I know! Make sure you are working on your relationship, Mom and Dad! Since Dad doesn't do much of the actual work of growing me, it can be hard for him to feel a part of everything, which can feel like a rejection to Mom. So, make sure to talk to each other! Try to go on dates when you can, or at least set aside some time to focus on each other. The birth of a baby always involves making adjustments to your life, particularly if it is your first child! When you focus on strengthening your relationship, it makes it easier for those adjustments to bring you closer together rather than creating a gap between you.

Parent: We will definitely try to do so! And it would probably be a good idea to talk about issues we think might come up after you are born, too, so we can already have a plan for how to deal with them.

Child: It is good to know you are so on top of things! Now I'd better focus on growing so I can be ready to meet you guys! I love you! 

Source material gathered from:

[de https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-pth/pregnancy/art-20046767](https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-pth/pregnancy/art-20046767)

<https://www.webmd.com/baby/news/20110314/relationship-troubles-add-to-pre-baby-blues>

PARENT LEADERSHIP: Why Learn about Child Development?

“It is easier to build strong children than to repair broken adults.”

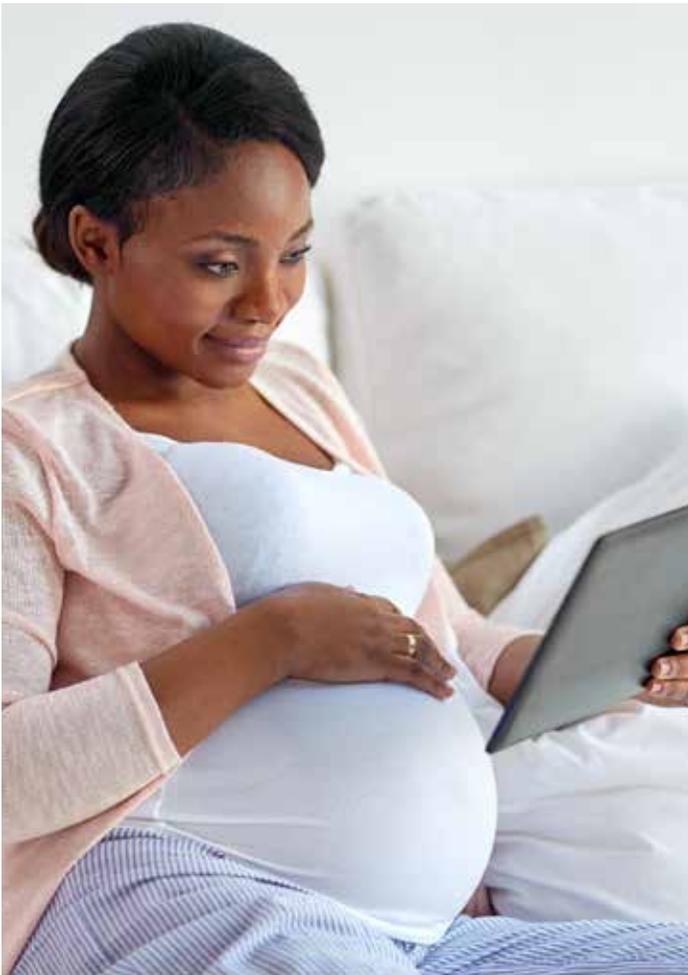
—quote frequently attributed to American abolitionist Frederick Douglass

Why learn about child development? Every parent wants the best for their child. Learning more about normal development can help make parenting less overwhelming as you gain the support and knowledge you need to confidently use good parenting practices.

The U.S. Department of Health and Human Services's Administration for Children and Families points out “As a parent, you are the most important teacher in your child's life. You also know your child best.

Learning more about how children grow and develop is one way to build on what you already know and get new ideas about how to support your child's learning and well-being.”¹

So much learning and development occurs in the first few years of a child's life. If parents learn all they can about how children grow and develop, they are better equipped to give their child the best start possible. For example, learning about child development helps you know why your infant might be crying, it helps you recognize normal developmental changes, and it helps you understand why your baby



might react the way she does to the world around her.

But learning about child development can also seem overwhelming. A thick book may seem impossible to get through, especially in the early months when you are exhausted, busy, and caught up in the many daily tasks required to keep a baby happy and healthy. Child development classes are great, but the information isn't available at your fingertips when you are in the middle of a cluster feed, or trying to soothe a crying baby. That's why KinderKronicle tailors the parenting information to the age of your child and brings you monthly articles to help you keep up on what to expect, right from the beginning.

Parenting really does make a difference. The **National Academy of Medicine** recently released the *Parenting Matters: Supporting Parents of Children Ages 0-8* Report. The report found that there are key ways for parents to help their children develop in a healthy way:

- Following the child's lead and responding in a predictable way.
- Showing warmth and sensitivity.
- Having routines and household rules.
- Sharing books and talking with children.
- Supporting health and safety.
- Using appropriate discipline without harshness.²

When parents understand child development, and how to implement these practices in a healthy way, their children are more likely to be safe and healthy and successful. This is because you have more realistic expectations of your child's capabilities, you have knowledge to help you know when to be concerned and when to not worry, and you can better support your child's learning and growth.

KinderKronicle will discuss all of these key topics along the way. We recognize that learning all you can about child development, right from the beginning, can help you to support your child's development through those crucial first few years when their growth in all areas is enormous. 

Editor's Note: If you are ever concerned, don't be afraid to discuss your worries with your pediatrician.

1. <https://www.childcare.gov/index.php/consumer-education/your-childs-development#:~:text=As%20a%20parent%2C%20you%20are,child's%20learning%20and%20well-being>

2. <https://www.cdc.gov/ncbddd/childdevelopment/features/parenting-matters.html>

PARENT RELATIONSHIPS:

Image-Making Stage: Evaluating Relationships

“What a miracle of continuity each new baby brings into this world!...As we adjust to parenthood, we bring to the task so much that comes from the way our parents raised us and their parents raised them...Becoming a parent does bring new feelings, but in another sense, those feelings are as old as mankind.”

—Fred Rogers, *Many Ways to Say I Love You*

As you prepare for the birth of your baby, it is natural to reflect on your own childhood and your relationship with your own parents. According to Ellen Galinsky, author of *The Six Stages of Parenthood*,

“One of the main things that mothers- and fathers-to-be think about is their own parents. They analyze their past and current relationship with their parents. *Evaluating, identifying, and differentiating oneself from one’s parents is one of the tasks of preparing for parenthood, particularly first-time parenthood.*”¹

In other words, part of preparing for your new baby is taking a look at your relationship with your own parents and asking yourself questions such as, “Am I happy with my relationship with my parents?” “What was my relationship like with my parents when I was a child?” “How is my relationship with my parents now?” “How do I want our relationship to look going

forward?” “How am I like my parents?” “How am I different from my parents?”

Along with evaluating and identifying your relationship with your parents, “prospective parents also differentiate themselves from their own parents. Differentiation may involve either thoughts or actions, actually taking a stand in opposition to one’s own parents.”²

This is when the mom- and dad-to-be really need to communicate with each other—to decide where their boundaries are with their families, along with what they want to continue from their childhoods and what they want to do differently.

Remember that you can love and appreciate your parents, even when you might choose to do things differently. It is also helpful to remember that your plans can and will change as you adjust to family life, as you get to know your little one, and as you figure out the particular challenges you will face as parents and as a family. But when Mom and Dad are on the same page from the beginning, you have a head start on learning how to work together to adjust your expectations and your choices to best fit your family. 

1. Galinsky, Ellen. *The Six Stages of Parenthood*. Addison-Wesley, 1989.

2. Ibid.

PARENT CHIT CHAT:

What if things don’t go the way you expect?

While all parents hope for an uneventful, full term pregnancy and a smooth delivery, it doesn’t always go that way. With many traumatic deliveries—whether the baby is premature, or is full-term but gets stuck, or any number of issues—it can be hard to feel an instant connection to your baby. It doesn’t mean you hate your baby, or that you won’t ever feel deep love for your child. What it means is that trauma can override an “instant connection,” because you are dealing with physical pain, emotional upset, and a flood of other sensations.

If this happens, know that you aren’t alone, and you aren’t a terrible person. You and your baby just need a bit of time to get to know each other. Cuddling with your baby can help, talking to your baby can help, and having a supportive partner is a huge help. If you are still struggling to form a connection with your baby after a week or two, please don’t hesitate to contact



your doctor. Postpartum depression and anxiety are real. They are not a failing—so many hormones ebb and flow during pregnancy and after birth that it is easy for your brain chemistry to go a little wonky. If you need it, please ask for help. 

Source material gathered from:

<https://www.webmd.com/parenting/baby/forming-a-bond-with-your-baby-why-it-isnt-always-immediate#1>

NOT MY FIRST RODEO:

Preparing an older child (or children) for the new baby

You've reached the third trimester of pregnancy, so the birth of your new baby is getting close! If you haven't already, now is a great time to start actively preparing your older child or children for the birth of their new sibling.

Mayo Clinic offers several suggestions to help prepare your older child or children:

- Talk to your child/children about the new baby. Talk about their development (in age-appropriate words).
- Have your child participate in getting things ready for the baby—maybe have them pick out an outfit or a toy for the new baby.
- Read books about babies and about siblings.
- Let your child know that, for the first while, the baby won't be ready to play—that babies spend a lot of time eating, sleeping, and crying at first—but that they start to get bigger and can play more in a few months.¹

Preparing your older child or children can help them to adjust to the new family dynamic better. The main thing to remember is that your older child or children need(s) to feel loved and valued, even after the baby comes. It doesn't mean that there won't be any jealousy or confusion, but preparing them will help them feel more "in the know" and a part of what is going on. 

1. <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/new-sibling/art-20044270>



NEXT ISSUE- 3RD TRIMESTER MONTH 8 LOOK FOR THESE EXCITING FEATURES AND ARTICLES

**BABY CHATTER:
My Development**

**FAMILY RELATIONSHIPS:
Support Each Other**

**PARENT LEADERSHIP:
Family Connectedness**

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