

Tips for a Growing Family

Whether through childbirth or adoption, adding a child to your family can be joyful and challenging. Here are some tips for integrating a new member of your family.

- Establishing daily activities and using a planner or calendar can help the whole family.
- Make sure children feel special and a part of their family by getting them involved in planning, including letting them pick out clothes, toys and books for the new sibling.
- Maintain your children's routine as much as possible. Eating, playing and napping at the usual times can help your children feel secure even with all the changes in your growing family.



December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
					Christmas Day	
27	28	29	30	31		

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