Second Baby



Prepare Your Older Child, Plan the Hospital Days, Run Two Routines and Protect One-on-One Time

Imad Muratspahic

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by **Imad Muratspahic**

BOOK DESCRIPTION

The baby is due, your older child has opinions, and nobody has worked out who is where when labor starts at midnight. Here is a calm, practical plan for the weeks before and after a second birth, built on logistics you can write down and routines you can test in your own house.

You start by seeing what really changes, in hours and minutes, and which worries belong to planning and which to your care provider. Then you work through telling your older child, using the gear and money you already have, covering the birth days with three cover plans, the first meeting, the first week at home, two schedules that fit together, the older child's big feelings, one-on-one time you can count, and sharing the nights between adults.

Inside you will find:

• Word-for-word scripts for telling a child aged two to six, and answers to the hard questions

• A keep, check, replace or borrow inventory and a worked example budget

• Safety checks for used cribs and car seats, and a short safe-sleep checklist

• A Plan A, B and C cover plan, a one-page routine sheet and a go-bag list

• A first-meeting guide and a visitor plan for the first week

• A nap-overlap table that shows when both children sleep at once

• A guide to hitting, regression, clinginess and sleep refusal, with scripts for hard moments

• A one-on-one time ledger with two worked weeks

• A night-shift comparison, a handover script and a weekly meeting agenda

• A month-three review and a calendar for the first year

Written as general information, not medical advice. It does not cover the pregnancy, the birth, feeding or the baby's health, which belong with your care provider, and rules on leave, childcare and hospital visiting differ between places. Please speak to a doctor if the older child's changes last for weeks, or if you feel low, anxious or unable to cope.

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