

Does your child have a new sibling on the way?

Bringing a new baby into the family is an exciting event but it can also be challenging for older siblings. Keeping your older child/children informed, involved, and in mind will help with your transition.

How a child adjusts to having a new sibling will partially depend on their temperament. Some children who are more flexible and independent may adjust more easily. Some children who are more sensitive or need time with periods of transition and who like routine may need more time to adjust. Either way, you can support your child in accepting their new sibling!



BEFORE THE ARRIVAL OF THE NEW BABY, TRY:

- ✓ Creating a sense of being a “special helper”.
- ✓ Involving your child/children in decision making (ex. Choosing nursery paint colour/decor).
- ✓ Allowing your child/children to share the news with others and to take pride in their new “big sibling” role.
- ✓ Acknowledging your child’s/children’s feelings and do regular check-ins to see how they are feeling leading up to the big day.
- ✓ Having your child/children choose a special toy to give the baby when they meet him/her or maybe even choose a hand me down toy/item of their own that they are willing to part with.
- ✓ Giving your child/children their own special toy baby to care for and model how to be kind and gentle to it.
- ✓ Reading stories about the trials and joys of having a new sibling, this can help child adjust to their new situation.



CONTACT INFOPEEL FOR MORE RESOURCES!

AFTER THE ARRIVAL OF THE NEW BABY, YOU CAN:



- ✓ Continue to request support from your special helper with age appropriate tasks (ex. Retrieve baby items, help with bath time, push the stroller, read a story etc.).
- ✓ Continue to request support from your special helper with age appropriate tasks (ex. Retrieve baby items, help with bath time, push the stroller, read a story etc.).
- ✓ Remind your children of their significance in the family by using daily words of praise and affection.
- ✓ Arrange for some playdates to allow your children to socialize with their peers once you are feeling settled in.
- ✓ Ask your older child/children for advice, this will help to make them feel involved and important.
- ✓ Spend some time each day one on one with your older child/children, even if it's only a few minutes of drawing or building with blocks.
- ✓ Keep in mind that if your child appears uninterested in the baby, that is ok! They may be avoiding their new sibling as their way to cope with all of the new changes. Let them gravitate to the baby when they are ready.



CHILDREN'S BOOKS

- I Am a Big Brother by Caroline Jayne Church
- I am a Big Sister by Carline Jayne Church
- Waiting for Baby or My New Baby by Rachael Fuller
- The New Baby (Little Critter) by Mercer Mayer

ADDITIONAL RESOURCES/SUPPORTS

- Helping Hand - Sibling Rivalry:
<https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/sibling-rivalry>
- Kurtz Psychology - Addressing Sibling Conflict:
<https://www.kurtzpsychology.com/addressing-sibling-conflict/>
- VitaCentre - Growing as Parents:
<https://vitacentre.org/programs/growing-as-parents/>

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