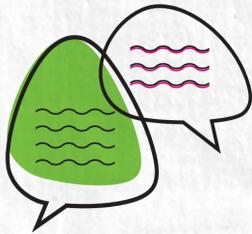


# HELP BIG SISTER & BIG BROTHER ADJUST TO A NEW BABY AT HOME

Bringing a baby home is a huge transition for an older sibling. Before your baby is born, read books together about new babies, siblings, big brothers and big sisters, and talk to your kids about some of the things they can expect. When baby arrives, try these tactics to help your big kids through the transition.

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1



## Be mindful of your attention.

Give your kid some undivided, one-on-one attention, even if it's just 15 minutes a day.

2



## Notice your kid's feelings.

Acknowledge how your kid is feeling, whether your kid is acting out or being silent, using body language, or just acting differently. Try: "It must be hard to have Mom spending so much time with the baby;" "I know it's different than it used to be, and it's going to take some getting used to. This is new for me too, and we can figure it out together."

3



## Siblings are a big deal!

Make a big deal about being a big brother or a big sister. Give hugs and kisses, say how proud you are, and let your kid know how important their job is as an older sibling.

4



## Welcome your kid's help.

Involve your big kid in the everyday actions of taking care of a baby. Ask your kid to find your baby's socks, or help you sing your baby a song, or join you on the couch while you feed your baby. Teach your big kid how to play with your baby, and show them how to interact together with gentle, soft touches.

5



## Watch how you talk about your baby.

Don't blame everything on the baby. Saying things like, "We can't go to park because the baby is sleeping;" "I can't help you right now because I'm changing the baby," can associate negative connotations to your baby. Instead, say something like, "We can go to the park after lunch;" "My hands are busy right now, I can help you in three minutes."

6



## Give extra love.

Small demonstrations of love – whether it's extra I love yous, hugs, extra books at bedtime, or making time for some extra play – a little time and attention will go a long way.

7



## Praise, encourage, and love.

Above all else, praise, encourage, and give extra love whenever possible. Your littles will be best friends in no time.

