

Go to's for

BRINGING HOME BABY....AGAIN INTRODUCING A NEW SIBLING



Before Baby Arrives

- include the other child in preparing for baby
- read books about being a big brother/sister
- talk about baby and what you can do together when they arrive

Books for Children

The New small Person - Lauren Child
You Were the First- Patricia MacLauchlan
The New Baby- Mercer Mayer
I'm Big Now- Anthe Simmons
Waiting for Baby- Rachel Fuller
Lulu and the Noisy Baby- Camilla Reid

Books for Parents

The Second Baby Book- Sarah Ockwell-Smith



At Home with the New Baby

When introducing baby for first time, if possible engage directly with older child(ren) first and bring them together to meet new baby.

Give age appropriate tasks to help the older child(ren) feel involved and needed

Planning some one on one time where you can with the older child(ren).

Remember that behaviour changes are normal and expected, allow some space for these big emotions



tips

- try to maintain the child's routine as best you can
- show the child photos of themselves when they were a baby to help them relate
- practice sharing before baby arrives, "One for you...and one for baby"
- Use play to practice patience and waiting for things.
- caring for a doll or teddy is great practice for being a big brother or sister

Links

<https://www.bbc.co.uk/tiny-happy-people/introducing-new-brothers-sisters/zkrfhcw>

<https://babyandtoddlershow.co.uk/blog/15-ways-help-prepare-child-new-baby/>

<https://www.familylives.org.uk/advice/early-years-development/behaviour/dealing-with-challenging-behaviour-when-a-new-baby-arrives/>