

# PREPARING OUR CHILD FOR A SIBLING

## Some tips to Consider:



- **Don't make major transitions** during this time; it is best to do any before the baby's birth (if needed). Major transitions include potty learning, sleeping arrangements, and daycare changes.
- **Don't blame the baby** for reasons you cannot do XYZ; simply share your limitation without the reason behind it.
- **Prepare a box of random items** for your young child to keep busy with during those moments when you need some alone time with the baby (nursing, bottle feeding, etc.)
- Help your older child feel special by **including them in caring for the baby** and telling them things like:

*"(baby's name) is so lucky to have such a sweet, kind, caring brother/sister like you!"*

# PREPARING OUR CHILD FOR A SIBLING

## Some tips to Consider:



- **“A sibling gift”** can be something we buy for the older child so that they feel special when bringing the baby home.
- We can go to our local library and **read books about becoming a brother/sister** to our child.
- **Stick to our usual routine** as best as possible.
- **Check-in with our children occasionally** and ask them, “What’s it like to have a sibling?” We don’t have to problem-solve everything they share; simply listening and discussing is enough.
- **1:1 Special Time** can be extremely beneficial for our older child, especially if we see many aggressive behaviours toward the baby. It can be 10 minutes daily while the baby is napping or with our partner. We put our cellphones away and ask our child something like, *“What do you want to play with me?”*. We don’t correct and simply focus on connection. We can also share things like this to make them feel special: *“I love playing with you!”*, *“You are so much fun to play with!”*

# PREPARING OUR CHILD FOR A SIBLING



## Some tips to consider:

- Being **outnumbered** can be tricky. Here are things that can be helpful:

**Baby-wearing**, heading **outdoors** to a local park or for a walk, giving a **snack** to our older child, using **screens** wisely during such times (something interactive or a slow-paced story)

## REMINDER:

*We can only do the best that we can do. Sometimes, there will be highly challenging moments when everyone is crying, hungry, tired, etc. We need self-compassion and be kind to ourselves; raising one child is not easy, and adding another child can be challenging. Take it one moment at a time.*

*\*\*Check out my Sibling Rivalry course for more on navigating multiple kids\*\**