

## b. Brothers and Sisters

### MODULE 8

The arrival of a new baby is very exciting for most children, but it can also bring some mixed feelings.



If you want suggestions to help your children get used to the new baby click on the following link.

### Prepare your Children for the Arrival of a New Baby

- Take them to visit friends with small babies. This can help children learn that a new baby will not be much of a playmate for a while. Show them books with pictures and stories about babies.
- Talk about all the things they can do now that babies can't do. Your "big" children can walk, talk, and do all sorts of clever things. Help them to feel very pleased and proud of themselves.



### Make Changes and Plans Ahead of Time

- If you plan to move a Child to a new room, or to buy a new bed and give the crib to the baby, do these things several weeks or months before the new baby comes home. This way, your children won't connect the changes with the new baby and will be less likely to feel that the baby is taking things away from them.
- No Child likes it when their mother goes away. Let your children know what will happen and who will take care of them while you are away having the baby. Try to keep your children's routine as normal as possible while you are away. If possible try to have your children come to visit you and the baby in the hospital.
- Don't get upset if your children are not very happy with you when you come home. It may take a while for them to get over you leaving.



Give Children Time to Get Used to the New Baby.

- This is a big change! Be patient. Older children often try to get your attention by acting like a baby. Do not punish them for this. Let them know that you love them just the way they are.
- Bring a present from the baby home from the hospital with you.
- Try not to make too big a fuss over the baby. Do not use the baby as a reason for not doing something for the other children. Try not to say "Be quiet, you'll wake the baby" or "Be careful of the baby" too often.
- Let the children help with the baby if they want to, but don't force it. Don't put your children in a position where they could hurt the baby, even accidentally.
- Each parent should try to spend time alone with older children. They need to know that they are still special and loved.
- Many parents don't feel instant love for a new baby. Neither will brothers and sisters. Bonding with a new baby takes time. Children who feel loved themselves will find it much easier to love the new baby.

