

What Can I do to Help My Child Accept a New Sibling?



Give Him Special Jobs....

*Helping to open baby gifts, holding the wipes at diaper time, taking pictures of the baby

Ask his Advice....

Watch the Baby Together....

*Teach him how to interact with baby through talking, guiding, demonstrating and encouraging

*If you see your older child getting rough, pick up the baby and distract your older one with a song, a toy or action. Constant NO's may encourage aggressive behaviors

*Praise gentle and positive interactions

Read Stories About His New Role....

We Have A Baby by Cathryn Farwell, Babies Don't Eat Pizza (A Big Kid's Book about Baby Brothers and Sisters) by Dianne Danzig, On Mother's Lap by Ann Herbert Scott, The New Baby by Mercer Mayer.....

Let Him Tell the Story....

Acknowledge His Feelings....

*Verbally acknowledge his feelings such as "It must be hard to have Mommy spending so much time with the baby!" When your child knows you understand his feelings, he is less likely to act out to get your attention

*Choose words wisely. Don't blame the baby for lack of your attention, such as, "We can't go to the park because the baby is sleeping." Rather "We can go to the park after lunch!"

Spend Time Alone With Your Older Child...

*This is a time of adjustment for everyone in the family. Reduce outside activities, relax your housekeeping standards, and focus on your priority.... your new sized family.

Let Him Do His Own Thing...

Give Him a Present (since baby is getting so many)....