

# Bringing Home A New Sibling: I'm Going to be a Big Sister or Big Brother!

Families For Forward Thinking (FFT) and  
Wee Wisdom Nursery School and Child Care Center  
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<http://www.weewisdomkids.com/>



Having a second child can be a wonderful experience and journey for your family, but your first born may not see it that way, initially. He or she needs to be prepared and fully understand what will happen before and after the baby comes along. Knowing this information will help your child become more excited and feel more comfortable. This handout provides fast facts, family activities, and helpful resources to help you inform and guide your child through the new sibling process.

## Five Fast Family Facts

Children spend more time with their sibling(s) than with friends, parents, teachers, or even alone. By age 11, they will be spending about a third of their free time together.

If you kept items from your first pregnancy, you will have baby clothes, toys, and equipment that is ready to use for the new arrival.  
(Consider the gender of your first child.)



Siblings teach one another social skills and help build interpersonal skills. From conflict-resolution skills to mentoring opportunities, siblings help lay down the foundation for interaction.

Although siblings may look alike, have similar brain functions, and share similar genetic material they will have different personalities and behaviors.

Siblings will not get along all of the time. With younger siblings, a conflict is likely to occur every 10-15 minutes. With siblings age 3-7 years old, a conflict may occur 3.5 times in an hour.

### For Parents

1. Women's and Children's Health Network- Parenting and Child Health
2. The Fred Rogers Company
3. University of Michigan- Health System

### Helpful Websites



### For Children

1. PBS Kids
2. Sprout
3. Fisher Price



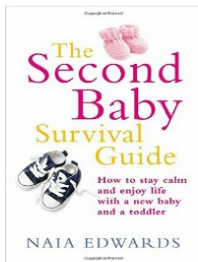
# Family Activities

1. Sit down with your child and go through old photo albums of when he or she was a baby.
2. Share funny and positive stories with your child about what he or she did as a baby.
3. Make a "Baby's First" album with your child by creating a scrapbook for your bundle of joy.
4. Include the child in decorating the nursery, picking out baby toys, and going clothes shopping.
5. Make crafts with your child for the new arrival:
  - \* Clay footprints and handprints
  - \* Artwork that can hang on the wall in a frame



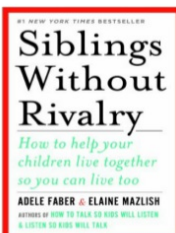
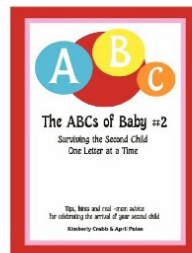
## Helpful Books

### Parents



**The Second Baby Survival Guide: How to Stay Calm and Enjoy Life with a New Baby and a Toddler-**  
By Naia Edwards  
This book provides practical experiences and advice, frequently asked questions, and case studies with tips.

**The ABCs of Baby #2-**  
By Kimberly Crabb and April Paine  
This book is written by two mothers who share their advice, tips, and experiences for each letter of the alphabet.



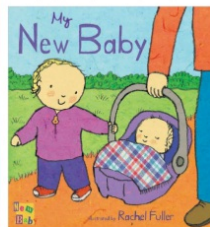
**Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too-**  
By Adele Faber and Elaine Mazlish  
This book provides insight and practical tools for coping with sibling conflict.

### Children

**Waiting For Baby-**  
Rachel Fuller



**My New Baby-**  
Rachel Fuller



**Best Ever Big Sister/Brother-**  
Karen Katz



**You're Getting A Baby Sister/Brother-**  
Sheila Sweeny Higginson and Sam Williams



**I'm A Big Sister/Brother-**  
Joanna Cole and Rosalinda Kightley



Use the information and the resources provided in this handout to learn about and teach your child about becoming an older sibling. The information will help your child get accustomed to having a newborn around. Having another child is an amazing experience and your first born should be a part of the process.

Wee Wisdom Nursery School and Child Care Center and Families For Forward Thinking 2016

The information used in this handout can be found here:  
<http://kidshealth.org/en/parents/second-child.html#>  
<http://www.parents.com/baby/development/sibling-issues/the-challenges-of-a-second-child/>