

DEAR BIG BROTHERS & SISTERS

# *Congratulations on your new baby!*

*We hope you have fun looking at these books  
and videos with your parents. They will help you  
learn about being a big brother or sister.*

*We have also shared a fun idea to help you  
welcome your new baby.*



## ONLINE STORIES & VIDEOS

[Daniel Tiger's Big Brother Daniel on PBS Kids](#)

[The New Baby by Mercer Mayer](#)

[Mister Rogers Talks About How Moms Feed Their Babies](#)

[Sesame Street: Telly Interviews a Big Sister](#)

[24 Hours with a Newborn Baby and 2 Kids](#)

## ACTIVITY

Create a welcome card for your new baby! Your baby will love to see the special artwork you create just for them. Add your picture so they can see that you are the one who made it for them! Add stickers, sparkles, googly eyes... whatever you think your baby will love!

When you are done, hang the welcome card next to your baby's changing table or another spot where they will see it often.

## NOTE TO PARENTS

As you are preparing for your new baby, keep in mind that your older child is still a little kid. You are the center of their world and sharing attention can be difficult. We have put together some tips that may make this transition easier for both you and your child.

When you introduce your older child to your new baby, be aware that their primary focus will be on seeing you and knowing that you are ok. Consider having another adult hold the baby so that your arms will be open to reconnect with your oldest. Once they are reassured, they will likely ask to see their new baby. Some older siblings need more time before they are ready; follow their lead.

It can be a sweet gesture for the baby to give a small gift to their older sibling. This is a special occasion after all.

New babies often receive gifts. Consider having a stash of small presents so that when gifts are sent you have something that you can present to your older child as well. These can be items that would be perfect to add to the big kid cupboard.

Create a "big kid cupboard" that you fill with activities, books, snacks, water... items that they can get on their own while you are busy helping baby. Replenish this cupboard frequently.

You probably spent some time baby proofing your home when your older child first became mobile. Take a second look now through the eyes of a big kid. This will help you identify and correct safety risks. Anticipate that you will be more distracted and your older child will be spending more time independently. Look for ways to facilitate increased independence in daily tasks.

*Cheers, Julie and Rozsika*