



Introducing a New Baby Tip Sheet

ACKNOWLEDGE FEELINGS

- A new baby can bring big emotions for families and other siblings.
- It is normal to see changes in older children's behaviour as a result of these feelings.



EMPATHISE

- Try to understand how your child might be feeling now that their 'special person' is largely taken up by their new sibling.



QUALITY TIME

- Aim to schedule time with your older child or children each day. Filling their connection cup.
- Cuddle your child often and tell them you will always love them.
- Reassure that you will always be there for them.

EMOTION COACH

- Be aware of your child's emotions.
- Help your child to label how they are feeling and that it's okay to feel the way they do. For example, "It makes you frustrated when...."

SELF COMPASSION

- Be kind to yourself during this big adjustment. Acknowledge it is hard sometimes and you are doing your best.



AVOID BLAMING

- Avoid 'blaming' the baby for reasons your other child can't do certain activities.
- Instead of "Shh, we can't play that right now, the baby's sleeping." Try, "It's quiet time in our house. What quiet games can we play?"

