



Siblings and the New Baby

1. If you want to have another baby, involve your child in the discussion or say things like “Would you like a brother or sister?”, etc..
2. Make sure your child knows about the pregnancy before other friends and family. You don’t want the child to learn from someone else.
3. If you plan to move your child to a new bed and/or bedroom, do so well before the baby arrives, so your older child doesn’t feel displaced by the baby. This also goes for any other major changes, like weaning and toilet training.
4. Check with your hospital about sibling preparation classes and hospital tours.
5. Invite your child to prenatal visits so they can meet your birth attendant.

6. Give them a realistic idea of what to expect when the baby first arrives. Talk to them about being tired and not as available. Also let them know that the baby will not be a playmate or plaything right away.

7. Visit friends with a new baby, if possible.

8. Read books about pregnancy, birth, newborns, homebirth and baby siblings with your child. Give them a chance to ask questions, voice concerns, and vent feelings inspired by the books.

9. Look at pictures/video of your older child's birth and babyhood. Tell them about their birth and what they were like as a baby. Tell them how excited you were when they were born, and how everyone wanted to see them and hold them.

10. Have your child practice holding a doll and supporting the head. Teach them how to touch and hold a baby very gently.

