My Big Sibling Map

A new baby is a big change. All of my feelings about it are okay.

Name: _____ **Date:** _____

1 How I feel about the new baby

Tick all that fit. Lots of kids feel two things at once

- ☐ Excited
- ☐ Proud
- ☐ Worried
- ☐ Jealous
- ☐ Curious
- ☐ Left out
- ☐ Mixed up
- ☐ Happy

2 My questions about the baby

Tick the ones I want to ask my grown up

- ☐ Where will baby sleep?
- ☐ Who looks after me?
- ☐ Do you still love me?
- ☐ Can I hold the baby?
- ☐ Why do babies cry?
- ☐ What can babies do?
- ☐ Will my room change?
- ☐ When can we play?

3 All about me

Some things change, and some things stay the same

Something that stays the same: _____

My special time with my grown up: _____

Something I can do that babies can't: _____

When I was a baby, I: _____

4 Meet my new sibling

Babies are little people with their own feelings

Something I want to show the baby: _____

How I can tell the baby is happy: _____

One gentle way to touch the baby: _____

Draw me and my new baby brother or sister, or our whole family:

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My Big Sibling Plan

How I can help, how I get what I need, and our special time. We made it together.

Name: _____ **Date:** _____

1 Ways I can help

Always with a grown up close by

- [ ] Sing to the baby
- [ ] Fetch a diaper
- [ ] Talk to the baby
- [ ] Pick baby's clothes
- [ ] Show baby a toy
- [ ] Help at bath time
- [ ] Open baby's gifts
- [ ] Push the stroller

2 When I feel left out, I can

Tick the ones that help me

- [ ] Ask for a hug
- [ ] Say: I need you
- [ ] Cuddle at feed time
- [ ] Draw my feelings
- [ ] Care for my doll
- [ ] Squeeze a pillow
- [ ] Read with someone
- [ ] Ask for my time

3 My special time week

Tick or color a box each day it happened

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Special time just me	☐	☐	☐	☐	☐	☐	☐
I was gentle or helped	☐	☐	☐	☐	☐	☐	☐
I said how I feel	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Warmth, honesty and a little time alone each day

Tell your child before others do, in simple honest words. Finish toilet training or a move to a new bed well before the birth, or wait until baby is settled.

Expect mixed feelings and some regression, like baby talk or accidents. Respond with closeness, not shame, and notice grown up moments.

Give a little one on one time every day, talk about the baby as a person with feelings, and always supervise young children near the baby.

Weeks of distress or aggression? Talk with your pediatrician. Parent feeling low: 1-833-TLC-MAMA. Crisis: 988. Danger: 911.

Adult notes: what is helping, date to check in again

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