

Preparing Your Older Child for a New Sibling

Your older child's age and development will affect how he or she reacts to having a new sibling. While older children are typically eager to meet a new sibling, younger children might be confused or upset. Consider ways to help your child adjust. For example:

- **Children younger than age 2.** Young children likely won't understand yet what it means to have a new sibling. Talk to your child about the new addition to your family. Look at picture books about babies and families.
- **Children ages 2 to 4.** Children at this age might feel uncomfortable sharing your attention with a newborn. Explain to your older child that the baby will need lots of attention. Encourage your older child's involvement by taking him or her shopping for baby supplies or looking through his or her own baby items for things the new baby might use. Read to your older child about babies, brothers and sisters. Give your older child a doll so he or she can be a caregiver, too. Look at your older child's baby pictures together and tell the story of his or her birth.
- **School-age children.** Older children might feel jealous of how much attention a new baby gets. Talk to your older child about your newborn's needs. Point out the advantages of being older, such as being able to go to bed later or play with certain toys. You might display your older child's artwork in the baby's room or ask your older child to help take care of the baby. Allow him or her to hold the baby under your supervision.

Source: <http://www.mayoclinic.org/healthy-living/childrens-health/in-depth/new-sibling/art-20044270>

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E ALEXANDER/When the New Baby comes, I'm Moving out/Martha Alexander

Oliver is going to be a big brother, and he does not like the idea one bit. (Big brother/little sister)

E ALEXANDER/Nobody asked me if I wanted a Baby Sister/Martha Alexander

Resenting the attention and praise lavished on his new baby sister, Oliver tries to give her away to several people in the neighborhood. (Big brother/little sister)

E APPELT/Brand-new Baby Blues/Kathi Appelt

The arrival of a new little brother has his big sister singing the blues. (Big sister/little brother)

E BLACKALL/The Baby Tree/Sophie Blackall

After learning that his parents are expecting a baby, a young boy asks several people where babies come from and gets a different answer from each before his parents have a chance to give the right answer. Includes advice on answering questions about reproduction.

E BROACH/What the No-good Baby is Good For/Elise Broach

Tired of all the trouble his no-good baby sister causes, John tells his mother the baby has to go and she agrees, but as John packs the baby's suitcase, he realizes there are some things he likes about his sister, too. (Big brother/little sister)

E BURNINGHAM/There's going to be a Baby/ John Burningham

A young boy imagines what life will be like when his new sibling arrives. (Big brother/new baby)

E COLE/I'm a Big Sister/Joanna Cole A sister enumerates the joys of welcoming a new baby to the family and the advantages of already being "big."

E COREY/Will there be a Lap for Me?/ Dorothy Corey

Kyle misses his time on Mother's lap while she is pregnant and is happy when the birth of his baby brother makes her lap available again. (Big brother/little brother)

E COTE/ It's All About Me/Nancy Cote A little boy is upset and jealous when his baby brother is born, but his parents reassure him that he is still special. (Big brother/little brother)

E CUTLER/Darcy and Gran Don't Like Babies/ Jane Cutler

Darcy and Gran are not happy about the idea of a new baby coming, but they change their minds after the birth. (Big sister/little brother)

J 639.10245 DANZIG/Babies don't eat Pizza/ Dianne Dansig

A new baby is a major event, not least of all for older siblings. Danzig's nonsense tone will reassure readers, as she explains every thing from how babies grow to why they pull hair. Tilley's cartoons bring humor to the many unfamiliar aspects of life with a newborn. Appended tips for parents provide further assistance in preparing big kids for little ones.

E DEMPSEY/Bye-bye, Baby Brother/Sheena Dempsey

Tiring of a newborn sibling who demands all her busy mother's attention, Ruby gets bored with endless solo activities and imagines creative ways to make her baby brother disappear, adventures that become so much fun that she decides to tag along. (Big sister/little brother)

E HARPER/It's Not Fair/Anita Harper A girl cat, resenting the preferential treatment enjoyed by her new baby brother, finds that she does get to do some things he cannot. (Big sister/little brother)

E HENKES/Julius, Baby of the World/Kevin Henkes

Lilly is convinced that the arrival of her new baby brother is the worst thing that has happened in their house, until Cousin Garland comes to visit. (Big sister/little brother)

E HIGGINSON/ You're getting a baby sister/ Sheila Sweeny Higginson

It's a pitch-perfect primer that reminds readers of the upsides of being a big brother or sister, without minimizing or trivializing those less-than-wonderful moments.

E HOBAN/A Baby Sister for Frances/Russell Hoban

When things change around the house after her baby sister is born, Frances decides to run away - but not too far. (Big sister/little sister)

E KANTOROVITZ/The Very Tiny Baby/Sylvie Kantorovitz

Jacob learns that adults can be scared, too., when his new sibling is born prematurely. The book portrays the range of emotions older siblings often have about a new baby, including fear, anger, and resentment, along with the added challenges of the preemie's health concerns and parents' frequent absences. (Big brother/premature baby)

E NEWMAN/Just Like Me/ Marjorie Newman-

Tom is not happy about the arrival of his new baby brother until his parents show that change can be a positive experience. (Big brother/little brother)

E ROCKWELL/Hello, baby/ Lizzy Rockwell

A young boy describes how a new baby is growing inside his mommy and tells what it is like when his new sister comes home from the hospital. (Big brother/little sister)

E ROGERS/The New Baby/Fred Rogers

Explains the needs of toddlers faced with a new baby in the family and some of the changes and disruptions the baby can cause in the life of the older brother or sister.

E ROSENBERRY/Vera's Baby Sister/Vera Rosenberry

The arrival of Vera's new baby sister makes her feel displaced, so her grandfather helps create a special spot, just for her. (Big sister/little sister)

E ROTH/Will You Still Love Me?/Carol Roth

Through rhyming text, young animals and a little boy are reassured that their mothers will still love them after a new baby--or kittens, or cub--arrives.

E VAMOS/Before You Were here, Mi Amor/ Samantha Vamos

Family members lovingly prepare for arrival of a new baby. Spanish words are woven throughout the text.

E WHITE/Ruby's Baby Brother/Kathryn White-

When her mother brings new baby Leon home, Ruby feels left out until she realizes that she has the important job of being a big sister. (Big sister/little brother)