



WELCOMING A NEW SIBLING - PARENT INFORMATION

Introducing a New Sibling

Many children experience a mix of emotions when a new sibling arrives, from excitement to confusion or even jealousy. It is important to acknowledge these feelings and provide plenty of reassurance and support. Below are some of the common responses children may have to the arrival of a baby brother or sister:

Attention-seeking – Older siblings may act out or seek attention, as they feel the baby is getting a lot of the focus from parents. It's normal for children to seek reassurance and special attention from their caregivers.

Jealousy – A child may feel envious of the attention the baby is receiving, which can lead to a range of emotions, including anger or sadness.

Curiosity – Children may be fascinated by the baby, asking questions or wanting to be involved with caring for the new sibling.

Regressions – It's not uncommon for children to show behaviours they may have outgrown, such as thumb-sucking, bed-wetting, or wanting a pacifier. This can be a way for them to cope with the changes in the family dynamic.

Seeking Control – Some children may try to assert control in other areas of their lives as a way of dealing with the loss of attention and routine changes.

Excitement – Some children may express great enthusiasm and delight in having a new sibling and want to be as involved as possible.



WELCOMING A NEW SIBLING

What Can We Do?

Talk about feelings: Encourage your child to talk about their emotions and let them know it's okay to feel a mix of feelings about the new arrival.

Create special time for your older child: Set aside one-on-one time with your child to give them reassurance and attention that isn't shared with the new baby.

Involve them in baby care: Depending on their age, let your child help with simple tasks like picking out clothes for the baby or helping with feeding time. This can help them feel included and valued.

Be patient with regressions: Understand that temporary regressions in behaviour are common and will often resolve as they adjust to the new family dynamics.

Maintain routines: Try to keep other aspects of your child's daily life consistent, such as mealtimes, bedtime, and playtime.

What Can We Do to Prevent Difficult Behaviours?

Praise positive behaviour: Reinforce your child's positive actions when they show kindness, patience, or care for their new sibling.

Prepare in advance: Before the baby arrives, talk about what will change and what will stay the same. Read books or watch videos about becoming a big brother or sister to prepare them emotionally.



WELCOMING A NEW SIBLING

Involve extended family and friends: Encourage other family members or friends to spend time with your older child, helping them feel important and loved.

Give them a special role: Give your child a responsibility that makes them feel like a big helper, such as choosing a toy for the baby or keeping the baby entertained during short moments.

How We Support Siblings at Nursery

At nursery, we understand the transition that comes with the arrival of a new sibling and the emotions it can stir up in your child. We will support your child through this adjustment by:

Providing emotional support: We will always be available to comfort your child and help them work through any feelings of jealousy, confusion, or frustration.

Encouraging positive behaviour: Staff will praise your child when they express kindness or patience towards the new sibling or other children.

Maintaining consistency: We strive to maintain routines and activities that help your child feel safe and secure. Consistency in the nursery setting can support your child in adjusting to changes at home.

Collaborating with parents: We encourage open communication between parents and staff to ensure we're on the same page when it comes to managing emotions and behaviours surrounding the new sibling.



WELCOME TO WELCOMING A NEW SIBLING

Recording and Sharing Information

To ensure we are meeting your child's needs and providing the appropriate support, we will track their progress and note any challenges they may be facing due to the new sibling. Any significant changes in behaviour or concerns will be shared with parents through our communication channels, such as the Family app.

ABC Chart

If we observe any challenges or recurring behaviours that might be linked to the arrival of the new sibling (e.g., attention-seeking behaviours), we may introduce an ABC chart (Antecedent, Behaviour, Consequence) to help us track triggers and look for patterns. This will guide us in making any adjustments to routines or interactions to better support your child's adjustment.

How Parents Can Help at Home

Be patient with regressions: If your child begins to show behaviours like thumb-sucking or seeking extra attention, understand that these are normal ways of coping with the big changes.

Offer praise and recognition: When your child expresses excitement or kindness toward the baby, make sure to acknowledge their efforts and praise them for their good behaviour.

Maintain open communication: Continue to talk to your child about their feelings and reassure them that they are loved, important, and special even with the new arrival.



WELCOMING A NEW SIBLING

Create quality time: Ensure that you have moments when you can focus solely on your older child to help them feel secure in their place in the family.

If you have any questions or concerns about how your child is adjusting to the new sibling, please don't hesitate to speak with us. We're here to support your family during this exciting time.