



At Painters Ash, we love hearing the happy news when a family tells us they will be having a baby.

A new baby should be a happy and exciting time but it can cause mixed emotions for children. Your child may become unsettled, irritable, anxious, worried, jealous, sad or a mixture of these emotions. A child who does not understand or know how to express their feelings may even become angry, shout, scream, cry, or hit. What this really means is that they are trying to tell you something. Our job as adults is to help them get these feelings out so we can help them understand and manage them.

Below are some of the emotions your child may be feeling about having a new brother or sister and how you can deal with each feeling.

Jealousy

Babies require a great deal of attention and therefore your child may find it difficult in having to share you with a new little person. By not being the youngest, they may struggle with that loss of attention.

Sometimes where there are blended families e.g. a new stepparent, some children may feel that the baby is more important than they are.

How could you help?

- Help your child understand that everyone in the household are loved equally.
- Explain that babies are very small and need lots of attention, as they cannot do as much as them just yet e.g. you are a big brother/sister and you can talk, walk get dressed but babies can't do any of those things so need a lot more help.
- Involve your child in appropriate caring responsibilities to give them a role e.g. passing the nappies, talking to their new sibling, tell stories, help with bath time etc...
- Share stories with your friends and family about how helpful and loving they have been will make them feel a sense of value and importance.

Anger

Children do not always know how to express their feelings so they become angry, shout, scream, cry, or hit. When young children do this it can often mean they are trying to get your attention. After being an only child, they also have to learn to share their personal space and possessions.

How could you help?

- Make sure you have quality time together to talk with your child about their worries and feelings.
- Let your child choose a small gift to their "baby" sibling – this gives them an opportunity be involved in choice about the changes.
- Involve your child in choosing colours, toys, bedding for their bedroom.

- Ask your child about toys they played with when they were younger and encourage them to share them with their new sibling.
- Ask your child about any toys they absolutely DO NOT want to share and make sure you respect this.
- Some parents get their child a small present from the baby to say thank you for welcoming them, sharing, being kind, etc. This will be a physical reminder of how much the new baby loves his older brother or sister.

Anxious

Children often associate going to the doctors/hospital when you are sick, so may naturally feel frightened.

When you tell your child that they are going to be a new “big” brother or sister, they may not understand what this role means.

Children cry when they are hurt or upset, so in their minds, does this mean baby is unwell.

How could you help?

- Reassure your child that medical visits are for making sure everyone is healthy and happy.
- Give children age appropriate tasks to give them a role and show how important they are to you and the whole family.
- Explain that babies cannot talk and so by crying they can tell the family that they need something.

Summary

- What we need to remember is that we need to accept our children's feelings and our job as adults is to help them get any negative feelings out so that it does not spiral. When feelings are expressed as anger, shouting, screaming, kicking or hitting, we need to show them different ways to express their emotions (remember that behaviour is a way of communicating with us). As adults, we are aware of our own feelings so it is important to make time to explore your child's feelings, e.g. a good time to talk might be during play, when walking, or in the car. Use bedtime to reinforce positive messages.
- Please make sure you let your child’s class teacher know about a new baby so that we can be aware of distractions and concerns your child might have which affects their learning.
- See the resources below for ideas to start having conversations with your child

Books, which may help with a baby on the way

You’re the biggest Lucy Tapper and Steve Wilson

https://www.amazon.co.uk/Youre-Biggest-keepsake-celebrating-Publishing/dp/1907860045/ref=redir_mobile_desktop?ie=UTF8&aaxitk=0ATwYZZo6rNy46yKe0ufdQ&hsa_cr_id=8795360520902&pd_rd_r=6b377e19-3927-46bb-acc4-8418636d7297&pd_rd_w=sXHMw&pd_rd_wg=xpxnd&ref=sbx_be_s_sparkle_mcd_asin_0_img

Waiting for baby Rachel Fuller

https://www.amazon.co.uk/Waiting-Baby-New-Rachel-Fuller/dp/1846432758/ref=sr_1_1_sspa?crid=MS6HGPOQDAPX&dchild=1&keywords=new+baby+

[books+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUE3N01QQUQ0SINKRzQmZW5jcnlwdGVkS WQ9QTA0NzA5NzFISlhKUzNCRIpCWU8mZW5jcnlwdGVkQWRJZD1BMDU0NDg4NDNFRTZlFVENCTVdETFQmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGlja z10cnVI](https://www.amazon.co.uk/books+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUE3N01QQUQ0SINKRzQmZW5jcnlwdGVkS WQ9QTA0NzA5NzFISlhKUzNCRIpCWU8mZW5jcnlwdGVkQWRJZD1BMDU0NDg4NDNFRTZlFVENCTVdETFQmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGlja z10cnVI)

We're having a baby Campbell books

https://www.amazon.co.uk/Were-Having-Baby-Adapting-Sibling/dp/1509836322/ref=sr_1_5?crid=MS6HGPOQDAPX&dchild=1&keywords=new+baby+book s+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-5

There's a house inside my Mummy Giles Andreae

https://www.amazon.co.uk/Theres-House-Inside-My-Mummy/dp/1841210684/ref=sr_1_7?crid=MS6HGPOQDAPX&dchild=1&keywords=new+baby+bo oks+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-7

What's in your tummy Mummy? Sam Lloyd

https://www.amazon.co.uk/Theres-House-Inside-My-Mummy/dp/1841210684/ref=sr_1_7?crid=MS6HGPOQDAPX&dchild=1&keywords=new+baby+bo oks+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-7

You were the first Patricia MacLachlan

https://www.amazon.co.uk/You-Were-First-Patricia-MacLachlan/dp/0316185337/ref=sr_1_13?crid=MS6HGPOQDAPX&dchild=1&keywords=new+baby +books+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-13

The new small person Lauren Child

https://www.amazon.co.uk/New-Small-Person-Lauren-Child/dp/0723293619/ref=sr_1_16?crid=MS6HGPOQDAPX&dchild=1&keywords=new+baby+book s+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-16

Topsy and Tim - The new baby Jean Adamson

https://www.amazon.co.uk/Topsy-Tim-Baby-Jean-Adamson/dp/1409300560/ref=sr_1_22?crid=MS6HGPOQDAPX&dchild=1&keywords=new+baby+b ooks+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-22

The second baby book: How to cope with baby number two and create a happy home for your first born and new arrival

https://www.amazon.co.uk/Second-Baby-Book-pregnancy-firstborn/dp/0349420041/ref=sr_1_23?crid=MS6HGPOQDAPX&dchild=1&keywords=new+baby+b ooks+for+siblings&qid=1605275858&s=books&sprefix=new+baby%2Cstripbooks%2C166&sr=1-23