

REDUCING SIBLING JEALOUSY



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Having another baby can be wonderful, but it also alters family dynamics. These tips should help reduce sibling jealousy.

Before the little one arrives

- Talk to them about their baby brother/sister
- Read them books about becoming a big sibling
- Involve them in the baby preparation, by asking them to pick out clothes and toys for the new baby

At the hospital

- Ask your guests to greet the big sibling first
- Make the big sibling feel special by asking him/her to introduce the sibling to your guests
- Stay connected while you're in the hospital with visits and video calls

When you get home:

- Give them some responsibility
- Have quality 1-on-1 time each day
- Acknowledge their mixed emotions

If you need further support, please get in touch with us.
We're here for you.

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