



Here comes no.2

Ages 1 - 3



Here Comes No.2 - Ideas Sheet

AFTER THE BIRTH

You might like to go through photo's/video's/dvd's with your first child of when they were a baby, explaining that you used to breast feed, change nappies, etc. for them too. Talk about what they were like, while reminding them of what they can do now they're bigger, eg. talk, walk, dance, sing, etc.

When talking to your first child about what they can/can't do with the new baby, try and use general terms rather than using the baby's name, eg. "It isn't safe to put things in babies mouths because it can hurt them", instead of "don't put that in Tom's mouth". This will help prevent resentment, and gives them a greater understanding of how to treat all babies.

It is nice to notice and comment on what a great big brother/sister your first child is, and identify what they are doing well, eg. being gentle, helpful, etc.

These are some examples from this tip sheet

