



Here comes no.2

Ages 1 - 3

## Here Comes No.2 - Ideas Sheet

### BEFORE THE BIRTH

Planning a time to tell your child about becoming a brother or sister, giving them the opportunity to ask questions and using an example of someone else's new baby your child knows, can all be useful. This would be much nicer than for them to overhear you talking to someone else about it.

It could be nice to talk to your first child about what their role as a big brother or sister will be, and what they will be able to do to help, eg. teach the baby new things, hand things to mum or dad when changing nappies, singing, talking to, or distracting the baby when it is upset, etc. You might like to ask them why they think the baby is crying such as - do you think they're tired, hungry, etc. or ask for suggestions on what to do. All these things will make them feel useful and that their new role is important.

It is a great idea to talk about what your child can/cannot expect from a new baby, eg. crying, noises, lots of sleeping, how they feed, no active playing, talking and walking until they get bigger, need lots of cuddles, etc.

***These are examples from this ideas sheet***

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