



Supporting Your Family with a New Baby

Welcoming a new baby into the family is an exciting time — but it can also bring big changes for everyone. Older children may experience a mix of emotions, and routines at home may feel different for a while. This information sheet offers practical ways to support the whole family during this transition.

Understanding Your Child's Feelings

Children may feel:

- Excited and proud
- Worried about changes
- Jealous or left out
- Tired or unsettled

All of these feelings are **normal**. Younger children may show feelings through behaviour rather than words.

Talking to Your Child About the New Baby

- Use simple, honest language about what to expect
- Reassure them that they are still loved and important
- Encourage questions and listen carefully to concerns
- Avoid saying they are “the big one now” if it feels like pressure

Supporting Behaviour and Emotions

- Expect some changes in behaviour (clinginess, tantrums, regression)
- Stay calm and consistent with boundaries
- Praise positive behaviour and helpful actions
- Try not to compare siblings

Keeping Routines Where Possible

- Maintain familiar routines (bedtime, school mornings)
- Let your child know about changes in advance
- Use visual routines or checklists to support independence

Routines help children feel safe during times of change.

Special Time with Your Older Child

- Spend **short, regular one-to-one time** with your child
- Let them choose the activity when possible
- Even 10 minutes of focused attention can make a big difference

Involving Children with the New Baby

- Give small, optional jobs (fetching nappies, choosing clothes)
- Praise effort and kindness
- Let children help in ways that feel manageable

Avoid forcing involvement if your child is unsure.

Supporting School Life

- Let the school know about the new baby
- Be patient if your child seems tired or emotional
- Keep communication open with teachers if concerns arise

Looking After Yourself Too

- Accept help from family and friends
- Rest when you can
- Remember that adjusting takes time for everyone

A calm, supported adult helps children feel secure.

Remember

A new baby brings change, but also opportunities for growth, connection, and family bonding. With reassurance, routines, and patience, children can adjust positively to their new role as a sibling.