

Preparing for Sibling Adjustment

Worksheet

My older child will be what age when his/her sibling arrives? _____

On a scale of 1-10, how aware is my older child that a new sibling is coming?

Not at all aware Completely aware
 1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, how excited/thrilled is my older child that a new sibling is coming?

Not at all excited/thrilled Completely excited/thrilled
 1 2 3 4 5 6 7 8 9 10

Recommendations:

Age less than 3 and not very aware or excited about new sibling arrival	Age between 3-5 , aware of and moderately excited about new sibling	Age older than 5 very aware of and excited about new sibling
Minimize disruptions to normal day-to-day routine. Minimize involving child with the planning for a new sibling. Make any significant changes at least 3 months before new sibling arrives or wait 3 months until after sibling arrives.	Follow your child's lead for desire to be involved with new sibling. Give ample time to ask questions and express feelings. Allow child to participate in planning where they'll go and what they'll bring while mommy is birthing their sibling.	Involve older children in choosing clothes, sorting hand-me-downs and deciding for themselves if they want to participate in their sibling birth or where they want to be. Celebrate older child's new role in the family with a big sister or big brother party.

During pregnancy I can help our older child adjust to their sibling's arrival by doing this:

1. _____
2. _____
3. _____
4. _____
5. _____

During the first days and weeks postpartum, I can help our older child adjust to their sibling's arrival by doing this:

1. _____
2. _____
3. _____
4. _____
5. _____

During the first 3 – 6 months after baby arrives, I can help our older child adjust by doing this:

1. _____
2. _____
3. _____
4. _____
5. _____

Notes:

Excellent website on sibling rivalry: <http://www.med.umich.edu/yourchild/topics/sibriv.htm>

Books for helping children adjust to the new baby: <http://www.med.umich.edu/yourchild/topics/newbaby.htm>