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Midwifery

# Preparing Older Siblings for a New Baby

Welcoming a new baby can be exciting for older children, but it can also bring mixed emotions.

## Ways to help older siblings prepare

- Talk about the baby regularly
- Read books about becoming a sibling
- Let them help choose baby clothes and toys
- Involve them in simple tasks
- Spend one to one time with them
- Reassure them that they are still important and loved
- Talk positively about the changes a new baby may bring

Preparing older children can help them feel included and secure

**If you would like support preparing older siblings for a new baby, please get in touch. I can offer calm, personalised care to help your family feel more prepared, reassured and confident as you get ready to welcome your baby.**

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