

5 WAYS TO SUPPORT YOUR OLDER CHILD/REN WITH THE BIRTH OF A NEW SIBLING

01

UNDERSTAND THAT THE BIRTH OF A NEW SIBLING CAN CREATE FEELINGS OF JEALOUSY, ANGER AND SADNESS FOR A CHILD.

02

ACKNOWLEDGE TO YOUR CHILD THAT THIS EXPERIENCE CAN FEEL TRICKY; THAT THEIR FEELINGS MAKE SENSE AND YOUR LOVE FOR THEM WILL NEVER CHANGE.

03

USE SYMBOLIC PLAY (AN ATTACHMENT PLAY APPROACH) TO HELP THEM EXPLORE AND PROCESS EMOTIONS AROUND A NEW BABY ENTERING THE FAMILY.

04

USE REGRESSION PLAY WHERE YOU RESPECTFULLY TREAT YOUR CHILD LIKE A BABY (IF IT FEELS GOOD FOR THEM). ROCK THEM, CUDDLE THEM & DOTE ON THEM.

05

DO YOUR BEST (YES, THIS WILL FEEL IMPOSSIBLE AT TIMES) TO FIND POCKETS OF 1:1 CONNECTION TIME TOGETHER.

06

TAKE CARE OF YOURSELF AS MUCH AS POSSIBLE. AS A CAREGIVER YOUR EMOTIONAL HEALTH IS SO IMPORTANT - FOR YOU AND YOUR CHILDREN.

NEED HELP WITH THE ABOVE? PLEASE REACH OUT. YOU DON'T HAVE TO NAVIGATE THIS ALONE.

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