



My Sibling Book

Welcoming a New Baby and Being an Older Sibling



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



You're a big sibling now!

This book is special, just like you. It is your book to keep. You can color, write words, solve puzzles, and be creative.

You may have lots of feelings about your baby. Talk with your family about how you feel. Your family may be busy with your new baby sibling, but they always have time for you. Your family loves you, and there is love for everyone in a family.

At Ohio State Maternity Center, we love new babies. We also love siblings, so we think it is great that is you!



All About Me

Name: _____

Age: _____

Birthday: _____

Where I Live: _____

My Favorite Things:

Colors: _____

Food: _____

Music: _____

Pets/Stuffed Animals: _____

Friends: _____

Games: _____

**Place or draw
a picture of
you here.**



All About Our New Baby

Tell us about your baby.

Name: _____

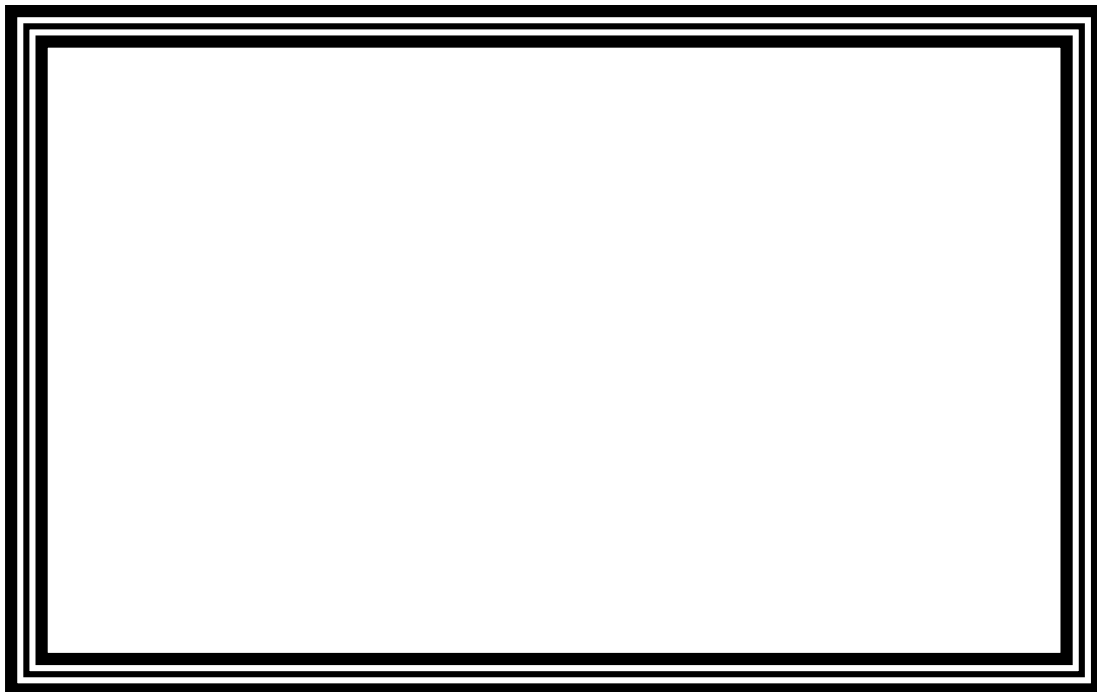
Date of Birth: _____ Time of Birth: _____

Weight: _____ Length: _____

Eye Color: _____ Hair Color: _____

What I like best about my new baby is: _____

Place or draw a picture of you and your new baby here.



My Family and Friends

Write down the names of people in your family and friends who are special to you. It can be parents, grandparents, other siblings, cousins, friends, or other people in your life.



Family and friends who are special to me:

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

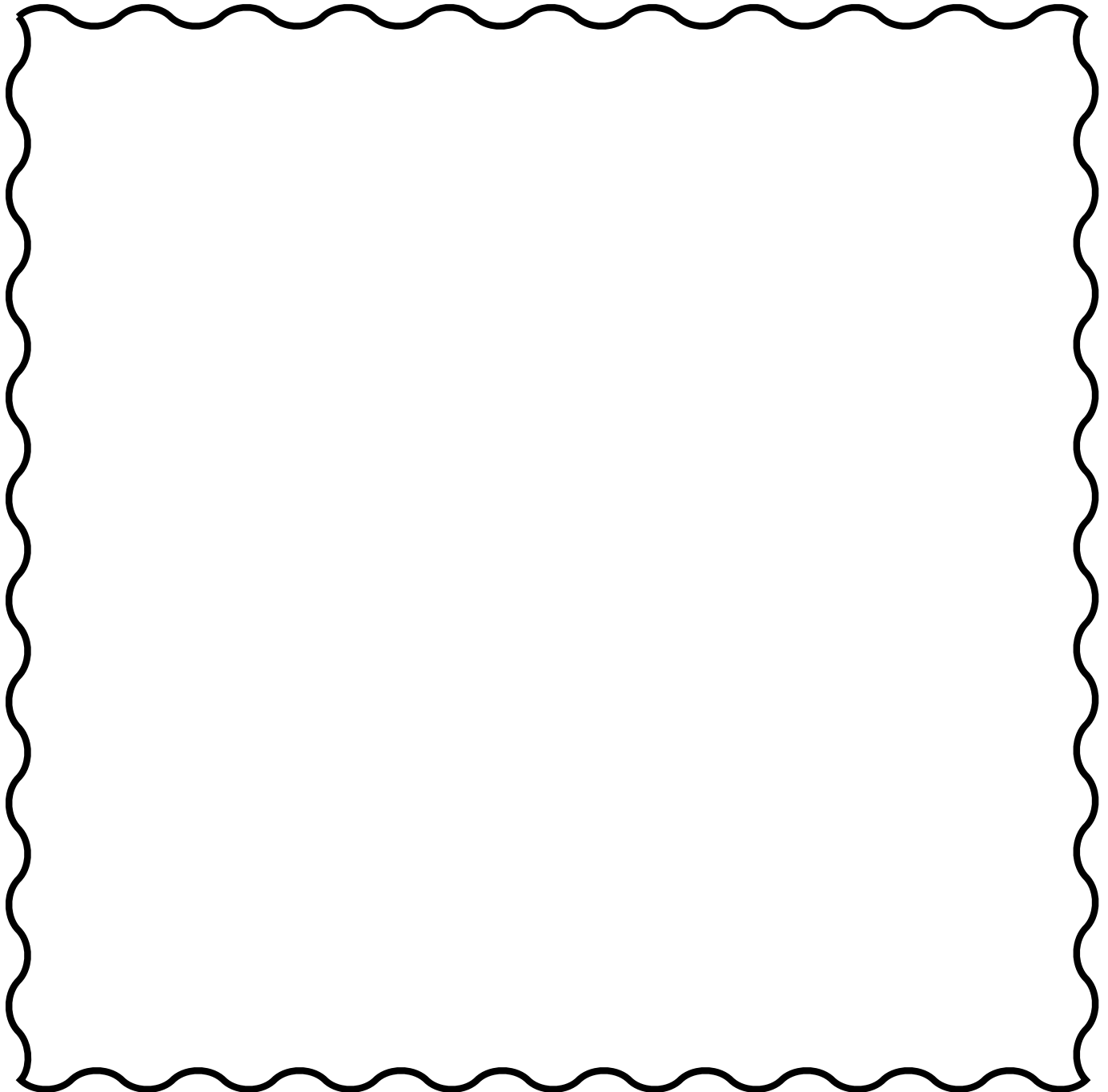
Name: _____

Name: _____

Name: _____

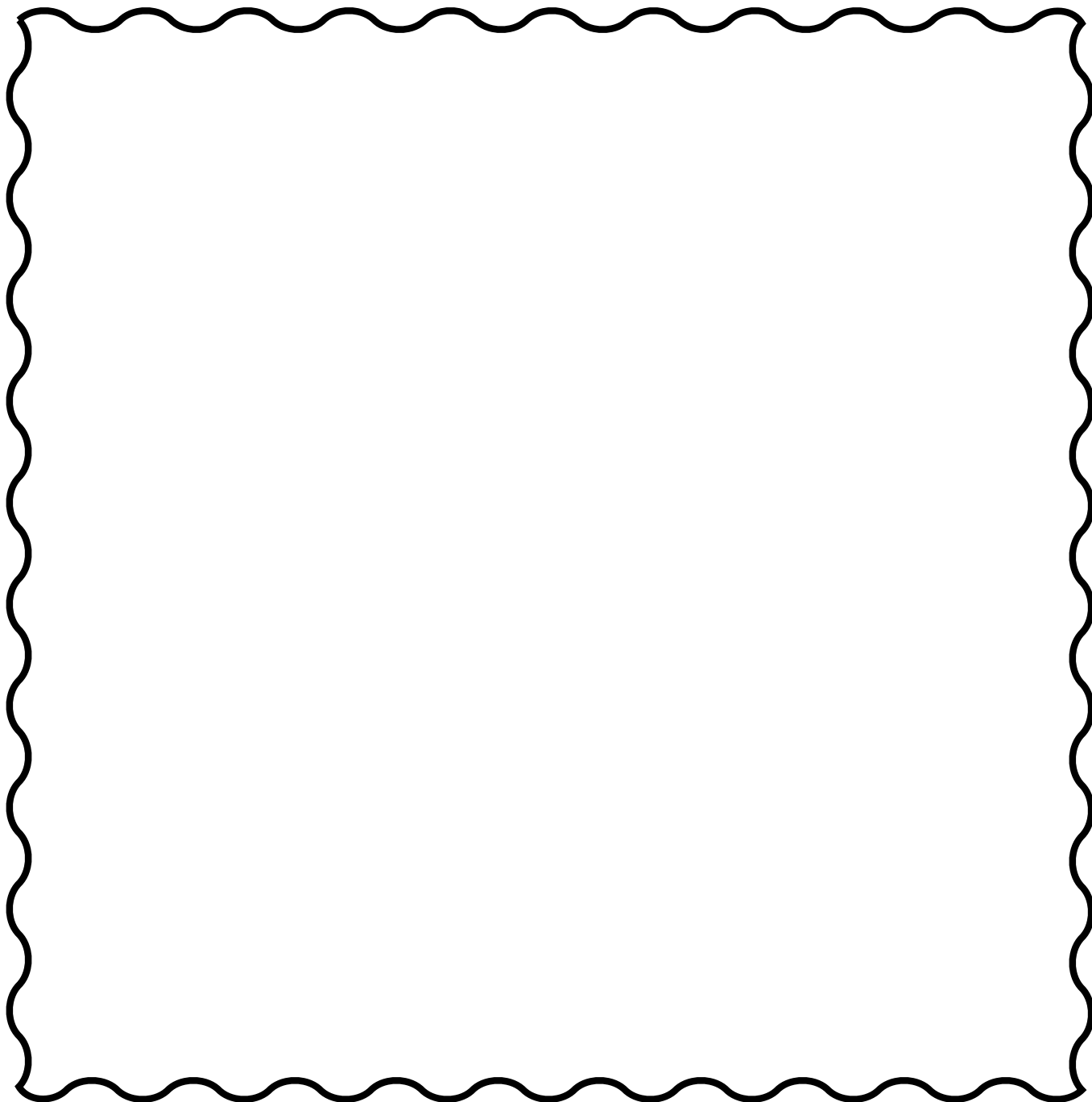
Baby's Hand and Footprints

Ask if you can get a print of the new baby's little hands and feet. You could ask for a copy if there was one done in the hospital.



My Prints

Draw an outline of your own hands or feet. Can you believe how much bigger yours are than the baby's?



My Feelings

Your new sibling will need a lot of care when they are first born. You may feel happy, angry, or sad as the baby needs attention.



Your family may ask some of these questions to see how you feel. (Parents: Adapt these to best fit your family and child's age.)

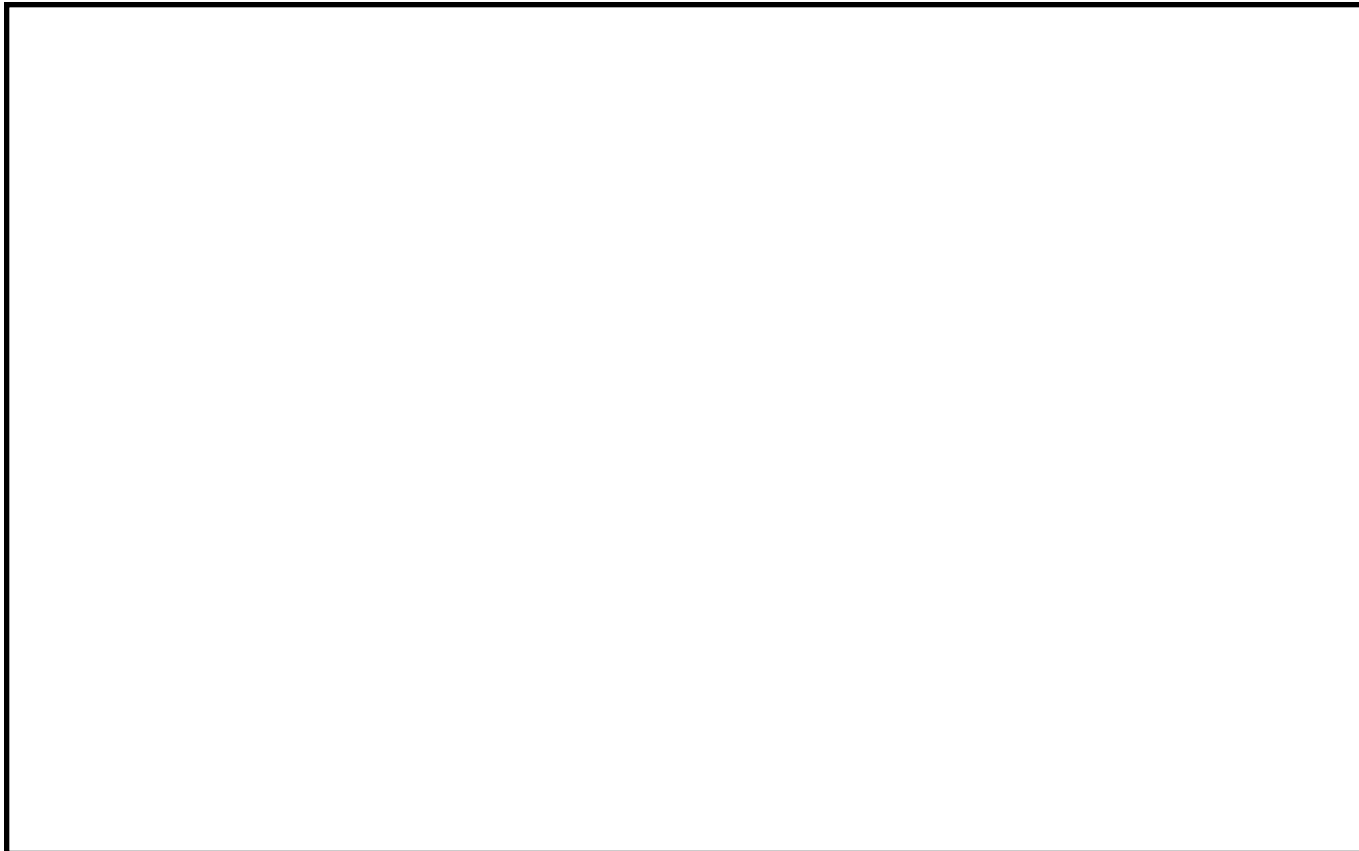
Before the Baby is Born:

- How do you think life will be different when we have a baby?
- How are you feeling about the baby?
- What do you think it will be like to be an older sibling?
- What are things you can do if your family is busy with the baby?
- How would you like to help with the baby?
- How can you tell your family you need special time with them?

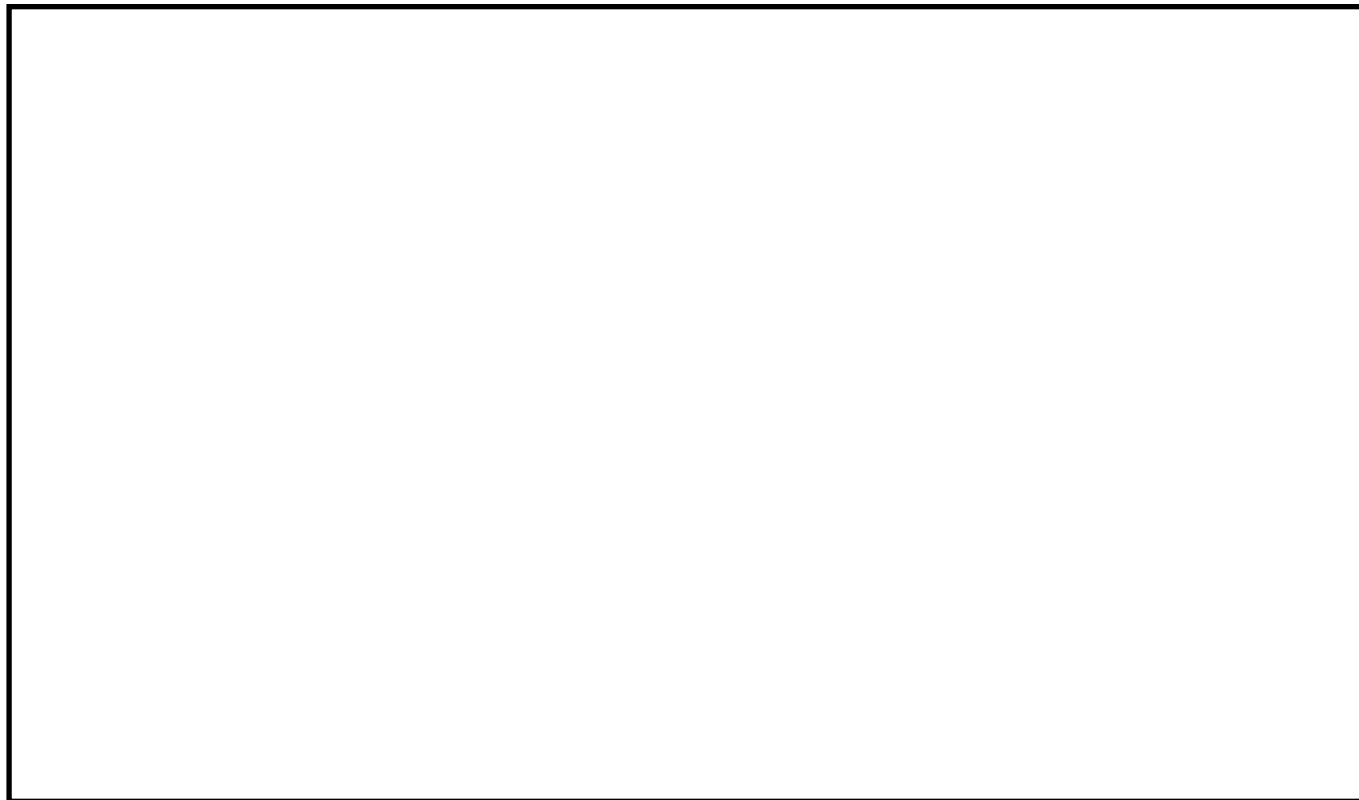
After the Baby is Born:

- How do you feel today?
- What makes you feel happy?
- What makes you feel special in our family?
- What do you love most about our family?
- When do you feel the most angry, frustrated, or sad?
- How can we help you to feel better?

Draw something that makes you feel happy. Talk about why.



Draw something that makes you feel sad or mad. Talk about why.



Getting Ready for Baby

Mark with a ✓ what you have done to get ready for your baby:

_____ Read a story about a family that has a new baby.

_____ Feel the baby move.

_____ Talk about baby names.

_____ Talk about my feelings.

_____ Practice how to hold the baby.

_____ Help set up the baby's room.

_____ Make a "Welcome Home" banner.

___ ☺ ___ Go to a Sibling Class.

_____ Help shop for baby items.

_____ Make a "Birth Day" card.

_____ Help put away baby clothes.

_____ Help put in the baby's car seat.



What else? Write it here.

Be a Big Helper

Use the spaces to ✓ mark how you can help with the new baby:

___ Read a story to baby.

___ Wash hands before touching baby.

___ Help push the stroller.

___ Sing or talk softly to baby.

___ Bring toys to baby.

___ Play outside with friends.

___ Help take care of family pets.

___ Bring things the baby needs.

___ Help with feeding.

___ Help shop for baby items.

___ Pick up my room or my toys.

___ Throw away dirty diapers.

___ Touch baby gently.

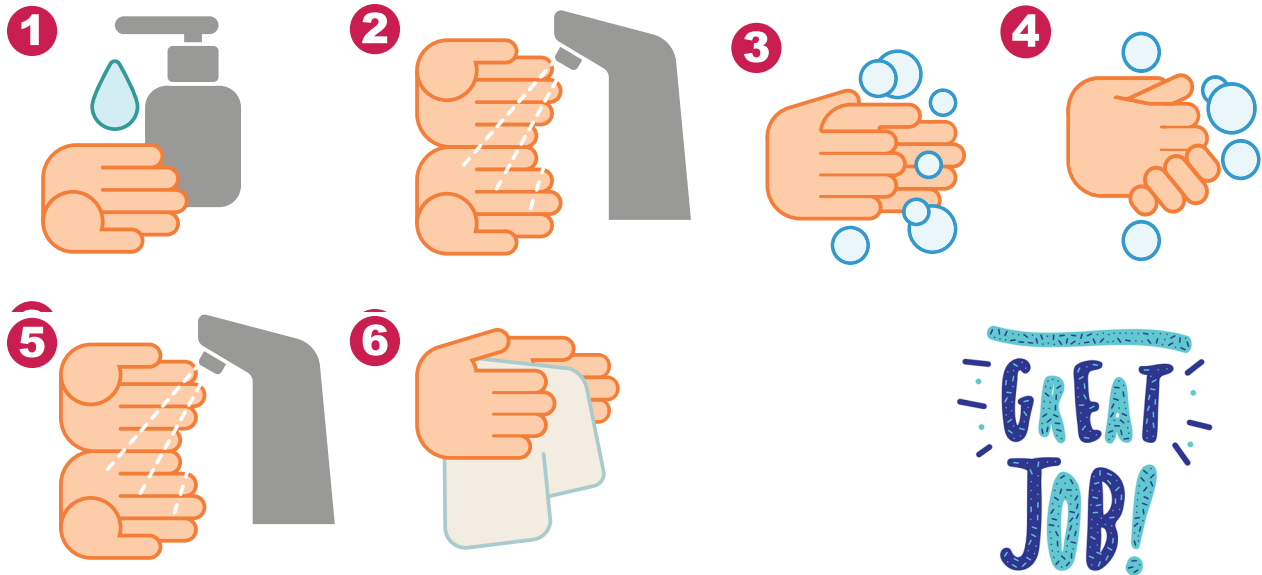
___ Ask for help when I want to hold baby.

Do you have another idea?



Wash Your Hands

Always wash your hands before touching the baby or the baby's things. It is easy for babies to get germs in their mouths and this can make them sick. Clean hands can help stop that.



How to Hold a Baby

1. Always ask first.
2. Wash your hands.
3. Sit down in a good spot.
4. Keep the baby's head on your arm or in your hand to give support.
5. Ask for help when you are done.

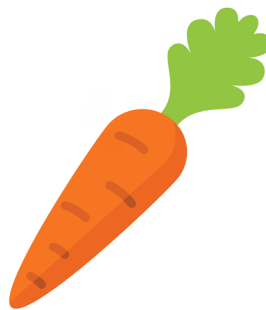
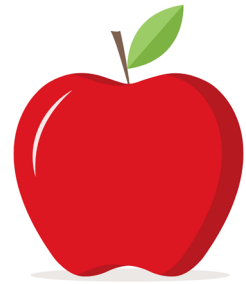
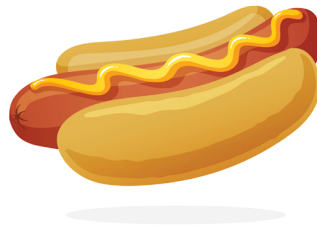
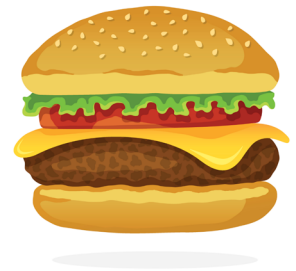


Baby Foods

Draw a **circle** around the foods baby can eat.

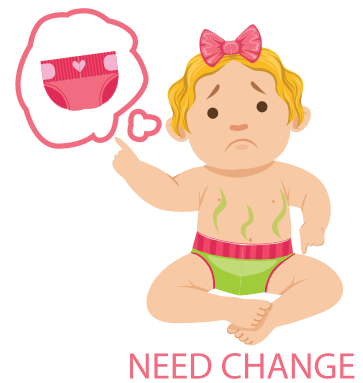
Draw an **X** on the foods the baby cannot eat.

My baby likes to eat:



Why Babies Cry

Your baby may cry. There are many reasons babies cry. Here are some of the reasons.



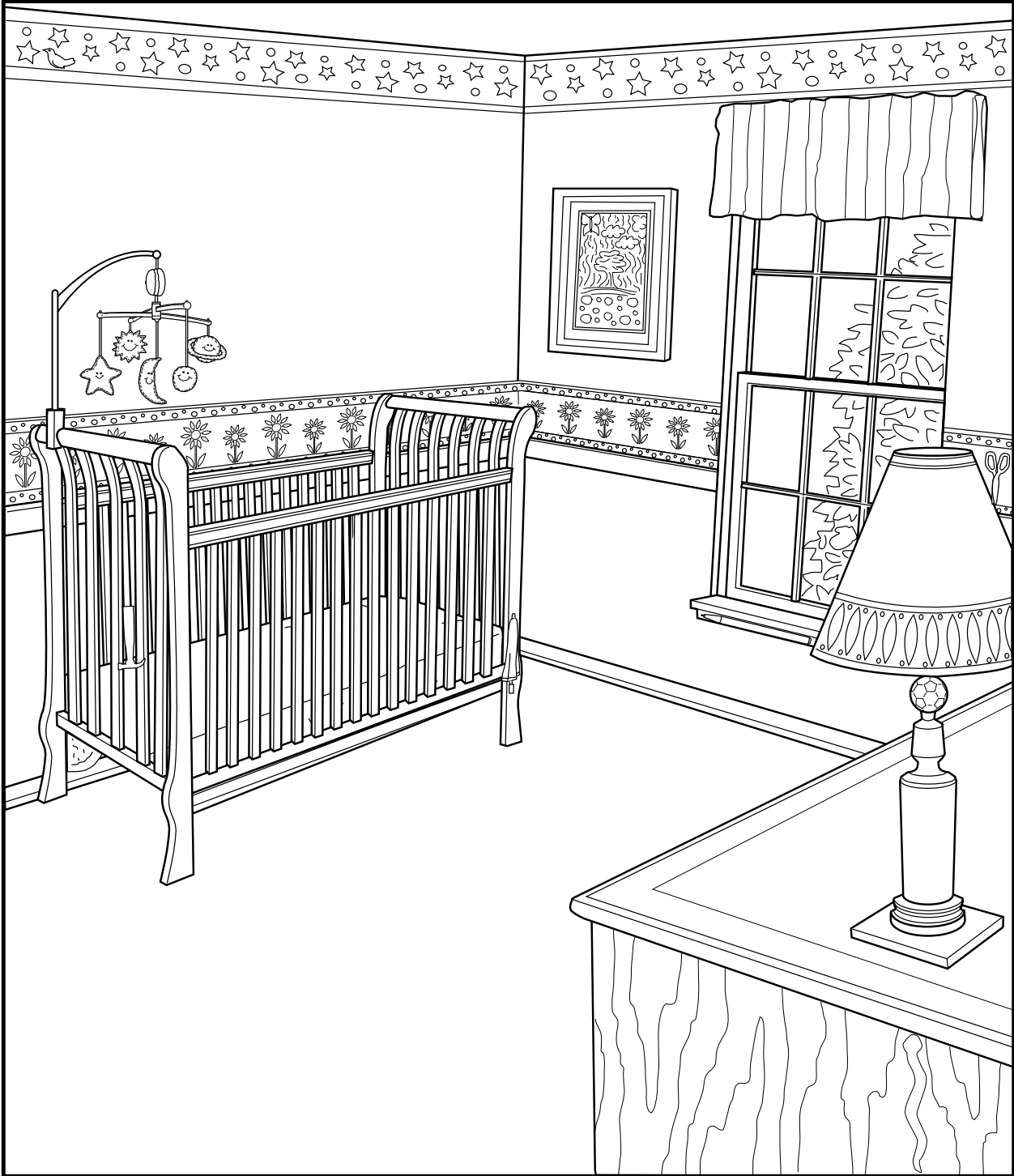
Sometimes babies just cry and you can't tell why. That's OK. Ask what you can do to help.

Coloring Page



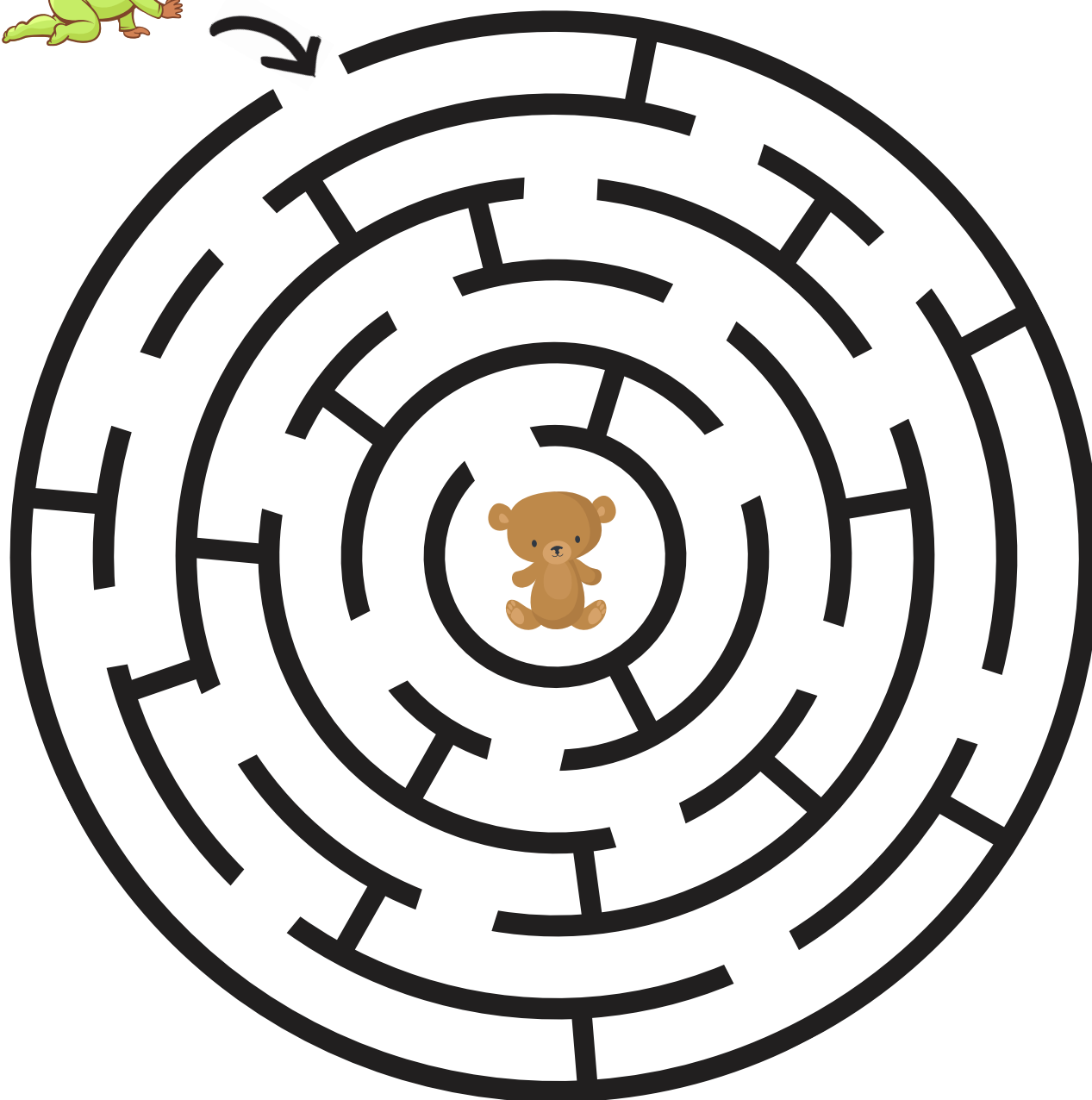
Find the Hidden Pictures

- Scissors
- Snake
- Baseball Bat
- Pen
- Butterfly
- Mitten
- Pizza Slice
- Umbrella
- Soccer Ball
- Hamburger
- Hammer
- Bird



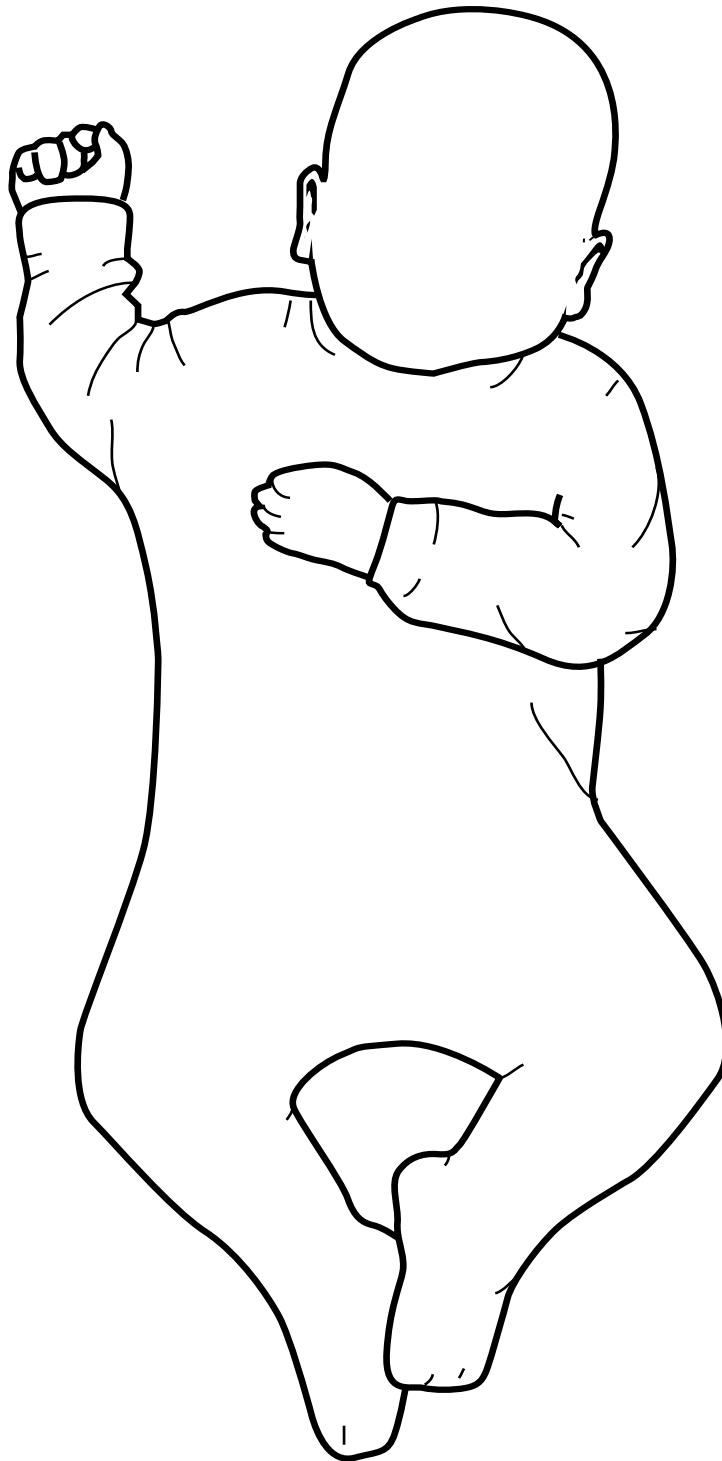
Baby Maze

Help the baby get through the maze to find the toy.

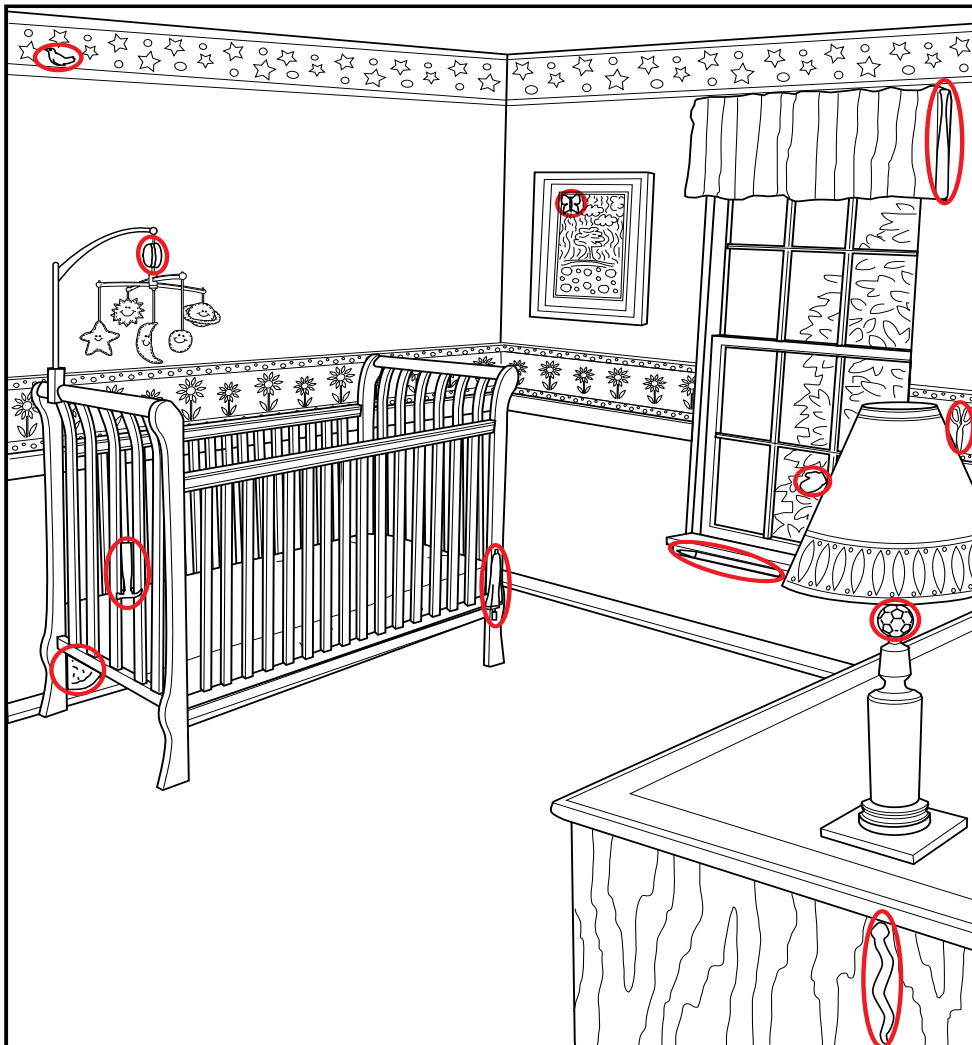
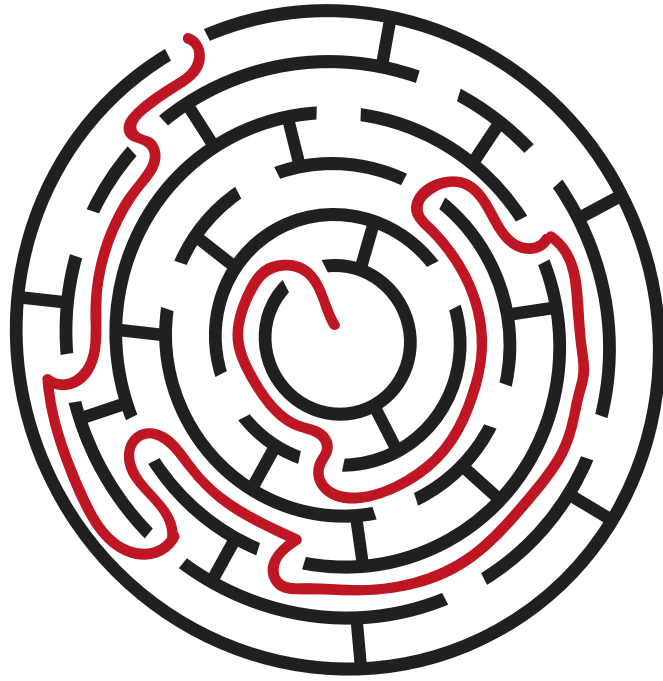


Baby Face

Draw a face on the baby. Is the baby happy or sad? Awake or sleeping? Color the rest of the baby.



Puzzle Answers





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