

# KixCare TIPS

## How Do I Help My Child Adapt to a New Routine After a New Baby?



Bringing a new baby home is very exciting for everyone including the older sibling, but a new addition to the family can disrupt the current routines set in place.

They can experience feelings of jealousy so allow them to convey those feelings. If you notice changes in their behavior, such as having tantrums or acting like a baby, this is all normal and a way of expressing their feelings.

- 1** Prepare your child for the arrival of the new baby in advance by talking to them and reading books about being a big brother or sister.
- 2** Once baby arrives, spend some time alone with your older child on a regular basis, and incorporate it into your daily routine with them.
- 3** Don't make significant changes to your child's routine, such as their sleeping arrangements. If needed, try to make changes a couple of months before or after the newborn. This will help establish the routine.
- 4** Lastly, allow them to bond with you and the baby, give them age appropriate task to help out with and lots of time for snuggles.

Cut here for a colouring sheet for your little one

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