

## **New Baby Sibling Rivalry, What's A Parent to Do?**

The birth of a new baby can bring different feelings for different members for the family. For the parents it no doubt brings joy if not exhaustion. For the new sibling it can bring happiness and jealousy. Parents may need to keep in mind the sibling's point of view that for every friend you make you make an enemy. But there are things parents can do to help the transition and help everyone live happily ever after.

### **WHAT CAN PARENTS DO?**

- Don't compare kids
- Review baby pictures of the older child to remind them that they were cared for in same way
- Don't make other changes such as moving or changing caregivers
- Look for opportunities where they can participate
- Monitor gift giving so older child gets a gift or two.

### **PARENTS TO BE:**

- Use calendar dates to discuss birth time, stay in more; don't over due discussion
- Show picture of sonogram
- Be interested in current events of child's life
- Take them to doctor's visits
- See if they have a sibling preparation program

### **PARENT OF YOUNG CHILD**

- Imitation and role playing, introduce a baby doll
- Keep in mind --child may regress; this is okay. Talk about differences
- Pick a task with child
- Plan special time with older child only- date night
- Don't despair