

Triple P - Positive Parenting Program®: Because Children Don't Come With Instructions



A new baby means some major changes for the entire family. Children can be excited about getting a baby brother or sister, and they can be loving and caring towards a new baby. They may rush to tell a parent any time the baby cries, and cheerfully watch and help with diaper changes and other tasks. At other times, children can be jealous and aggressive towards the baby. Preparing your child for a new brother or sister will help get their relationship off to a good start.



Triple P - Positive Parenting Program® "TIP OF THE MONTH"

Children need to be prepared for major changes in their life. At first, talk to your child about families with brothers and sisters so your child sees that many families have more than one child. Here are some suggestions to help you prepare your child for the arrival of a new baby:

▼ Talk With Your Child About Babies

Let your child know what to expect. Explain that babies sleep a lot, cry some of the time, and cannot play or move around. Show your child photographs of when they were a baby. Older children may ask questions about where babies come from. Be prepared to answer lots of questions.

▼ Involve Your Child in the Preparations

Let your child feel the baby kicking. Encourage your child to help get the baby's room ready. You may like to make a present for the baby together. You may also like to arrange a present for the baby to give to your older child.

▼ Make Changes to Your Child's Routine in Advance

Well before the baby arrives make any necessary changes to your child's usual routine. This will give your child time to adjust. Do not say these changes are because of the baby or your older child may become angry or jealous, or feel that the baby is pushing them out. Arrange childcare ahead of time and tell your child where you will be



going when the baby is born and who will be looking after them. Let your child know that you may have to go during the night. It is a good idea to wake them to say goodbye or write them a note.

▼ Make Your Child Feel Important

To make your older child feel important, spend quality time with them each day. Try to spend small amounts of time together frequently throughout the day. You may even like to take your child out to dinner or on a special outing from time to time. Throughout the day, praise your child for behaving well, such as when they play quietly when the baby is sleeping. Show affection and tell your child you love them.

▼ Acknowledge Your Child's Feelings

If your child says they do not like the baby, let them know you understand how they are feeling. Do not tell your child they are bad to feel that way about the baby. It is good for your child to talk about how they feel, but do not dwell on negative feelings.

▼ Be Consistent

Use your usual approach to discipline. Use the same rules and consequences you used before the baby was born. Act immediately when misbehaviour occurs. Do not argue or debate the point with your child. Simply carry out the consequence as usual. This will help your child feel secure and they will know what to expect.

For more information on the Triple P - Positive Parenting Program® call Timiskaming Child and Family Services at 1-800-568-KIDS or visit www.triplepontario.ca

