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Newsletter

April 2024

(Copied from Facebook - Institute of Child Psychology)



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FEARS & INSECURITIES

Our older children have a lot of **fears and insecurities** when it comes to bringing home a new brother or sister.

Some of those fears include:

- Will you still love me the same?
- Will the baby replace me?
- Will I still be a part of our family?
- Will I lose all my time with you?
- Will I matter less?



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BEFORE THE BABY COMES

Sit down with your child and have this conversation:

"There are some BIG changes coming with the baby. This will not change how we feel about you; nothing could ever change how much we love you."

"Babies aren't always easy and they need a lot of attention, but dad and I will take turns spending special 1:1 time with you."

"There are times you might feel sad or frustrated when the baby comes, and it's ok to tell us. Do you have any questions about how things might change?"

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THINGS TO DO

- ✓ Read a children's book about baby's arrival
- ✓ Involve them with preparing the baby's new room; let them add something to it
- ✓ Look at baby pictures of them and talk about how it was - the hard parts and the amazing parts



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WHAT TO EXPECT

Even with that conversation, our older kiddos are going to have **BIG feelings** about all of these changes.

Some changes you might see:

- Regressive behavior (i.e., toileting issues, meltdowns, wanting to be picked up)
- More frequent outbursts
- Anger and/or jealousy directed at your baby
- More defiance

FYI this is completely normal!

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HELP YOUR CHILD RECOVER

- ✓ Get them **involved** with helping with the baby. Give them small jobs like holding the towel at bath time to make them feel included.
- ✓ Do something special for your older child when the new baby arrives. This could mean taking them someplace special, spending time with grandparents, or a small gift.
- ✓ Make sure your child gets **one-on-one time** with each parent. Even if it's just 15 minutes, where the child decides what you do and you let them lead the play.
- ✓ Don't punish regressive behavior. It's a child's way of making sure their parents are aware that they still need them and it helps them to get the connection they crave. To counteract this, use special time, get them involved with the baby, and utilize co-regulation during big emotional moments (i.e., time-ins).

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VALIDATE THEIR FEELINGS

"Wow there have been so many changes for you. I bet there are some big, tricky feelings. I know you love your little sister/brother, but I also bet you feel really sad or frustrated sometimes."



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