

Top 10 Things I Wish I Knew About Adding a *Sibling*

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- 1 Read a lot of books written for kids about adding a sibling.
 - 2 It's OK to be in survival mode. Let go of perfection and certain expectations. Give yourself grace.
 - 3 Expect an adjustment period with fits and starts for you and your older kiddo(s).
 - 4 Spending even just 5-15 minutes of dedicated 1:1 time daily (no phones!) to connect with each of your kids can help meet attachment needs.
 - 5 Create a "special" activity basket for older kiddos to play with only while you feed the baby.
 - 6 Have the baby give a gift to the older kiddo(s) and let the older child pick out a gift for the baby.
 - 7 Try not to "blame the baby" when you can't do something. Instead, say you need a few minutes and then you can be with the older kiddo.
 - 8 When seeing your older child for the first time after giving birth, have the baby in a bassinet or other safe sleeping space - not in your arms.
 - 9 Try to involve your older kiddo in caring for the baby: get the baby a diaper; grab a change of clothes or burp cloth; read to the baby; etc.
 - 10 It is OK to ask for and accept help.

