



# New Baby Checklist



## Preparing for the baby

- Talk to your child about the new baby
- Discuss possible feelings (excitement, jealousy, pride)
- Involve your child in nursery or baby prep
- Read sibling-focused books together
- Explain their new “big sibling” role
- Encourage questions and share family plans

## After the Baby Arrives

- Spend one-to-one time with the older child daily
- Maintain familiar routines for stability
- Encourage supervised interactions with the baby
- Praise kind, safe, and helpful behaviours
- Acknowledge feelings of jealousy or frustration
- Include older child in small baby care tasks

## Play, Family & Confidence

- Role-play with dolls, puppets, or toys to express feelings
- Family games encouraging cooperation and turn-taking
- Art, drawing, or storytelling activities for emotions
- Coordinate visits and support from extended family
- Celebrate achievements and caring behaviour
- Emphasise pride and responsibility in the “big sibling” role

