

### Helping Your First Child Adjust

Your first child may experience a range of emotions, from excitement to jealousy or even resentment. Younger toddlers are unable to verbalize their feelings, and their behaviors may regress after the new child is born. They might suck their thumb, drink from a bottle, forget their recent potty training skills, and communicate using baby talk in an effort to get your attention.

Older toddlers and kids might express their feelings by testing your patience, misbehaving, throwing tantrums, or refusing to eat. These problems are usually short-lived, and a little preparation can help an older child adjust to the idea of welcoming a new sibling.

Emphasize the important role an older sibling plays. Some tips to try:

- Let your older child help pick out items for the new baby's room. If your kids will be sharing a bedroom, this is particularly important.
- Find a special gift that your older child might like to share with the baby, such as a favorite book or toy, or a photo of the sibling for the baby's room. You might also want to pick out something for your older child too, such as a special chair for him or her sit in while you're feeding the baby. You can even have a small gift ready for the baby to give to your older child.
- Arrange special time just for you and your older child. This might involve a trip to the library, grocery store, or simply reading a few extra stories at bedtime. Your partner can help you by caring for the baby during these times.
- Role-play or read stories that will help your child understand what's happening in the family. Books about this written especially for toddlers are available. Check a local bookstore or ask your librarian for specific titles.
- Talk about what to expect when the baby comes home. Explain that a new baby cries, sleeps, and needs diaper changes frequently. Assure your older child that although the new baby needs lots of attention, there will still be plenty of time and love for him or her.
- Reinforce your older child's role in the family, saying that he or she will be the "big brother/sister" to the new baby, and let your child revel in this new role.
- Think of ways that your child can help you once the baby is born, so he or she is a part of the baby's care. Your oldest might get a diaper or a burp cloth when you need it, help pick out the baby's clothes for the day, or even dance around in front of the baby when he or she is cranky.
- Maybe your child could come to one of your prenatal visits or watch an ultrasound. If you're giving birth in a hospital setting, ask about sibling visitation after the baby is born.

The arrival of a new baby brings big changes to older kids, so you might want to hold off on introducing other major changes. This is probably not the best time to start toilet teaching, to begin the transition from bottle to cup, or to enroll your child in a program that means separation from you for the first time. Consistency will help make your child's adjustment easier.

Siblings play a very special role in a new baby's life, so don't leave your older child out of the decision-making. So much attention (new furniture, clothes, toys) is lavished on a new baby, making it easy for older kids to feel overlooked. Reassure yours by encouraging participation in the preparations.

[http://kidshealth.org/parent/positive/family/second\\_child.html](http://kidshealth.org/parent/positive/family/second_child.html)

Benbrook Public Library  
1065 Mercedes St.  
Benbrook, Texas 76126

817-249-6632  
[www.benbrooklibrary.org](http://www.benbrooklibrary.org)



### Library Hours

Sun	Closed
Mon-Thurs	8 am - 8 pm
Fri-Sat	10 am - 5 pm



# Benbrook Public Library

## Book Lists for New Parent New Baby, New Sibling, & Potty Training



Tel: 817-249-6632

**Practical Pregnancy Planner** by Brette McWhorter Selper (641.8 Sem)  
**The Pocket Parent** by Gail Reichlin (649.1 Rei)  
**Baby Names for the New Generation** by Pamela Samuelson (929.44 Sam)  
**The New Baby Name Survey** by Bruce Lansky (929.44 Lan)  
**New Baby Arrives** by Nicola Barber (E 306 Bar)  
**The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night** by Elizabeth Pantley (618.92 Pan)  
**Where Did That Baby Come From?** Debi Glori (E Gli)  
**The Baby on the Way** by Karen English (E Eng)  
**My Baby** by Jeanette Winter (E Win)  
**Look At You: A Baby Body Book** by Kathy Henderson (E Hen)  
**New Mom's Companion** by Debra Gilbert Rosenberg (306.874 Ros)  
**Everyday Parenting Toolkit** by Alan Kazdin (649.64 Kaz)  
by Robin Goldstein (649.1 Gol)

## Lists of Books

### Potty Training Book List

**Potty Time** by Fiona Watts (E Wat)  
**Potty** by Leslie Patricelli (BB Pat)  
**Everyone Poops** by Taro Gomi (E 573.49 Gom)  
**Once Upon a Potty: Boys** by Alona Frankel (649.62 Fra)  
**Once Upon a Potty Girls** by Alona Frankel (649.62 Fra)  
**Uh Oh! Gotta Go!** By Babo McGrath  
**The Potty Book for Boys** by Alyssa Satin Capucilli (E Cap)  
**The Potty Book for Girls** by Alyssa Satin Capucilli (E 629.62 Cap)  
**Even Firefighters Go Potty** by Wendy Wax (E Wax)  
**Potty Superhero** by Parragon Books (BB Pot)  
**Big Girls Use the Potty** by DK Publishing (BB Pin)  
**That's How I Roll** (A hilarious, but fool proof, take on potty training) by Rachel Poslick Jaques (F Vac)  
**Oh Crap! Potty Training:** by Jamie Glowaki (649 Glo)  
**Daniel Goes to the Potty** by Maggie Testa (E Tes)

### Pregnancy and Baby Books

**What to Expect When the Baby Comes Home** by Heidi Eisenberg Murkoff (E 306.875 Mur)  
**Pregnancy, Childbirth and the Newborn: The Complete Guide** (618.2 Pre )  
Your



### Older Sibling Book List

**Where Did That Baby Come From?** By Debi Glori (E Gli)  
**My Mommy's Having a Baby** by Dorie Hillestad Butler (J 618.2 But)  
**You're Getting a Baby Brother** by Shelia Sweeny Higginson (BB Hig)  
**You're Getting a Baby Sister** by Shelia Sweeny Higginson (BB Hig)  
**I am a Big Brother** by Caroline Jayne Churchill (BB Chu)  
**I am a Big Sister** by Caroline Jayne Churchill (BB Chu)  
**Franklin's Baby Sister** by Paulette Boiурgeois (E Bou)  
**Babar and the New Baby** by Laurent de Brunhoff (BB Bru)  
**The New Baby** by Mercer Mayer (E May)  
**Waiting for Baby** by Rachel Fuller (E Wai)  
**Big Brothers Are the Best** By Fran Manushkin (E Man)  
**Just Me and My Little Brother** by Mercer Mayer (E May)  
**Best-Ever Big Brother** by Karen Katz (E Kat)  
**There's Going to Be a Baby** by John Burningham (E Bur)  
**Big Brother Now: A Story About Me and Our New Baby** by Annette Sheldon (E 306.875 She)  
**New Baby!** By Stephanie Blake (E Bla)  
**Charlie and the New Baby** by Ree Drummond (E Dru)