

# Building Bridges for Kids

**August 11, 2021 @ 6:30-7:30 p.m.**

**White River Branch, Topic: New Sibling**

## **New Baby**

<https://kidshealth.org/en/parents/sibling-prep.html>

The arrival of a new baby can bring many changes to a family. Parents spend a lot of energy on preparations, and after the baby arrives, much of the family's attention involves caring for the newborn.

All this change can be hard for older siblings to handle. It's common for them to feel jealousy toward the newborn and to react to the upheaval by acting out.

But parents can prepare kids for an addition to the family. Discussing the pregnancy in terms that make sense to kids, making some arrangements, and including kids in the care of the newborn can make things easier for everyone.

## **Blended Families**

<https://www.helpguide.org/articles/parenting-family/step-parenting-blended-families.htm>

**Safe and secure.** Children want to be able to count on parents and step-parents.

**Loved.** Kids like to see and feel your affection, although it should come in a gradual process.

**Valued.** Kids often feel unimportant or invisible when it comes to decision making in the new blended family. Recognize their role in the family when you make decisions.

**Heard and emotionally connected.** Creating an honest and open environment free of judgment will help kids feel heard and emotionally connected to a new step-parent. Show them that you can view the situation from their perspective.

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## Additional Resources

- Mayo Clinic: Preparing Your Older Child for <https://mayocl.in/2VxHqz>
- Very Well Family: Solve the 4 Biggest Problems Blended Families Face <https://bit.ly/3AfwZpH>
- Parents Magazine: A Blended Family United <https://bit.ly/3rRUIJB>
- Child Mind Institute: Preparing Your Child for a New Sibling: <https://bit.ly/3inZfAn>
- Today's Parent: 5 Ways to Prepare Your Firstborn for a Sibling: <https://bit.ly/3Ckefr0>
- What to Expect: 9 Ways to Prep Your Toddler for a New Baby Sibling: <https://bit.ly/3CdcRpU>

## Books

- There's Going to Be a Baby. J Picture BUR
- Because I'm New! J Picture SNE
- The New Baby and Me. J Picture KID
- Peaceful Parent, Happy Siblings: How to Stop Fighting and Raise Friends for Life. 649.143 MAR
- What's In There? All About You Before You Were Born. J 612.6 HAR

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**Clark Pleasant Branch, Topic: Race**

