A New Baby in Our Family

A Collyvale pack for children aged 2–7 and their grown-ups

Gentle support for children and their grown-ups as the family grows.

A little note for grown-ups

A new baby can bring happy moments and big wobbles. This pack helps your child feel included, heard and loved.

Use what helps today

Mainly for children aged 2–7, with a trusted adult. Read the short words together. Your child can point, color, draw or leave a page for another day. There are no tasks to finish and no feelings to get right.

Every family has its own story

Use before or after a baby joins your family, including through birth, adoption, fostering or a stepfamily change. Tell your child what is happening in words that fit your family.
If you are welcoming twins or more, read “baby” as “babies.”

Make room for mixed feelings

Your child may be excited, curious, jealous, mad or unsure. They do not have to love the baby straight away. Avoid pressure to be a “good” older sibling, or to hold, kiss or cuddle the baby. Small moments of connection matter.

Pages 2–7 are for sharing with your child. Grown-up guidance is on page 8.

This pack is not a substitute for professional advice.

Collyvale

A little place for big feelings.

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Our family is changing

Scamper says: “Let’s find out what will happen.”

A baby needs lots of help.
A baby sleeps, feeds and cries.
Your grown-ups will help the baby.



When the baby is born – or joins our family

Your grown-up can tell you who will be with you, where your grown-ups will be and whether you will visit.

Who will look after me: .....

Where my grown-ups will be: .....

Will I visit? .....

Something that will stay special for me:



The baby’s crying is not your fault.

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All my new-baby feelings

Point to a face. Color it, or draw your own.

You can have more than one feeling.
Your feelings can change.



Happy



Excited



Curious



Jealous



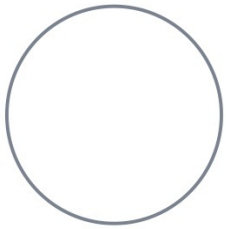
Mad



Worried



Unsure



My own feeling



You do not have to feel happy about the baby all the time.

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Questions I can ask

You can ask your grown-up again and again.

Do you still love me?

Yes. You are still loved. There is room for you and the baby.

Why does the baby cry?

Crying is how a baby asks for help. A grown-up will help.

Why can't we play yet?

Sometimes your grown-up needs to help the baby first. You can ask when your time together will be.

Can the baby go back?

You might wish things were like before. You can say that. Your grown-up will explain your family's plans.

Getting to know each other can take time.

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When I need my grown-up

Point to a picture to show what you need.



I need a cuddle



Can we have some time together?



The crying is too loud

A grown-up who can help me:

You can tell a grown-up when things feel too much.

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Getting to know our baby

You can join in if you want to. A grown-up stays beside you.

You could...

Talk to baby

Sing to baby

Draw a picture

Bring a clean diaper

A picture for baby, if I want to draw one



Scamper is getting to know his baby sister, Dot.

Helping is a choice, not your job.

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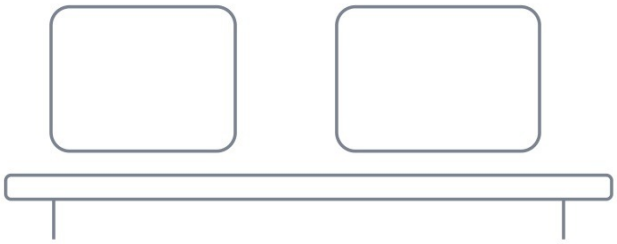
Still me, still special

You are still you. Your favorite things still matter.

Something I love doing

People who are special to me

Time with my grown-up: .....



A safe shelf for my special things

Draw your toys in the spaces. A grown-up helps keep little pieces away from baby.

You still belong, you still matter,
and you are still loved.

You are still allowed to need help and cuddles.

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The first weeks

A little more support for grown-ups

Adjustment takes time. Children may need more closeness, reassurance or help than usual. Listen to each child and avoid comparing siblings.

Keep connection small and real

Protect familiar routines and short moments together: a story, a game or a cuddle. Make realistic promises and follow through. Ask visitors to greet older children and notice their interests too.

Welcome feelings; keep everyone safe

You can say: “You wish I could play now. Waiting is hard. I’ll sit with you when I’ve finished this feeding.” Or: “You can feel angry. I will not let you hurt the baby. Come beside me and I’ll help.” Helping and affection are optional. Stay beside children during contact with the baby. Children should not carry, feed, bathe or watch the baby alone. Keep small toys and pieces away from the baby; use the safe shelf idea on page 7.

If plans change or baby needs special care

If the baby needs special care, for example the NICU (neonatal intensive care unit), ask the hospital team how to explain it and whether siblings can visit. Keep children informed about who is looking after them. Explain your family’s plans honestly, including if a foster placement may change.

Potty wobbles

Potty-training setbacks are common during big changes. Respond patiently, without shame or punishment. Poppy’s Potty Training Pack at collyvale.com may help. Ask your pediatrician about pain or ongoing concerns.

Support for your family

Your family’s pediatrician can help with worries about adjustment. If you are struggling after the birth, talk to your own doctor or midwife. You can also call or text the National Maternal Mental Health Hotline, free and 24/7:

1-833-TLC-MAMA (1-833-852-6262).

If your baby has joined your family through adoption or fostering, your social worker or agency can also offer support.

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