

A New Baby in the Family

A free printable social story for ages 3-8

A new sibling changes everything in a young child's world, and jealousy or regression is a normal response. This story prepares big brothers and sisters for crying, busy parents, and their important new role. Begin reading it during the pregnancy and keep it going after the baby arrives.

A new baby is joining my family.

A baby is very small and needs lots of help.

Babies cry to talk. Crying is how they say they are hungry, sleepy, or wet.

Sometimes the crying is loud. I can play in another room or use my headphones.

My grown-ups will be busy feeding and holding the baby.

Even when they are busy, my grown-ups love me just as much as before.

There is enough love in my family for everyone.

I am the big kid now, and I can do lots of things the baby cannot.

I can be a helper. I can bring a diaper or sing to the baby.

I can be gentle with the baby, using soft hands and a quiet voice.

If I want time with my grown-up, I can say, "Can we play together?"

Sometimes I might miss how things used to be. I can talk about my feelings.

The baby will grow, and one day we can play together.

My family is growing, and I am an important part of it.

Tips for Reading This Story Together

- Start reading during the third trimester so the ideas settle in before the disruption arrives.
- Protect a short daily block of one-on-one time with the older child after the baby comes, and name it so they can count on it.
- Give real, praised helper jobs (fetching diapers, choosing the baby's outfit) rather than just telling them to be a big kid.
- Expect some regression, like baby talk or clinginess, and respond with warmth; it typically fades within weeks.

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