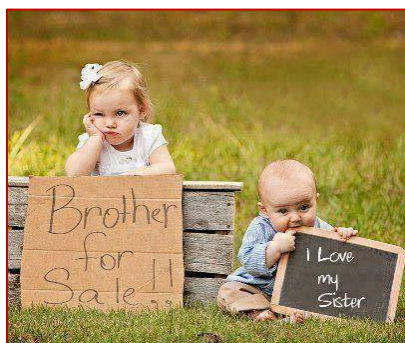


Siblings



Helping children adjust to a new sibling

- *Little Parachutes – wide range of lovely picture books to help children with the experience of a new baby:

<https://www.littleparachutes.com/category/experiences/new-baby/>

Little Parachutes is the World's most useful (and friendly) collection of *Parachute Books*: picture books that help children cope with worries, health issues and new experiences (big and small).

There are SO many fantastic picture books to help children out there, but sometimes it's not easy to find the one YOU need for your child's situation. Our lovely team endlessly searches, assesses and reviews picture books on milestones such as *starting school, potty training, moving house, or a new baby in the house*. We have sourced hundreds of books on really challenging situations (*divorce, serious illness, infectious diseases, operations and bereavement* to name a few). We have books to encourage children to behave well, *explore their feelings* and develop *positive traits* such as *resilience*.

- ZERO TO THREE parenting resources:
 - <https://www.zerotothree.org/resources/1797-preparing-your-older-child-for-the-arrival-of-a-new-baby>
 - <https://www.zerotothree.org/resources/1798-when-is-he-going-back-in-your-belly-how-to-help-older-siblings-adjust-to-the-new-baby>

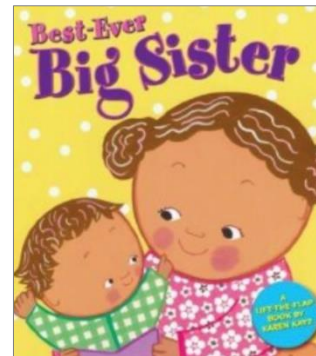
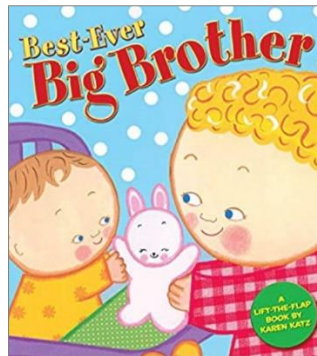
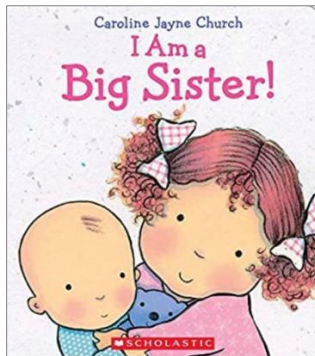
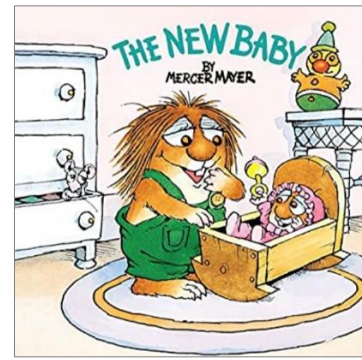
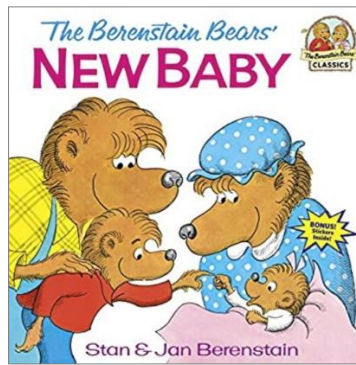
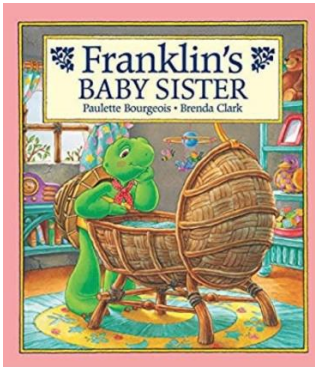
ARTICLE

Preparing Your Older Child for the Arrival of a New Baby

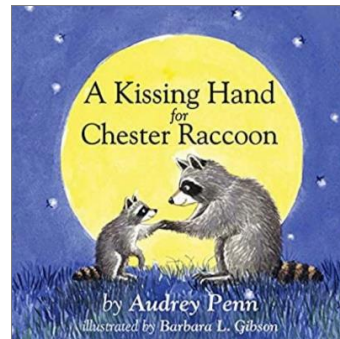
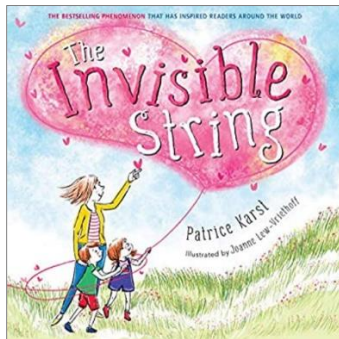
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"When Is He Going Back in Your Belly?" How to Help Older Siblings Adjust to the New Baby

- Additional books:



- Consider the books 'Invisible String' and 'Kissing Hand' to help the child stay connected to the parent, while the parent is looking after the younger sibling.



- Consider an EMDR story.

Sharing

(some resources relate to sharing with peers too and not only with siblings)

- ZERO TO THREE parenting resources:
 - <https://www.zerotothree.org/resources/1964-helping-young-children-with-sharing>



- Realistic Expectations: <https://www.zerotothree.org/resources/1600-tuning-in-sharing-and-taking-turns>

Tuning In: Sharing and Taking Turns

Oct 3, 2016

Many parents have unrealistic expectations about when children can learn to share. You are the expert on your child. We have expertise in child development. We're in this together. #ParentForward

Tuning In: Sharing and Taking Turns

Ask most parents about the importance of sharing and they will tell you it's a milestone up there with sleeping through the night. This is not surprising since sharing is critical for getting along with others and doing well in school—two of a growing child's most important tasks and ones that most parents are eager to promote.

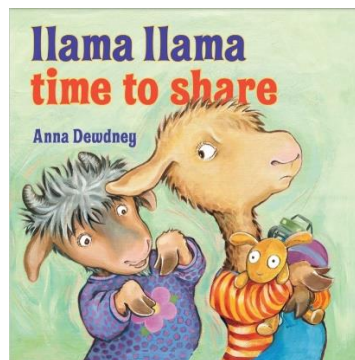
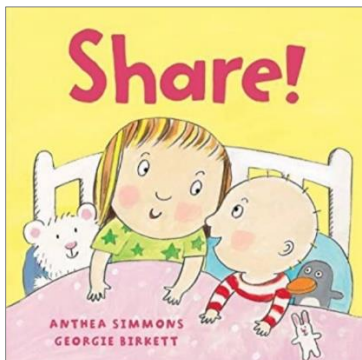
What we learned in Tuning In, our national Parent Survey, was that **many parents have unrealistic expectations about when children can learn to share.**

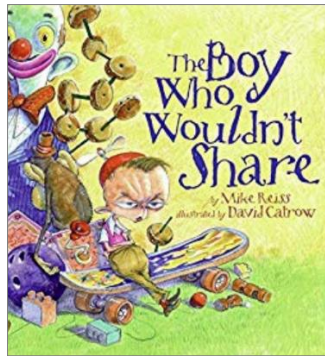
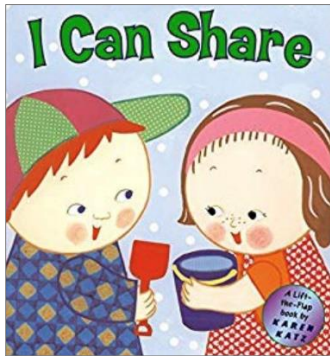
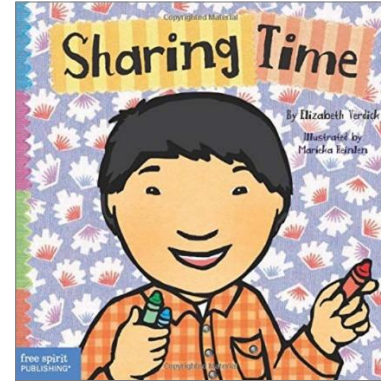
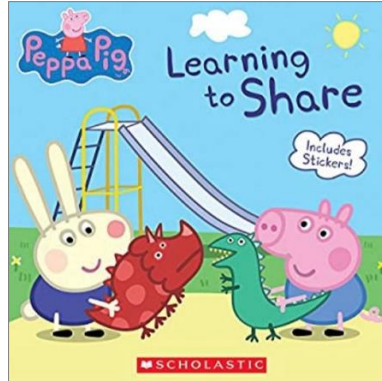
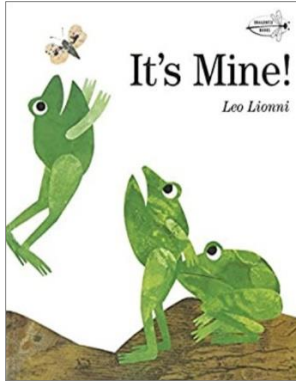
In fact, **43%** of parents believe children can master this skill before age 2, when in fact this skill develops between **3.5 and 4 years.**

not quite yet... **2** **3½-4** when the ability to share actually develops

Realistic expectations are critical for helping children learn to share and avoiding unnecessary stress between parent and child. Check out this resource on how to help children learn to share on www.zerotothree.org/LearningToShare

- Book suggestions:



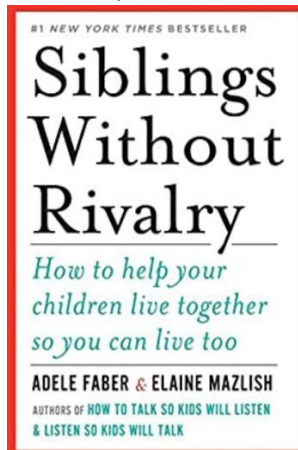


- Consider using visual timers.

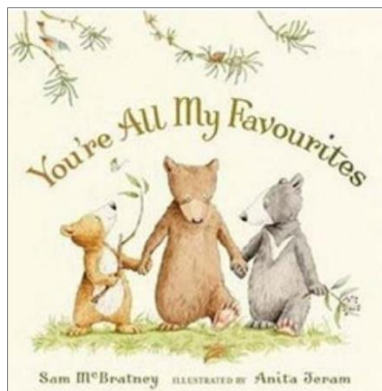
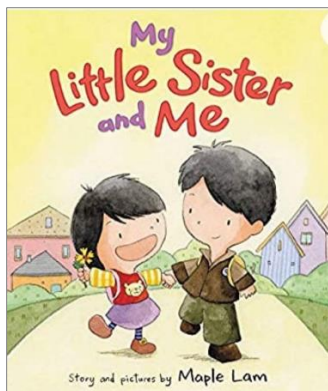
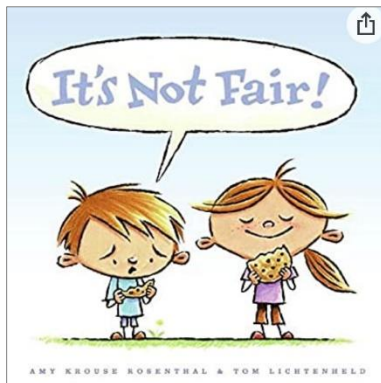
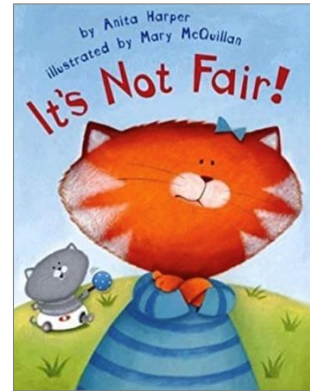
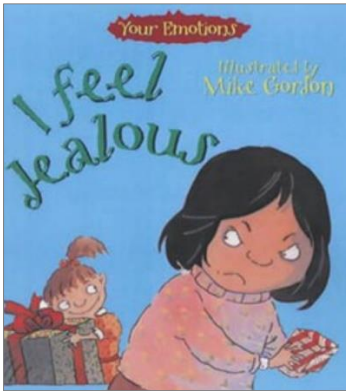
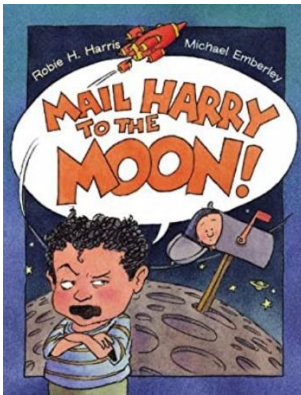


Sibling rivalry, jealousy and supporting sibling relationships

- Book for parents:



- Books for children:



- ZERO TO THREE parenting resource on building strong sibling bonds:
<https://www.zerotothree.org/resources/2725-raising-siblings-who-stick-together>

