

Inspired by
the picture book

words by
Kathleen Long Bostrom

art by
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A Note from the Author

Hi! I am so glad you have found this resource!

My new book, *Since the Baby Came*, offers a unique take on a timeless topic. The heartfelt and humorous drama unfolds completely in verse, addressing the full range of emotions a young child experiences when a new baby joins the family—from surprise and confusion to feelings of neglect and jealousy to wholehearted tenderness and affection. The book also introduces young children to the playfulness and fun of various forms of poetry.

My hope is that my book and this specially developed resource will help you and your family welcome your new baby with love and joy.

—Kathleen Long Bostrom



Explore a sneak peek of
Since the Baby Came

Download a sample at
WaterBrookMultnomah.com/baby



Preparing Your Child for a New Sibling

It is thrilling to welcome a new baby into the family, but it may also be difficult for older siblings. Here are some ways to help your older child adjust to the family's new addition:

- Making an early announcement about a new sibling can help reduce any negative feelings that may arise.
- Use vocabulary that is developmentally and age appropriate for your child when explaining these changes to them. Emphasize the positive changes and wonderful additions a new baby will make to the family (e.g., "there is one more person to love" or "you will have somebody new to play with").
- Help your child be aware of what is going to happen when you go to the hospital.
- During and after the pregnancy phase, children need time alone with each parent.
- Choose something enjoyable, like spending some extra time playing or reading a book together (and continue to do so after the baby is born). Your child will feel more secure as a result and be less envious of the new sibling.



Tips for Children Ages 1-3

- When talking about the baby to very young children, be excited!
- Look for children's books about new babies that you can read with your child. This will help your toddler get used to terms like “baby,” “sister,” and “brother.”
- Use the baby’s name if your family is comfortable with it before the child's birth. It is a good way for young children to get used the idea.
- Toddlers can find the concept entertaining when reading books and watching cartoons about a new baby.
- You may choose to gift your child a doll so they have a “baby” of their own to take care of.
- When the baby is born, you may want to surprise big brother or sister with a small gift or a trip with the grandparents.



Tips for Children Ages 3-6

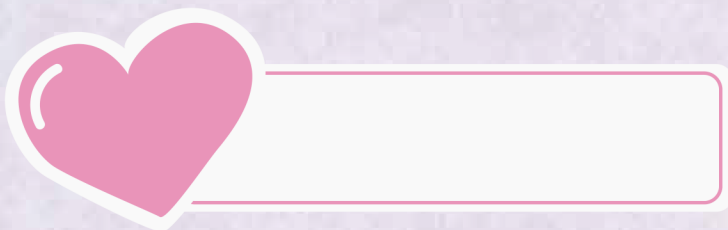
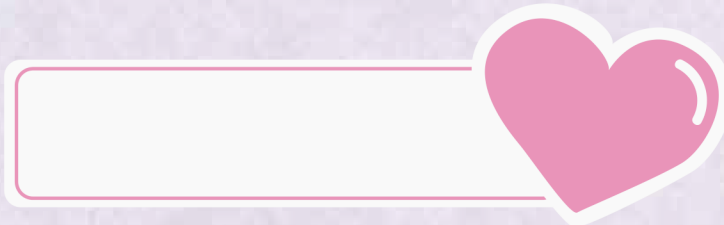
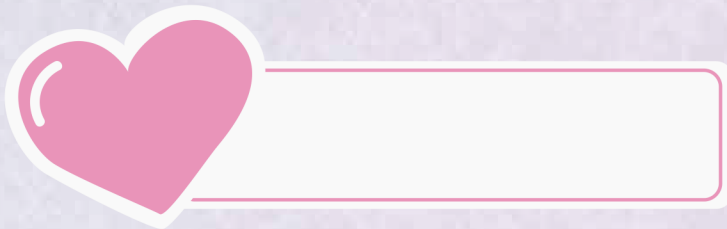
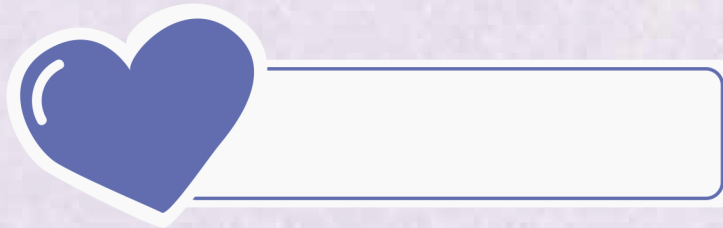
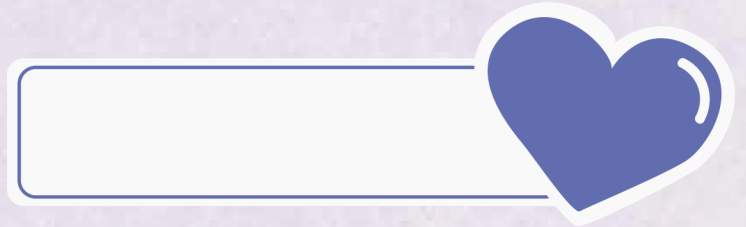
- Give older children opportunities to feel included in family and baby related tasks. Encourage them to choose baby's toys or participate in naming the baby.
- Give your older child small tasks, like holding the towel at bath time when the baby arrives. Making the baby's care easier for you will make them feel valued.
- You can also try to point out the fun aspects of having a new baby in the family! However, it is equally crucial to emphasize that things will be difficult. Be honest and as descriptive as needed for your child. You may tell them that babies can be a lot of work because they cannot do things on their own.
- Reassure your older child that while you need to take care of the baby's needs, you will still make time for them one-on-one.
- When the baby is born, your older child may start acting younger. Your child may want to use a bottle to drink or go back to using diapers. This is very common. It is a way for your child to let you know that they want your attention, but the behavior will pass in time.





Choose a Name for Our New Baby!

What do you think we should name the new baby in our family?
Think of your friends at school or church and write down a few
of your favorite names. Mommy and daddy can help too!



Our Family Portrait

What does our family look like? Let's draw it out in the picture frame below. Don't forget our new baby!



REPRODUCIBLE

Learn more at WaterBrookMultnomah.com



ILLUSTRATIONS FROM
THE PICTURE BOOK
SINCE THE BABY CAME
BY KATHLEEN LONG BOSTROM

Our Family Album

Draw a portrait of all members in our family,
including the new baby!



This is

mommy



This is

daddy



This is

me



This is

baby

Baby's Fun Puzzle



OUR BABY CANNOT
WAIT TO MEET YOU!
ARE YOU READY?
HERE WE GO!



Wheel of Emotions

Make your own emotions wheel with this handy book-inspired template to help your child learn new vocabulary and express their feelings about the family changes.

DIRECTIONS

1. Print the next page on white card stock paper.
2. Cut out the wheel and arrow.
3. Align the arrow over the center dot on the wheel.
4. Punch a hole through the arrow and wheel.
5. Secure the arrow with a round-head fastener.
6. Tape the back of the fastener onto the wheel to keep it in place. Your emotions wheel is now ready!



- You can find round-head fasteners in your local office supplies store.
- Try gluing the wheel onto a paper plate for variation!
- You may also laminate the materials before assembly.

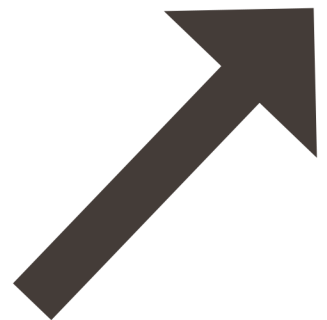


Wheel of Emotions



 **REPRODUCIBLE** Learn more at WaterBrookMultnomah.com

ILLUSTRATIONS FROM THE PICTURE BOOK
SINCE THE BABY CAME BY KATHLEEN LONG BOSTROM



Ask Me Anything

Use the suggested questions below to encourage a conversation with your child about the new baby!

- How do you feel about having a new brother/sister? Why?
- What are you most excited about being a big brother/sister? Why?
- What do you think our baby will look like?
- Do you think our baby will have the same hair color as you?
- How will you play with our new baby?
- Is there a toy/object you would like to share with your new sibling?
- What is the one thing you want to say to our baby when you meet for the first time?
- How will you help our new baby when he/she comes home?



Thank you for downloading this resource!

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