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Stories that stay with you.

OFFICIAL BIG SIBLING CERTIFICATE

_____ is officially a big sibling.

To the new baby, who is very small and very lucky.

This is to say that you were the big one when the baby came home. Big ones read the baby book. Big ones wait while the baby eats. Big ones do the thing nobody else can do:

_____

It is okay to miss how it was before. You are still the big one, and the grown-ups who love you love you exactly the same. The baby picked you.

The baby, paw print

SIGNED BY _____ DATE _____

FABLEFLEET.COM/BIG-SIBLING-CERTIFICATE

Watch your child's face when the kid becoming the big sibling is them.

A story with their name and the baby's name in it: the shared drawer, the first hold, the baby turning toward their voice. **Scan to see the story.**

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Free bedtime routine in the app

THE FIRST WEEK, FOR THE GROWN-UPS

The first week with the big one and the baby.

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What we said and did the week our son came home, and the lines the bodies say in their own words. Keep it on the fridge. Nobody is being graded, least of all you.

When they hit the baby, or squeeze too hard

Hands first, words second. Take their hands, calmly, and show them the gentle version on a doll or on your own arm. Keep "don't touch" for the stove.

The rule we kept: never the two of them alone in a room for the first months. Not because the big one is bad. Because they are three.

Zero to Three: *"calmly take hold of her hands"* and *"show her how she can safely engage with her sibling."*

When they want to be the baby

Let them. A bottle, baby talk, a wet bed after months dry. Answer the need and it passes faster than if you fight it.

The American Academy of Pediatrics: *"Instead of telling them to act their age, let him have the attention they need."*

When they ask to send the baby back

Say that is a real feeling and you get it. Do not ask them to love the baby yet. Interest comes first; love comes later, on its own.

NHS: *"Expect some jealousy and resentment. It's almost certain to happen at some point."*

The ten minutes that are only theirs

Same time every day, baby elsewhere. Bedtime is the easiest one to protect: the usual story, the usual cuddle, their name in it. Cleveland Clinic: *"Bonding time can be especially important at bedtime."*



Sources: American Academy of Pediatrics, HealthyChildren.org, Preparing Your Older Child for a New Baby; Zero to Three, How to Help Older Siblings Adjust to the New Baby; Cleveland Clinic, How To Prepare Siblings; NHS Wales, Children and new siblings.

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