

Big Sibling Support Checklist

Helping Older Kids Adjust to Baby Crawling

- ☐ Give your older child a special 'big sibling' job.
- ☐ Create a safe space just for your older child.
- ☐ Praise cooperation when baby and sibling play nicely.
- ☐ Talk openly about the changes happening at home.
- ☐ Set up 1-on-1 time each day with your older child.
- ☐ Use baby gates to give everyone breathing room.
- ☐ Celebrate sibling wins together (even small ones!).
- ☐ Bonus Tip: Let your older child 'teach' the baby a new trick, like clapping or peek-a-boo, to build bonding and confidence.