I am going to be a big brother! This means mom is going to have a new baby.

This is exciting! But there will be a lot of changes in my house.

My new baby will cry a lot.

Mom and dad may be busy with the new baby.

They still love me and I will still get special time with them.

Babies can’t talk. Crying lets mom and dad know they need something.
It is okay to feel mad or sad. But my new baby is going to be really cute!

If crying bothers me, I can put on my headphones.

My baby might cry when I am asleep. This might make me mad or sad.

Even though the baby is small now, one day the baby will be able to play with me!

My baby will end up being my best friend!

Mom and dad may let me hold the baby. The baby is very small, and I will be gentle with the baby.

I am excited to be a big brother!
I am going to be a big sister! This means mom is going to have a new baby.

This is exciting! But there will be a lot of changes in my house.

They still love me and I will still get special time with them.

My new baby will cry a lot.

Mom and dad may be busy with the new baby.

Babies can’t talk. Crying lets mom and dad know they need something.
Becoming a Big Sister (Continued)

If crying bothers me, I can put on my headphones.

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Mom and dad may let me hold the baby. The baby is very small, and I will be gentle with the baby.

I am excited to be a big sister!