



# How do I help my child adjust to a new baby?



## Toddler (Ages 2-4).

**What to Expect:** Whining, clingy behavior, crying, regression (acting like a baby).

**What to Do:** Spend one-on-one time with your child, praise “big kid” behavior, help them calm down when big feelings occur.



## Child (Ages 5-7).

**What to Expect:** Clingy behavior, tantrums, jealousy of the baby.

**What to Do:** Spend one-on-one time with your child, explain why a baby needs so much attention, validate big feelings.



## Adolescent (Ages 8+).

**What to Expect:** Back talk, defiance, overt disregard of the baby.

**What to Do:** Spend one-on-one time with your child, praise positive behavior towards the baby, engage them with the baby.