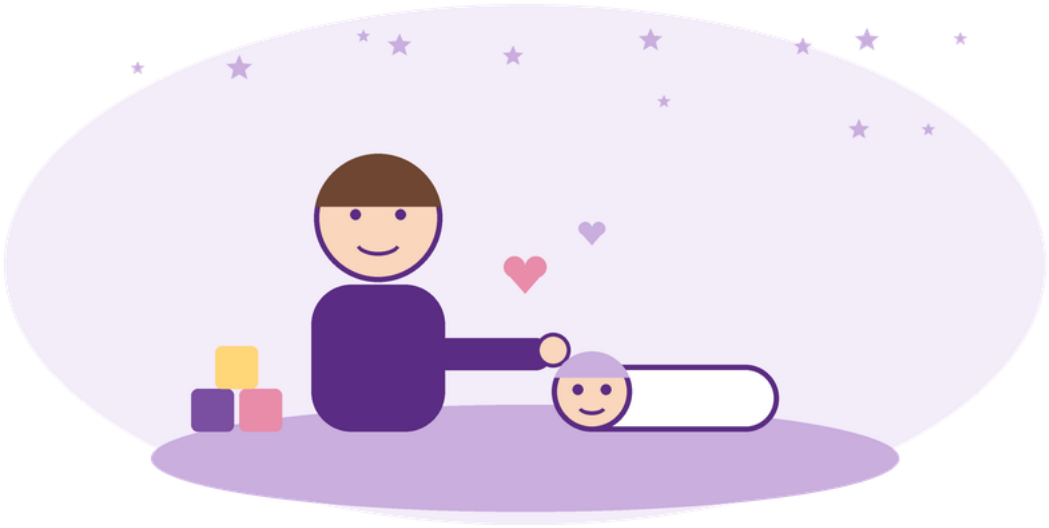
Me and My Baby

Getting along with my baby brother or sister



This book is for big brothers and big sisters. Read it with a grown-up. **There is a page for grown-ups at the end.**

This book belongs to: _____

Babies are new to the world

What babies do

Babies are very small. They cannot talk or play games yet.

Babies spend most of their day doing these things:

Sleeping

Babies sleep a lot, day and night.

Drinking milk

Babies drink milk lots of times a day.

Nappy changes

Babies wear nappies. A grown-up changes them.

Crying

Crying is how babies tell us they need something.

Baby needs lots of help from grown-ups. That is why grown-ups are busy.

They still love me just as much.

When baby cries

Crying is how babies talk

Babies cry when they are:

Hungry

Tired

Wet or dirty

Wanting a cuddle

When baby cries, it is not my fault.

Crying can be loud. When it is too noisy for me, I can:

Wear my ear defenders or headphones.

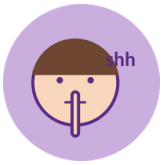
Go to my calm space.

Tell a grown-up: "It is too loud for me."

Being gentle with baby

Babies are small and need kind hands

Gentle hands. I can stroke baby's foot or hand softly.



Quiet voice. I use a soft voice when baby is sleeping.

Ask first. I ask a grown-up before I touch or hold baby.

Sit down. I only hold baby when I am sitting down with a grown-up next to me.

Small toys away. I keep small toys away from baby. Baby might put them in their mouth.

Babies cannot share or play rough games yet. **That is OK — they are still learning.**

Things we can do together

Ways to be a big brother or big sister

Babies love watching big brothers and big sisters. I can:

Sing a song

Babies like singing and humming.

Show a book

I can show baby the pictures.

Show a toy

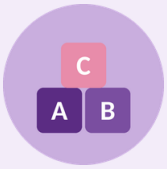
Baby toys like rattles are best.

Make faces

Babies love to look at faces and smiles.

Be a helper

I can fetch a nappy or a blanket.



Play near baby

Baby can watch me play.

I do not have to play with baby if I do not want to. **It is my choice.**

My feelings are OK

All feelings are allowed

Having a new baby can give me lots of different feelings. I might feel:

Happy

Sad

Cross

Worried

Not sure

Feelings can change. When I have a big feeling, I can:

Tell a grown-up how I feel or point to a picture.

Go to my calm space.

Look at my timetable to see when it is my special time.

I can feel cross with baby and still be a good big brother or sister.

My things and my time

Some things stay just for me

My things. I have a special box or shelf for my things. Baby is not allowed to play with them.

My space. I have a calm space that is just for me.

My special time. Every day I have special time with my grown-up. Just me and them.

My routine. Lots of things stay the same, like school, my favourite food and bedtime.

My special time is:

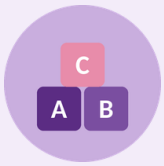
When: _____ What we do: _____

Growing up together

Baby will grow and learn — with my help

Baby will grow bigger every month.

Soon baby will smile at me and laugh.



When baby is bigger, we can play more games together.

My Big Brother / Big Sister star chart

Colour in a star or add a sticker each time.

I was a great big brother / sister when I…	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Used gentle hands							
Used a quiet voice							
Helped my grown-up							
Told someone how I feel							

For parents and carers

Supporting your children's relationship

Sibling relationships take time to grow, and for autistic children the process may look different or be slower. These ideas can help:

- Read this book together in small chunks. Pause, point to pictures and let your child respond in their own way.
- Personalise it: add photos of your child, the baby, their calm space and the people who help.
- Model gentle touch and quiet voices, and praise specific moments: "You stroked his hand so gently."
- Never expect your child to play with or love the baby straight away. Interest often grows as the baby becomes more interactive.
- Protect daily one-to-one time and keep it predictable — add it to their visual timetable.
- Always supervise time together, and keep the baby safe from small toys, rough play and sudden movements.
- Expect setbacks. Changes in sleep, eating, toileting or more meltdowns are common and usually settle with routine and reassurance.

Where to get help

- **Health visitor or GP** — for advice on the baby, your child or your own wellbeing.
- **Your child's school or nursery** — so they can offer extra support during the change.
- **Sycamore Trust UK Family Services** — support for autistic children and their families in Barking and Dagenham, Havering and Redbridge.
- **National Autistic Society** — information and advice for families: autism.org.uk

Disclaimer

This guide is for general information only and does not replace individual advice from a health or education professional. Every child is different; please use the ideas that suit your family. If you have concerns about your child's wellbeing or safety, contact your GP, health visitor or Sycamore Trust UK Family Services.