



# **NEW BIG BROTHER/SISTER ACTIVITY BOOK**

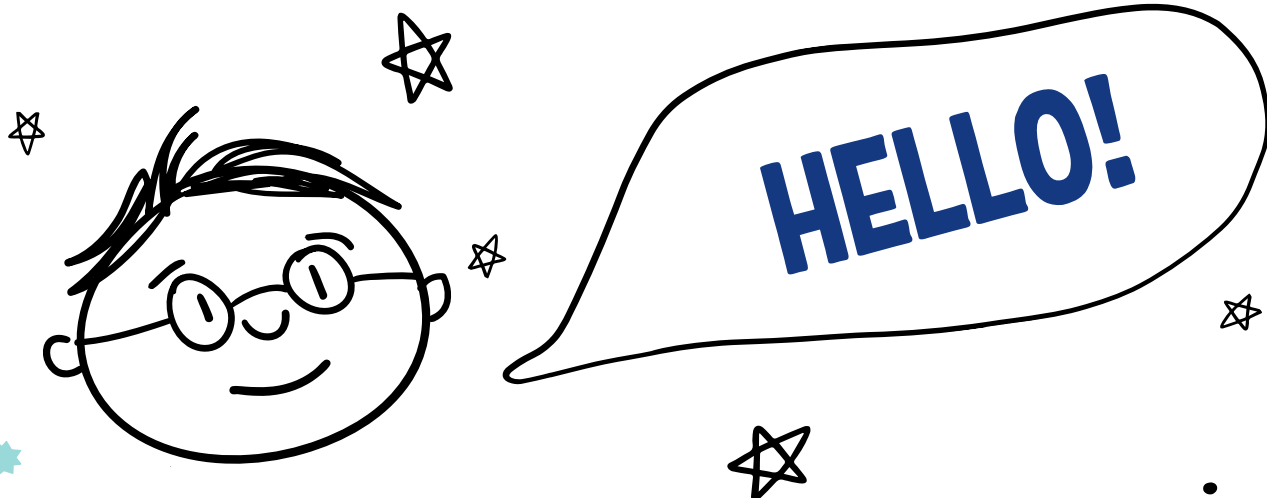
## **FRONT PAGE**

Dear Parents and Siblings,

The front and back pages of this booklet are blank just now as they are currently being designed.

Thank you for taking the time to review our ideas so far and give your feedback!

The Neonatal Psychology Team



- You have been given this pack because your new baby brother or sister is in **The Neonatal Unit**. The Neonatal Unit is a special place in a hospital where doctors and nurses help look after your new sibling. They may have been born early (premature) or just need a little extra care right now.

It might seem like a scary place, and you might be worried about all the noises and machines if you see your baby brother or sister in the hospital. You might also be confused or upset about things that have changed since your baby brother or sister was born.

- As a new big sibling, you are very important - but it's ok to feel worried, sad, happy, excited or angry. We all have worries sometimes, and this book will help you understand your feelings and talk to others about them.

If you don't want to talk to people that you know, you can speak to Childline. They have helped thousands of children with every possible problem and will know how to help you.

Congratulations on being a big brother or sister and have fun with your new activity book!



# CHILDLINE

Help and advice about loads of different problems. They are there 24 hours a day to talk to by phone or online chat.

**0800 1111**  
**WWW.CHILDLINE.ORG.UK**

# ALL ABOUT ME

Fill this page with facts about you!



My name is:

My new brother/sisters name is:

My favourite animal is:

My favourite thing to do is...

My best friend is...

I find it hard to....

I like...

I'm worried about...

The best thing about having a new brother or sister is...

3



# MY TRUSTED GROWN-UPS



Draw or write **4 adults you trust** and can talk to about your worries. These people can be family, friends or other adults like doctors and teachers.

1.

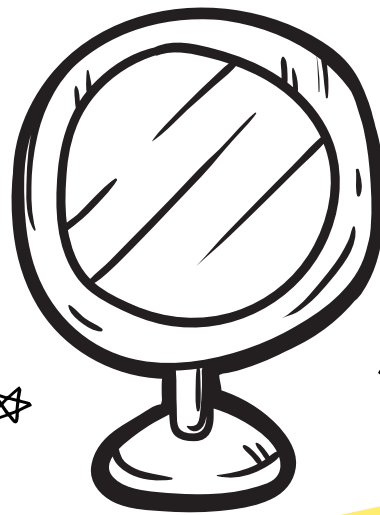
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3.

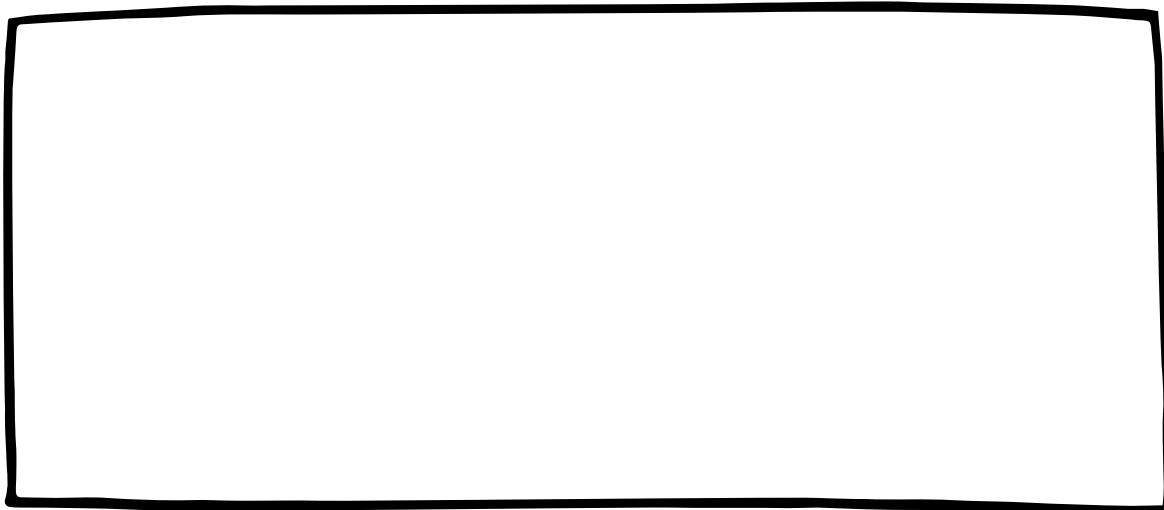
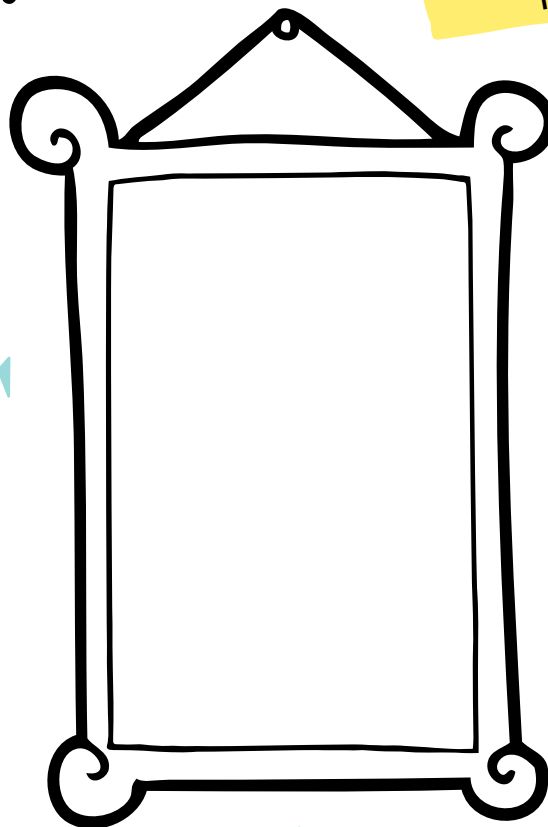
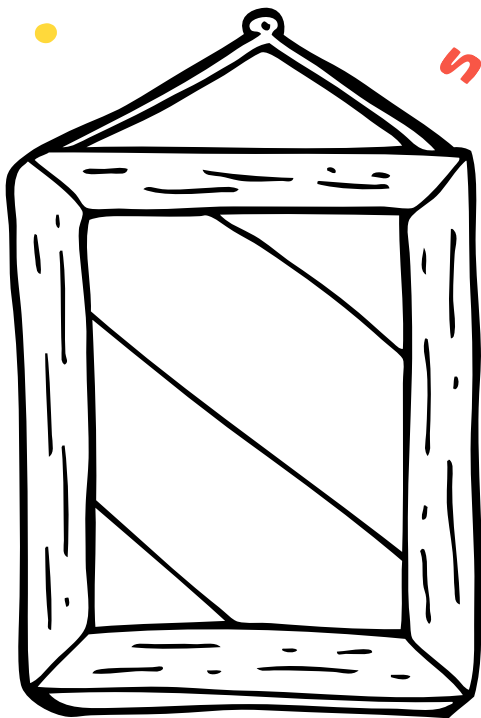
4.

# MIRROR, MIRROR...

Next time you look in the mirror, **notice something** you like about yourself and write a list below.



Draw yourself  
here!

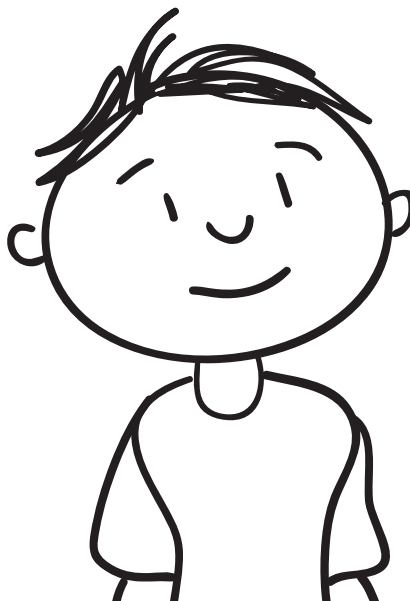
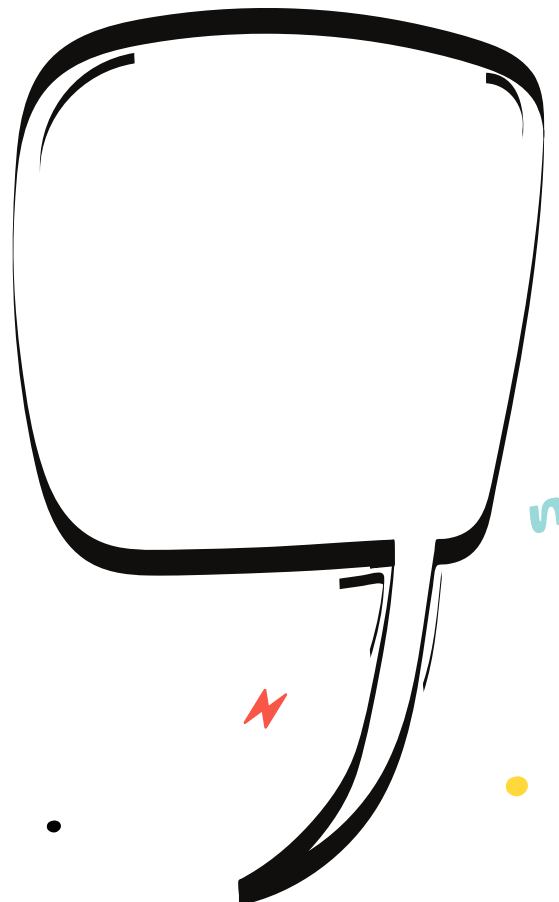
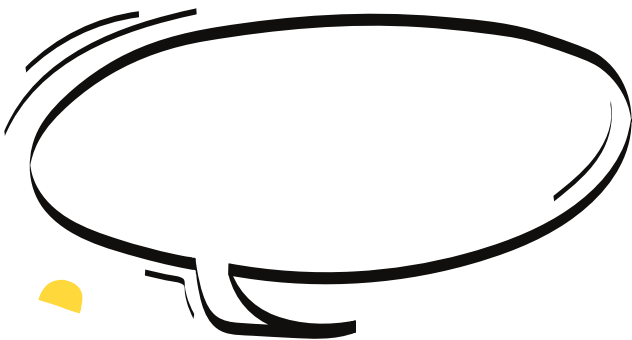
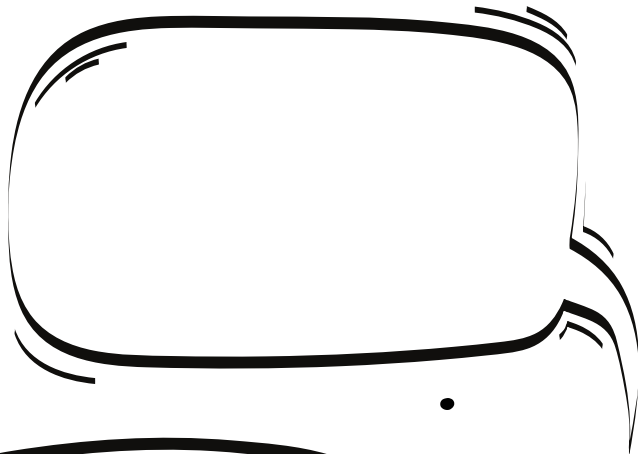
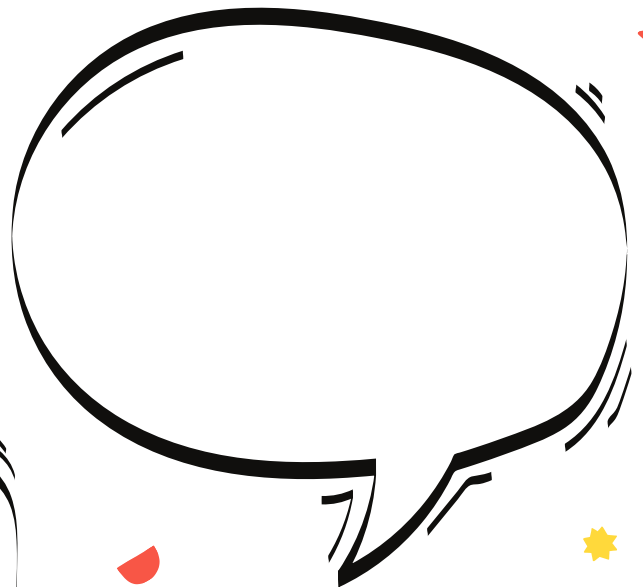
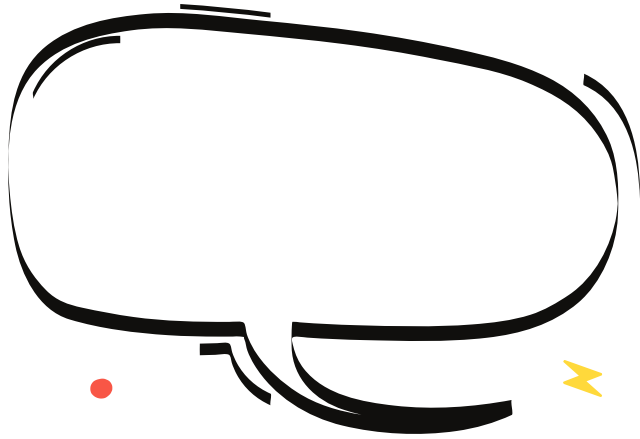




Fill this page with positive things about yourself!

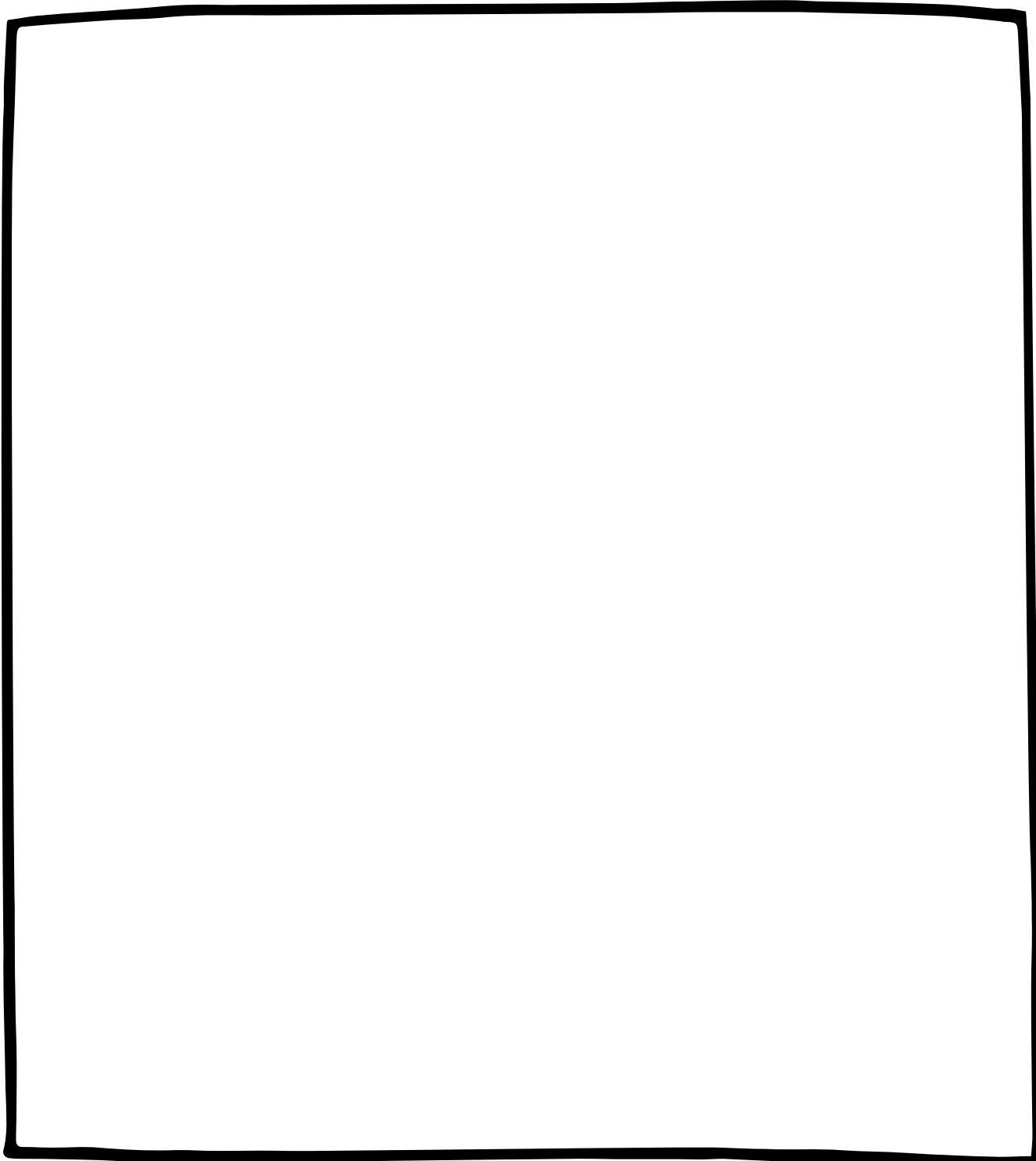
What makes you different and special from everyone else?

# THINGS I AM GOOD AT



# WHAT MAKES ME HAPPY?

Draw things that make you happy. It could be bright colours, a pet, a food, a person, a game - anything that makes you smile!





# WORD SEARCH



Look through the word search to find the words!

If you visit your new brother or sister look out for these things, and check out some of the meanings for bigger words on the next page.


☐ Incubator

☐ Nurse

☐ Doctor

☐ Oxygen

☐ Baby

☐ Milk

☐ Monitor

☐ Tubes

☐ Premature

☐ Family

☐ Ventilator

☐ CPAP

☐ Probe

☐ Pump

☐ Lead



# WHAT DO THOSE WORDS MEAN?



These are all things your baby brother or sister needs.

## INCUBATOR



It keeps your brother or sister safe until they are big enough to sleep in a cot

## MONITOR



It is very noisy and the doctors and nurses use it to keep a close eye on your sibling

## SATURATION PROBE

This wraps around your sibling's hand or foot to look at their oxygen level



Helps your brother or sister to breathe



It gives oxygen through a tube in their mouth or a clip on their nose

## ECG LEAD

Counts their heartbeats every minute.



## NG TUBE

Takes yummy milk straight to their tummy

## INFUSION PUMPS

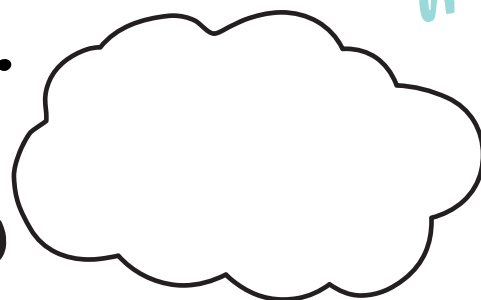
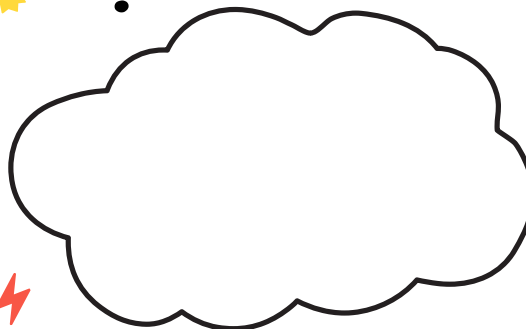
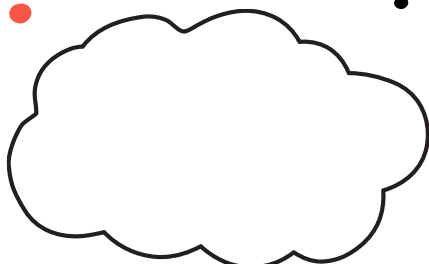
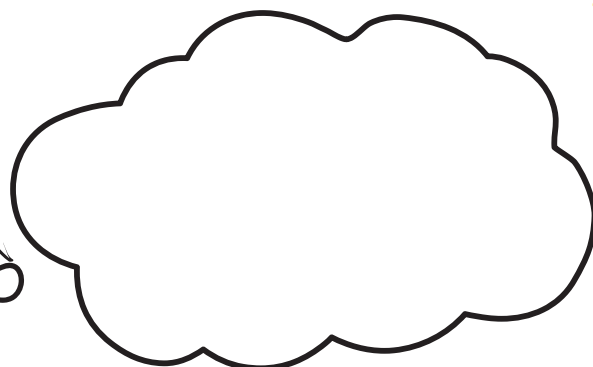


Lets the doctors and nurses give medicine to your brother or sister

# BIG FEELINGS

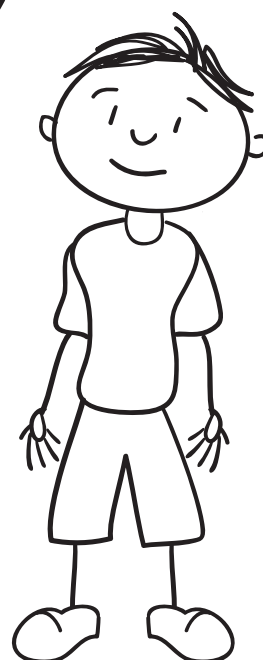
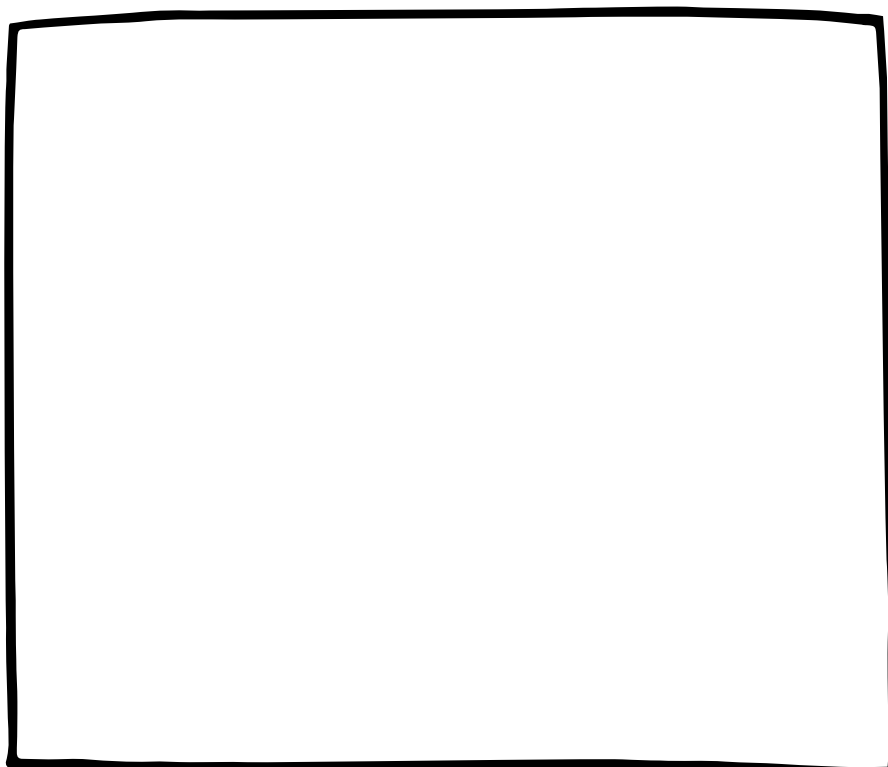
How do I feel when I think about my brother or sister?

Big brothers and sisters sometimes tell us they felt lots of different things all at the same time!



There might be lots of things you want to ask adults about. Whatever you need to say is okay, and the adults around you will want to listen!

What questions would I like to ask a nurse, doctor or my trusted grown ups?



# WHERE ARE MY BIG FEELINGS?

Sometimes when we have big feelings we can feel them in our body.



Choose a different colour for each feeling

Colour where you feel these big feelings in your body

Write your feelings and give them a colour:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____



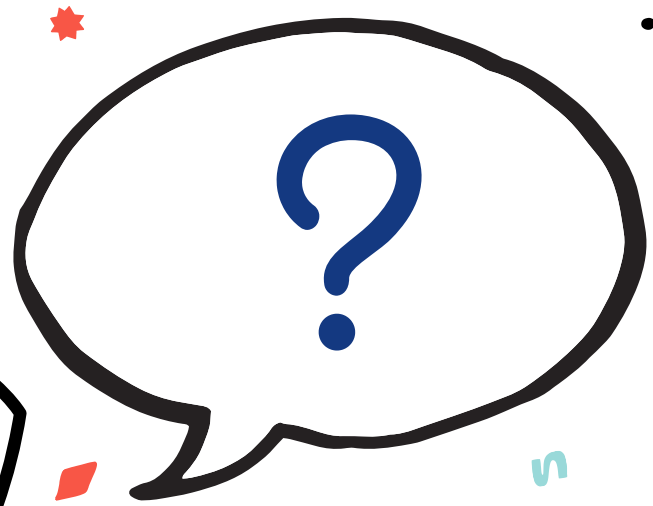
# MY WORRY JARS

Write or draw your worries in the jars. By writing down your worries you can leave them on the shelf or talk to a trusted grown-up about them.



# WORRY WIZARD

If there was a wizard who magically knew how to make people feel better, **what would he say or do to help you?**

# FEEL BETTER

Here are some ideas about things that might make you feel better when you are sad, worried or angry.

Circle the ones that work for you!

PLAY OUTSIDE

LISTEN TO MUSIC

HAVE A BATH

WRITE / DRAW IN  
YOUR JOURNAL

DO SOME  
COLOURING

READ A BOOK OR  
MAGAZINE

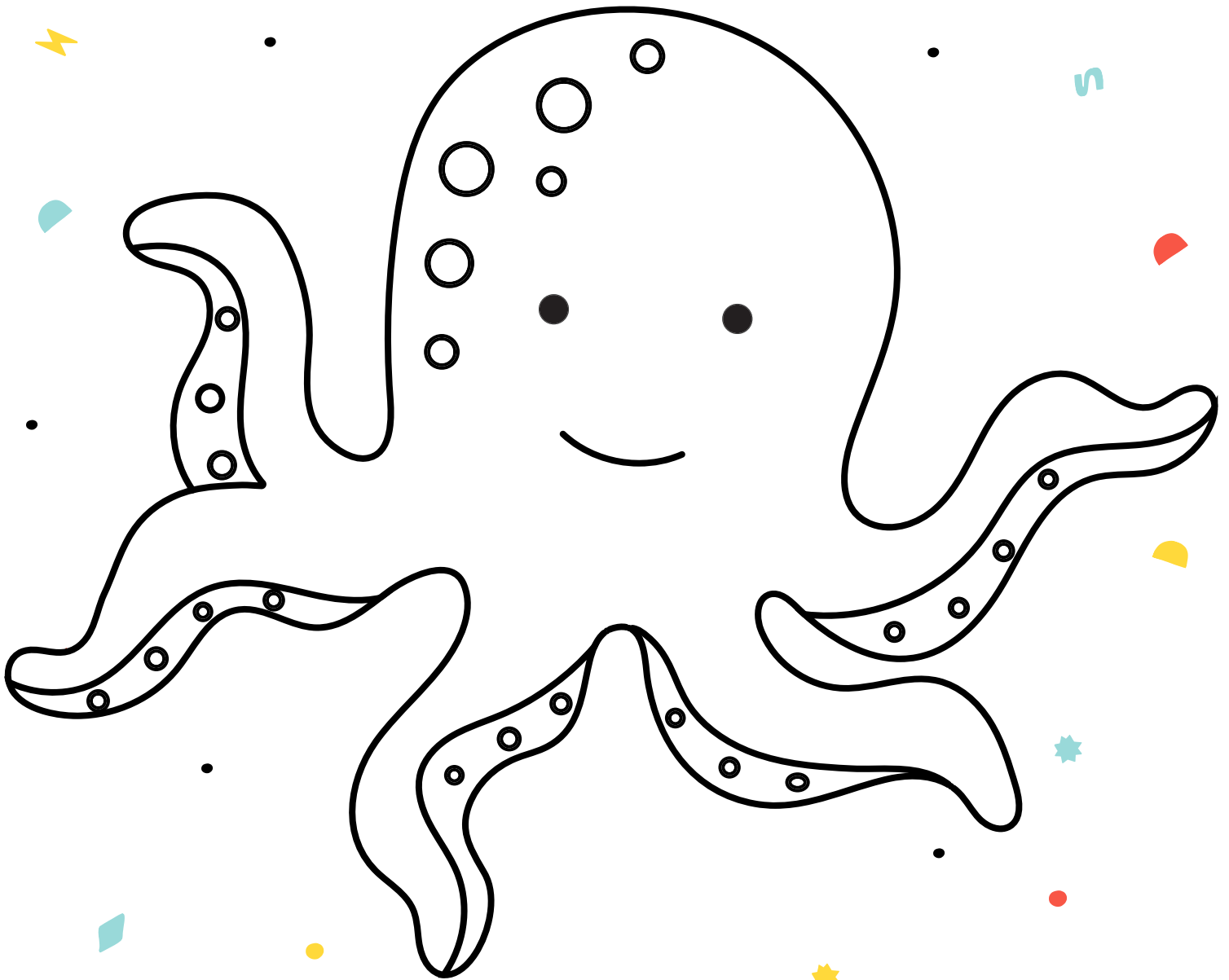
COUNT  
BACKWARDS  
FROM 10

TRY TO PUSH REALLY  
HARD AGAINST A  
WALL IN YOUR HOUSE

TALK TO SOMEONE

# COLOUR ME IN

Your baby brother or sister may have a little teddy (often a little octopus) in their cot with them, to keep them company.



What colour octopus do they have?

You could colour this one to match!

# USE YOUR SENSES

Checking in with your senses can help you feel calm when you are sad, worried or angry. Try naming:



# SCAVENGER HUNT

Sit down and start by finding something in the room that begins with the letter A. Then find something that begins with the letter B. Continue finding things in order throughout the alphabet and **write them down below.**

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z



# GRATITUDE BOX CRAFT

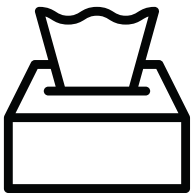


Follow the instructions to make your very own gratitude box!  
(You might need an adult to help you with this activity)

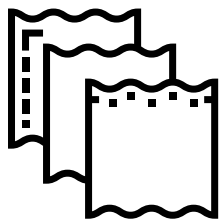
Each day, write down something you are grateful for and put it in your box. You can open your box when you feel sad, scared or stressed to help you feel ok again.



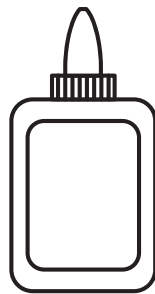
## YOU WILL NEED:



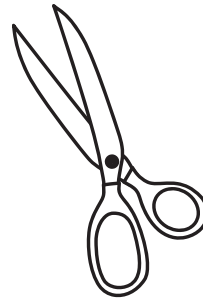
Empty  
Tissue Box



Pretty  
Paper



Glue



Scissors



Stickers  
(optional)

## INSTRUCTIONS



Ask an adult for help if you need to!

1

Lay the tissue box against the paper to measure where to cut.



Cut the paper to fit the box.

2

3

Cut a line through the paper where the opening of the tissue box is.



Glue the paper to the tissue box and allow to dry completely.



4

5

Decorate the box with stickers if you want to (or however else you would like - painting, drawing, anything!)

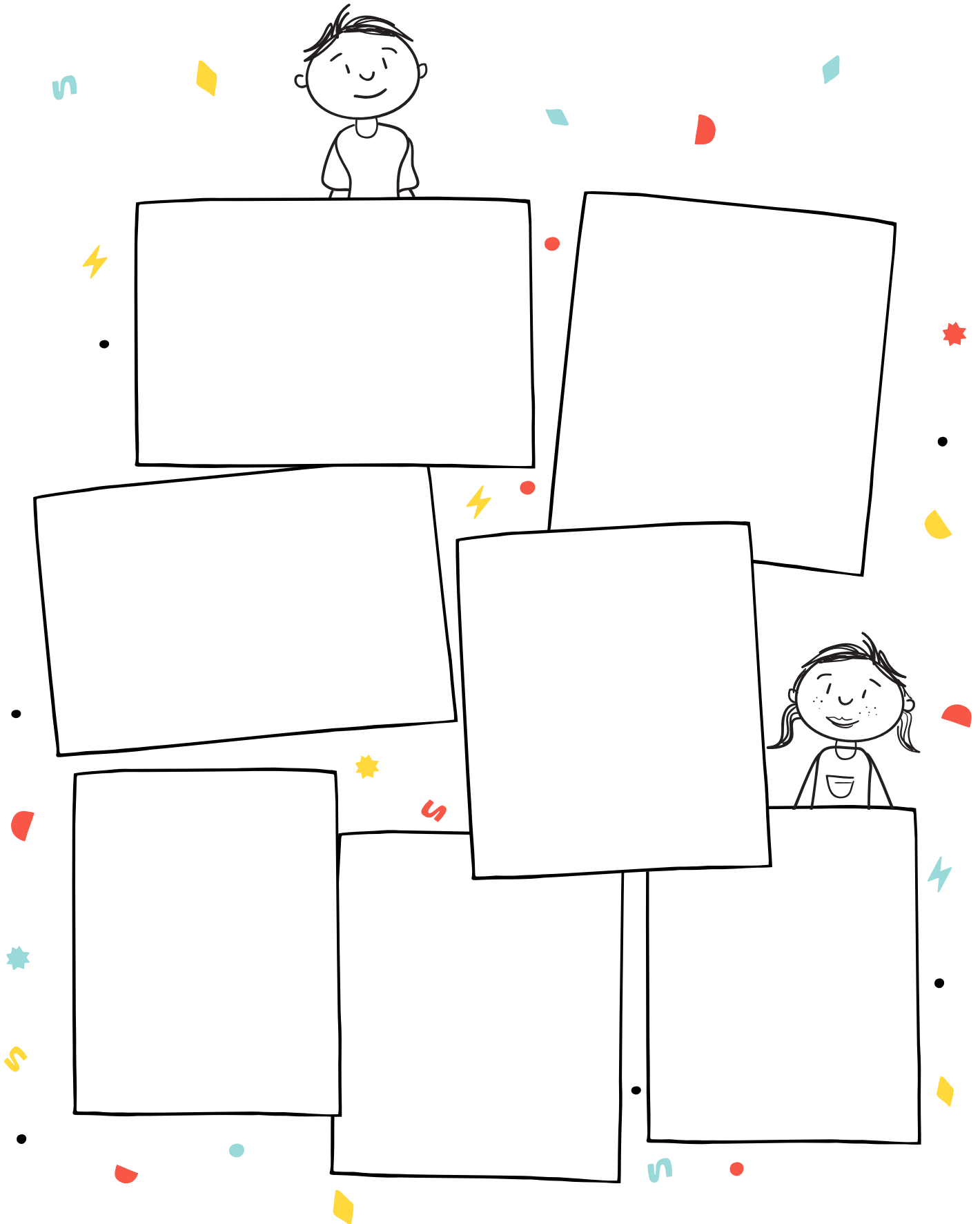


Cut the remaining paper into smaller pieces to use for notes.

6

# SPECIAL MEMORIES

Use this page to draw or write the **special memories** you have with or about your baby brother or sister:

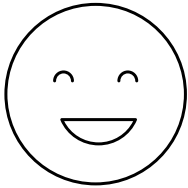


# YOUR JOURNAL

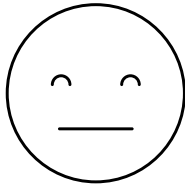
Copy this page and complete it everyday:

## HOW DO I FEEL RIGHT NOW?

Happy



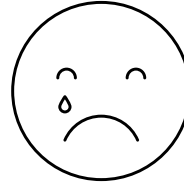
OK



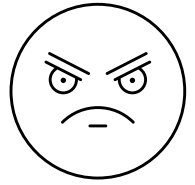
Worried



Sad



Angry



Something else? \_\_\_\_\_

## TODAY I'VE BEEN THINKING ABOUT...

## WHAT HAPPENED TODAY?

## I'M PROUD OF MYSELF RIGHT NOW BECAUSE...

# WHAT OTHER BIG BROTHERS AND SISTERS WANT YOU TO KNOW

"Don't be afraid to ask questions. Don't be afraid to say you are scared or upset."

"Don't be afraid to FaceTime, talk and bond with your baby brother or sister!"

"They love you already!"



**BACK PAGE**