



# Becoming A Sibling

## Recommended Book List

### Infant–Preschool

#### **Baby Belly-** Patricia Martin (Ages 0-3)

Baby Belly is a precious story about the pregnancy experience for a sibling that features a big brother who wonders what's inside his moms belly—maybe it's a balloon? As mommy's belly gets bigger and bigger he waits for the arrival of a baby sister or brother. Get Ready Board Book is a new series of wordless board books with bright illustrations that will delight little ones and their parents and provides an endless opportunity to engage in toddlers their own storytelling and interpretation of what they see in the book. Super cute and appealing, little kids will see themselves in the stories as both books capture a family's experience.

#### **Goodnight New Baby-**Adam Gamble

Good Night New Baby celebrates baby's first checkup, family gatherings at the hospital, baby's new room, changing diapers, feeding baby, playing peek-a-boo, reading to baby, making funny faces, going for walks in the stroller, and singing lullabies. This is a joyful book that captures the essence of welcoming a new baby to the family. Young readers will get a head start about what to expect when the new kid comes to town. Diapers and bottles included! (Ages 0-3)

#### **Hello in There-** Jo Witek

A sister-to-be is so eager to step into her role that she's starting early! She sticks close to her mama so she can sing songs to her sibling-to-be (loudly, of course) and explain all the great things waiting in the outside world (cupcakes! strawberries! swimming!). With quaint line drawings, lovely patterns, and a variety of playful flaps showing the new baby blissfully tucked away in its mama's belly, this interactive picture book is a joyful and celebratory ode to a growing family and the perfect gift for any big-sibling-to-be. (Ages 0-3)

#### **Big Sister: a mindful how-to guide for toddlers and kids-** Andrea Dorn

Follow our big sister character, who just happens to have the same name as your child, (no need to personalize, see how in the book!) through a step-by-step guide on what happens as you become a big sister. Written with child psychology in mind, this simple, yet very intentionally written children's big sister book, focuses on developing independence and mindfulness. It introduces becoming a big sister to young children by using first-person, mantra-like narrative to build body awareness, emotion awareness, and process awareness. Included in this book are optional engagement questions on many pages to connect with your child and help her become more mindful at each step. Also included, are short caregiver and child meditations, tips on how to help your child process this change, and suggestions on how to best utilize this book.

#### **We Are Brothers, We Are Friends-**Alexandra Penfold

Being a big brother is a BIG job. There's lots to show your little brother . . .Trains . . .Planes . . .How to be a dinosaur. There are games to play and adventures to be had. And if trouble comes, it's big brother to the rescue because there's no better friend than a brother.(Ages 2-6)

#### **André The Best Big Brother-** Mikaela Wilson

A new baby is a huge adjustment for the entire family and can be especially confusing for a young child. These changes come to life through the heartwarming character of big brother, André, whose experiences will feel very authentic to the young reader. This is the perfect book to help prepare a soon-to-be older sibling for a new baby! (Ages 2-8)

#### **I Am a Big Sister/Brother-** Caroline Jayne Church

Share the joys of becoming a sibling!

With the arrival of a new baby comes many transitions, and big brothers/ sisters may need a little extra tender loving care to adjust to a new family situation. This sweet story is just right to share with and prepare an older brother or sister getting ready for an expanding family. (Ages 2-4)

#### **You're The Biggest-** Lucy Tapper

You're The Biggest is a delightful book for a new sibling celebrating their role as the biggest following the arrival of a new baby. The story follows two charming foxes, on a colorful journey, discovering the unique role of an older sibling. Also includes a blank space to write a personalized message to the newest "biggest" (Ages 4+)

## Infant-Preschool Continued

### **You're All My Favorites-** Sam McBratney

Every night, while tucking in their three cubs, Mommy and Daddy Bear tell them they're the most wonderful baby bears in the whole wide world. But one day the three little bears start to wonder: How do Mommy and Daddy know this is true? And even more worrisome to each sibling: What if my parents like my brother or sister better than me? This book offers the perfect way for parents to remind their own little cubs how very much each one is loved. (Ages 2-5)

### **Lola Reads to Leo-** Anna McQuinn

Join Lola as she learns what it means to be a big sister, in the third installment in the loveable Lola series. We all know how much Lola loves books, so it is no surprise that she can't wait to share her love of reading with her new baby brother, Leo. Lola gets ready for little Leo's arrival by reading books about brothers and sisters and picking out the perfect stories that she just knows her little brother will love. When the baby is finally here, Lola takes on the role of big sister—she helps her mommy and daddy around the house and tells Leo stories to cheer him up when he cries. Simple text and bright and charming illustrations celebrate family, reading, and what it means to be a big sister. (Ages 2-5)

## Early Elementary

### **The Birth of Our New Baby: Including Children in Pregnancy and Birth-** Ashley Comer

The Birth of Our New Baby is told through the eyes of a soon to be big sister who is a witness to (and so excited about) her mama's pregnancy and home birth. With fun, bright, colorful illustrations, this book is mindful of including the soon to be big sister throughout her mama's pregnancy, labor, and birth experience to really make the journey feel like a family oriented experience. There are a few interactive bonus pages in the back of the book that include:- Ways to promote bonding between the pregnancy and soon to be sibling, as well as ways to prepare the soon to be sibling to be present at the birth of the new baby.- Identifying the different parts of mama's growing womb, including the baby in it.- A page to rip out and color!- A page with different objects that are to be cut out and used for pretend and imaginative role play in conjunction with the page you and your child colored!- A couple pages where your child can tell about the birth experience through their eyes! Perfect for a memorabilia from the birth! (Ages: All)

### **Our New Baby in the NICU: A Special Book for Big Brothers and Sisters-** Laura Cameron

Our New Baby in the NICU explains the NICU in a very simple way while building up the importance of the big brother or sister. The book is appropriate for young children and those with short attention spans. The words in this book help kids understand the "unique world" of the NICU and discuss common feelings that many big brothers and sisters experience. This book was created with inclusive words and colorful illustrations that aim to be appropriate for many NICU experiences, cultures, and family dynamics.

### **Babies Don't Eat Pizza: A Big Kids' Book About Baby Brothers and Baby Sisters-** Dianne Danzig

With kid-friendly humor and honesty, BABIES DON'T EAT PIZZA covers waiting for baby and life with baby from birth through toddlerhood. Multicultural families; how babies are born, grow and behave; adoption, premature and special needs babies; breast and bottle feeding, twins, helping and playing with babies, older children's feelings, and a parents' tips page are included. Vetted by teachers, nurse educators, physicians, librarians, and parents, the book speaks to the real questions, perceptions and concerns that the author has heard from over 2,500 children about their baby siblings. (Ages 4-8)

### **My Sibling Still: for those who've lost a sibling to miscarriage, stillbirth, and infant death-** Megan Lacourrege

My Sibling Still is written as a love letter from a sibling lost to miscarriage, stillbirth, or infant death to any surviving siblings. It walks through the emotions that a child and his or her family may experience following a loss while also depicting the loving presence of the deceased child in the family's life. With gentle words and comforting pictures, this book offers a beautiful way for the entire family to remember and honor any lost little ones. My Sibling Still is accessible whether the loss happened years ago or yesterday, whether a sibling was born at the time of the loss or came afterwards. Most of all, with an affirming message of hope through suffering, it reminds us that our relationships with the little ones who have gone before us continue after death. (Ages 5+)

### **You Were the First-** Patricia MacLachlan

You will always be the first...A touching tribute to baby's early milestones -- those unforgettable moments that will always be cherished. From first smiles to first cuddles and even to that first kiss, here's a loving ode to every child's -- and parent's -- momentous "firsts." (Ages 4-8)

### **How to Be a Big Sister/Brother: A Guide to Being the Best Older Sibling Ever-** Ashley Moulton

This supportive guide encourages girls aged 5 to 7 to become confident big sisters. How To Be A Big Sister takes readers on a journey from getting ready for the baby, to welcoming the new sibling home and becoming their new best friend. With inspiring stories about different kinds of families, this guide will prepare future big sisters for every step of the way with thought exercises, fun activities, and helpful tips. (Ages 5-7)