

# For Parents/Caregivers: How to Use this Activity Book

This activity book is meant to start a conversation between you and your child about their new baby brother or sister in the NICU. A trusted, loving adult that your child feels comfortable with should complete this book with them

Please go through pages 1-4 *BEFORE* the virtual visit.

- Some kids might need more time to process the upcoming visit and would benefit from going through the first few pages the day before the visit.
- Other kids, especially younger children, would benefit most from completing this activity right before the visit.

*After* the virtual visit, go over the last two pages (pages 5 &6) with your child. A couple things to remember when talking about the visit with your child:

- Ask open ended questions. “What did you think about seeing your new baby sister/brother?”
- Be prepared for a wide variety of feelings after the visit. Kids could be mad, sad, or even seem indifferent. All feelings are okay.

Ideas for building connection between your new baby and older siblings after virtual visit:

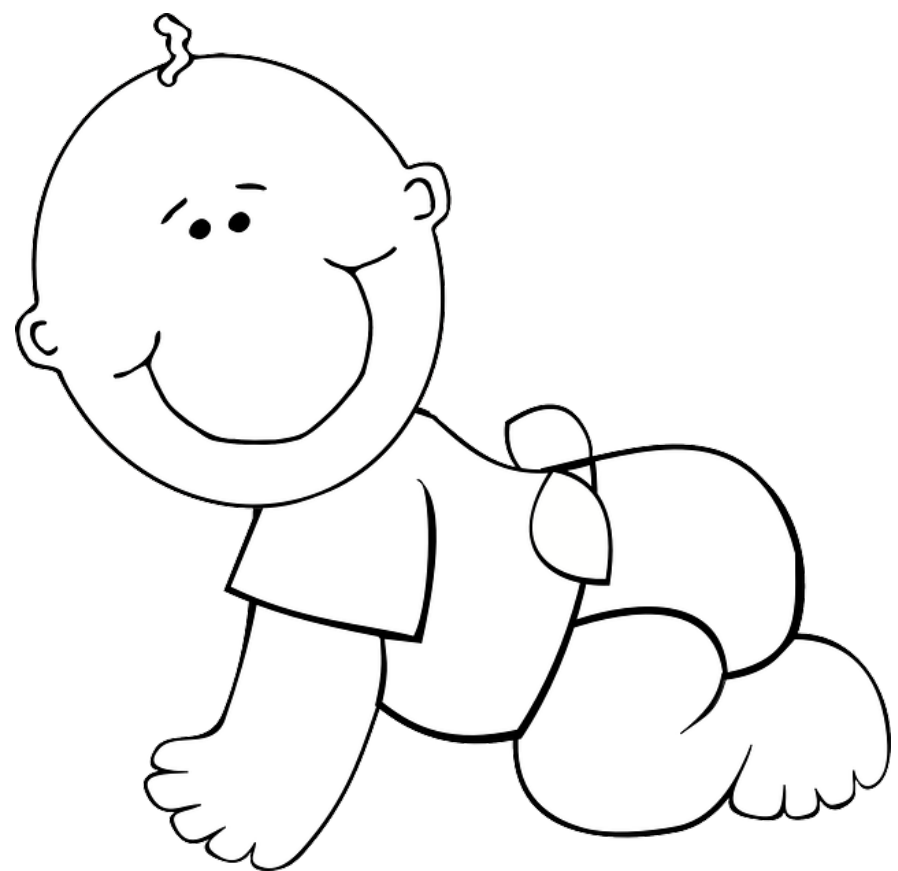
- Continue to video call with them
- Read books or sing songs over video calls to both siblings
- Encourage the older children to color pictures, write stories, or make other crafts for the new baby



# Your New Baby Brother or Sister in the **NICU**

Your name:

Baby's name:



What has been hard about  
having \_\_\_\_\_ in the hospital?

What has made \_\_\_\_\_ being  
in the hospital easier?

I feel \_\_\_\_\_ about \_\_\_\_\_ being in the  
hospital because

I hope one day \_\_\_\_\_ and I can

You are very important to your new baby brother or sister!

Color a picture to hang in their room

Now that I have seen my new baby  
brother or sister, I feel happy that



I feel sad about



Now that I have seen my new baby brother or sister, I still am wondering about...

