



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 1-6 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 page (page 7) 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

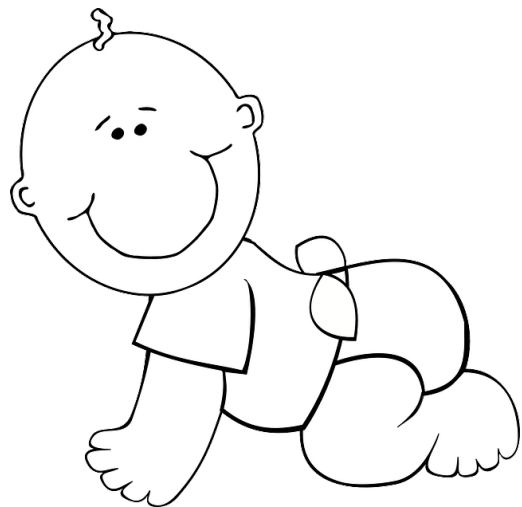
Your New Baby Brother or
Sister

in the

NICU

Your name:

Baby's name:





WOW!

You are a Big Brother!

Or...

You are a Big Sister!



You might be feeling big feelings now that your new baby brother or sister is in the hospital. You might feel...



Happy or excited to have a new baby brother or sister.



Sad that your new baby brother or sister is in the hospital, and mom or dad have to spend so much time here with baby.



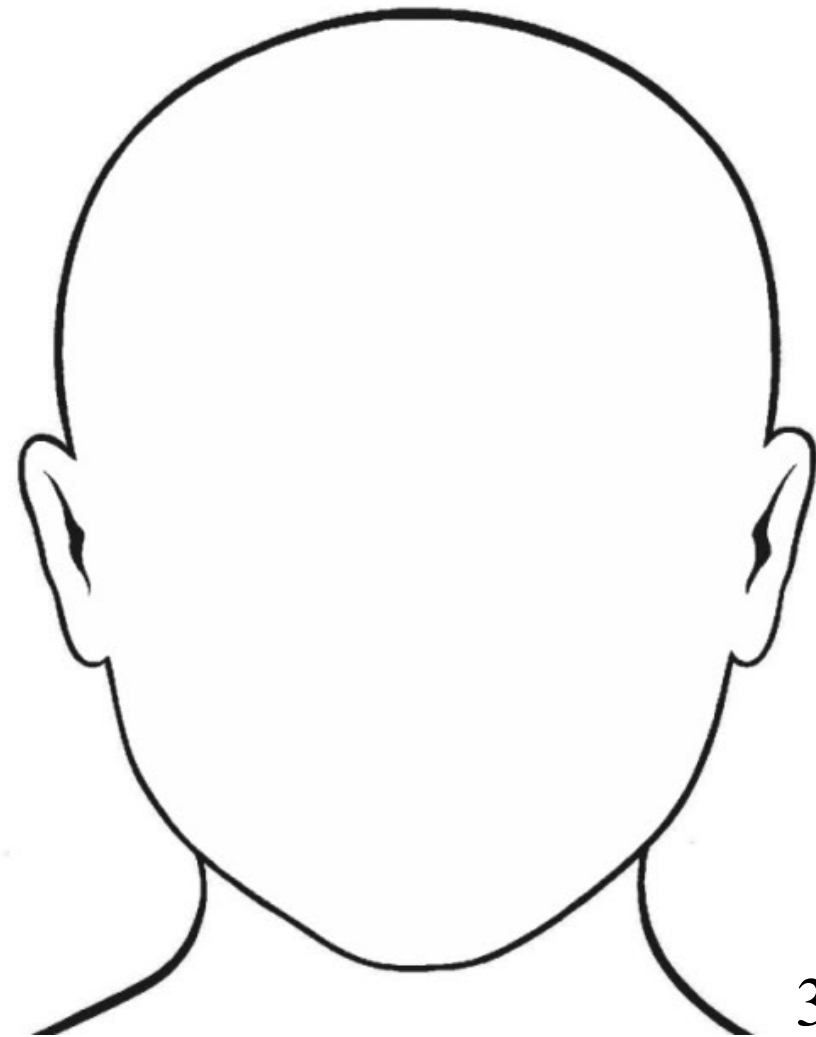
Scared or worried about your new baby coming home.



Mad that the new baby is getting so much attention.

Sometimes moms, dads, brothers, and sisters cry because their new baby is in the hospital. It's okay to cry. Smiling and laughing are okay too!

Draw how you feel about having your new baby brother or sister in the hospital.

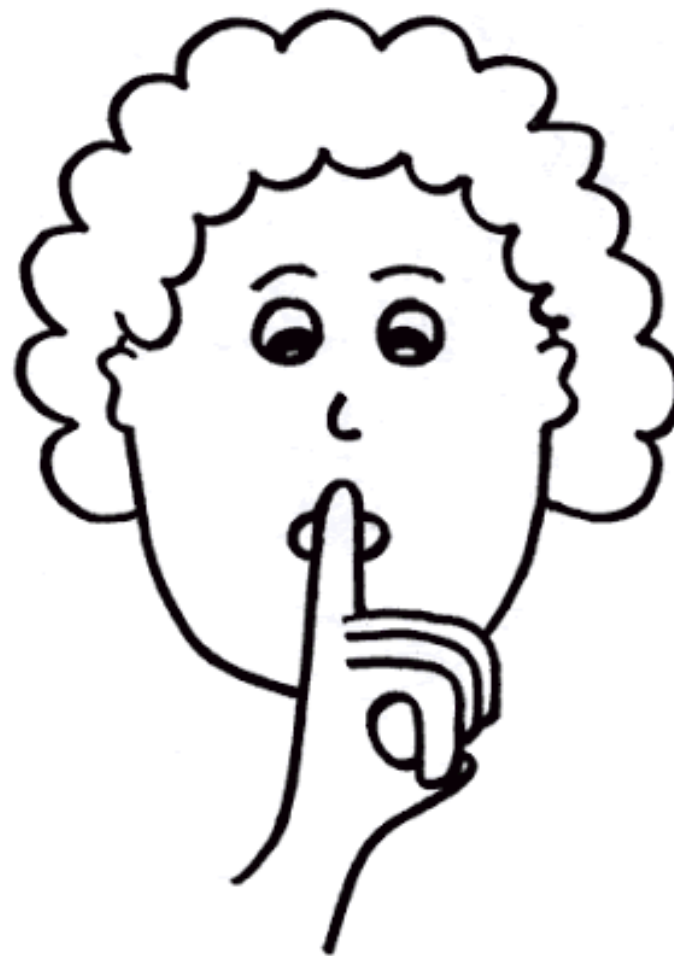



Some newborn babies need extra care until they feel better and are big enough to go home. The NICU is the best place for them while they are in the hospital.

Do you know why your baby brother or sister is staying in the NICU?



Babies in the NICU need a lot of rest and sleep to grow and heal. You need to be very quiet during your video call in your new brother or sister's room. Use a whisper voice when you talk so you don't wake them up.





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

Draw a picture for your mom or dad to bring to hang in your new baby brother or sister's room.

Now that you have seen your new baby brother or sister, how do you feel??



Happy or excited to meet your new baby brother or sister.



Sad that your new baby brother or sister is in the hospital, and mom or dad have to spend so much time here with baby.



Scared or worried about your new baby brother or sister coming home.



Mad that the new baby is getting so much attention.

Draw how you feel after seeing your new baby brother or sister in the hospital. It's okay if you feel more than one feeling.

