

BEST BEGINNING

CHILDREN'S PROGRAM

MAY 2023

happy
Mother's
day

Best Beginning In-Person Groups

Tuesdays 1-2:30pm

Families Matter Centre

#101, 239 Midpark Way SE

&

Wednesdays 1-2:30pm

Genesis Centre

7555 Falconridge Blvd NE

LEARNING TOPIC FAMILY & FRIENDS

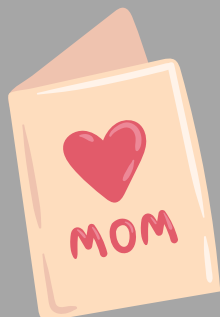
ACTIVITIES AT IN-PERSON GROUPS

ARTS, CRAFTS & ACTIVITIES

- Paper baby blanket
- What do babies need?
- Family Diversity
- Gardening craft
- Mother's Day craft

CALENDAR

MAY 14 MOTHER'S DAY
MAY 22 VICTORIA DAY



CIRCLE TIME

Books available at the Calgary Public Library

One Family
by George Shannon

All Kinds of Families
by MaryAnn Hoberman

We Just Had a Baby
by Stephen Krensky

How to Grow a Dinosaur
by Jill Esbaum

Should I Share My Ice Cream?
by Mo Willems

NEW SIBLING NEW BEHAVIOUR

Welcoming a new baby into the home is such a joy! When it's the second baby or beyond, this wonderful time also comes with many challenges, including finding ways to connect and offer appropriate guidance to siblings. Hitting, kicking, spitting, self-care regression like toilet refusal, bed wetting are very common behaviours children express during the arrival of a new baby.

What can you do to help your child accept a new sibling?

1. Give them special jobs.

Let your firstborn help out - when you bathe the baby, you can ask them to help pour water on the legs or fetch diapers or a new set of clothes.

2. Ask for their advice

Ask your child: "Do you think the baby would like to wear the blue shirt or yellow shirt?" or "Do you want to help me tell a story?"

3. Watch the baby together

Invite your child to observe the baby with you. When the baby is sleeping you can talk with your child and ask them to describe what they see.

4. Read stories about his new role

Reading stories about the trials and joys of having a new sibling can help your child adjust to the new situation. Books can help children understand that their feelings are natural.

5. Acknowledge your child's feelings

When your child has a range of emotions, it can be because of the new change they are trying to adapt to. Rather than scolding them, acknowledge their feelings by saying: "It seems like you're feeling sad right now. Do you want to tell me about it?" Or "Is it frustrating that sometimes when you want me to do something, I need to help the baby?" They may just need you to take some time to listen and hold them.

6. Let your child do his/her own thing

If your preschooler doesn't want to be involved with the new baby, don't push it. A lot of kids cope with the change by "ignoring" their tiny siblings— at least for a while. So you don't need to expect them to play a greater role than they want to. They'll come around in time.



**Spend some time
each day with
just your older
child. This time
makes them feel
special and
reminds them
that you are their
mommy as well
as the baby's.**