



Preparing for a new brother or sister.



There was a time before you
were born when it was just
mom and dad.

2 people.



We decided to have you.



**You grew in your
mommy's tummy for 9
months.**



**After you were born
we brought you home
from the hospital.**



And you grew and
grew.





**There is a baby
brother / sister
growing in mommy's
tummy now.**

**As your baby brother /
sister grows, my
stomach will grow
bigger.**



**We are going to get
the house ready for
the new baby.**



When the baby is
ready to come out,
daddy will take
mommy to the
hospital.

You will stay with



**Really smart doctors
and nurses will help
deliver the baby.**



**We are going to bring
your brother / sister
home.**



Babies cry a lot.

It can be loud.



And sleep a lot.

We need to be quiet.



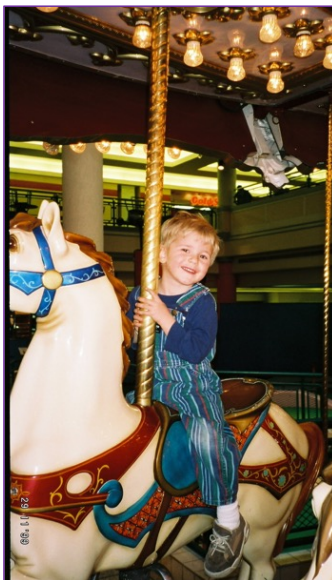
And Eat a lot.

**They are too young to
feed themselves.**



**Sometimes they have
a stinky diaper that
needs to be changed**

**Mommy and daddy
need to stop what we
are doing to take care
of the baby.**



**Sometimes, you might
need to wait, but
mommy and daddy
will still have plenty of
time for you.**

Please wait patiently.



**Big brothers / sisters
can be a big help.**

**You can hold the baby
when he / she is little
and play with the
baby when he / she
gets older.**



You will have a new
playmate forever.



And we will still do fun things like
go to the zoo or bowling.

Always remember that we love you.



Tips to prepare a child with autism for new sibling.

PREPARE

- Use this picture story to start preparing your child for a successful transition.
 - During the time leading up to the new arrival, we recommend that you read the social picture story every day at the same time of day.
 - Customize the picture story by adding or eliminating elements. Make it relevant for your child. Put pictures in of yourself and your child.
 - We will send you a free Powerpoint version of this story upon request.
- If you have friends with young babies, introduce your child to them.
- Have a signal
 - If your child can communicate, have a verbal or a gesture signal that tells you that your son / daughter needs a break from his brother or sister.

Tips to prepare a child with autism for new sibling.

PLAN

- Make sure your child with autism gets the rest he or she needs even if you are not.
 - Tired children are more prone to meltdowns.
- Meltdowns happen so always be prepared
 - Keep something that will soothe your child near by, like a favorite toy or blanket.
 - Keep headphones close by if the baby starts crying loudly (if necessary).

RELAX

- Plan for the best and deal with any problems.
- If your child has a meltdown, don't take it personally. Focus on your children and don't worry about explaining the issue to other people.

Tips to prepare a child with autism for new sibling.

BE METHODICAL

- Babies are not always predictable, but try to get into a routine for both children.
 - This can be a stressful time for someone with autism because they do not know what to expect.
- Use picture schedules.
 - Pictures schedules outline the day visually for the child with autism.
 - Here is a link to some tools to [make picture schedules](#).
- Use First...then picture boards or apps that show the child with autism the sequence of events.
 - First you color (while baby is eating)...then we play legos® together.
 - Here is a link to [First...Then templates](#).