A new baby in our family

A photo or a drawing of me

My name is _____

Our family is going to have a new baby. The baby will come after _____.

When people come to see the baby, they will say hello to me first.

When I meet the baby, the baby might have a present for me.

Sometimes I might want to be little again. That is OK. I can ask for a cuddle.

Every day, my grown-up and I have time that is just ours. Our special time is _____.

I am the big one now. I know lots of things the baby does not know yet.

For the grown-up

When to read it

From about three or four months before the birth, and again in the first fortnight after it, when the house fills with people who have come to see somebody else.

Why each line is worded this way

heroofyou.com/social-stories/new-baby-sibling

Sources

Raising Children - Preparing your other children for a new baby
raisingchildren.net.au/toddlers/family-life/new-baby-in-the-family/new-baby-preparing-children

Raising Children - Helping your toddler or preschooler adjust to a new baby
raisingchildren.net.au/toddlers/family-life/new-baby-in-the-family/new-baby-toddlers-preschoolers

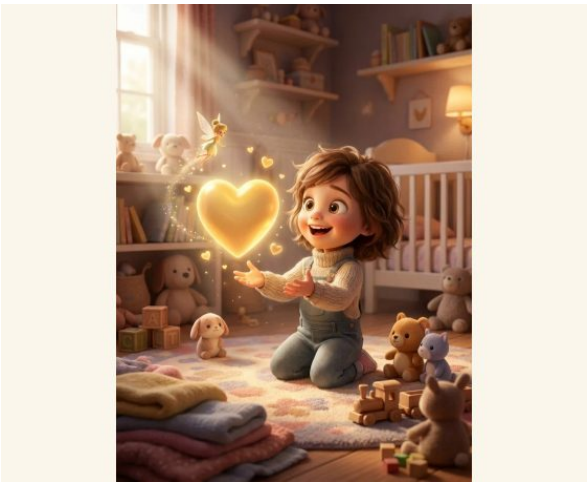
The advice here is the same as in our guide to preparing a toddler for a new baby, whose two Raising Children sources were read on 17 September 2026. No story prevents jealousy, which is a normal part of adjusting.

Free to print, copy and share at home, in class or in clinic. The pictures come from Becoming a Big Sibling, one of the picture books Hero of You makes with a child drawn into the story.

First, then, next: a new baby in our family

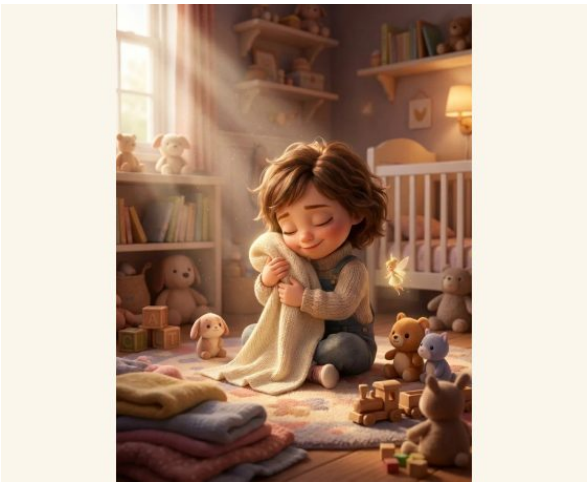
Cut along the dashed lines. Use the cards in a row, in order, or one at a time.

1 A baby is coming

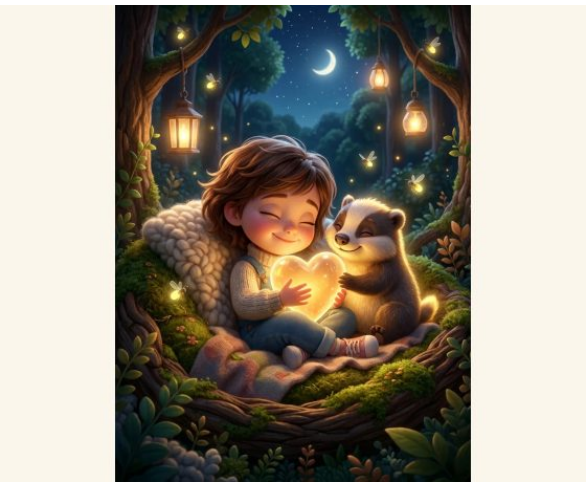


2 Visitors say hello to me

3 A present from the baby



4 I can ask for a cuddle



5 Our special time

6 I am the big one