



BABY SIBLING ON BOARD!

Handbook for Big Brothers and Sisters



b4u publishing

What? A baby?

It's true, we're going to have a **baby sibling!** I see you've got lots of questions. You want to know everything, which is normal – it was all new to me when you were born too.



What can the baby do?

Can I play with the baby?

How can I talk to the baby?

Where will the baby sleep?

When is the baby going to be born?

Is it going to be a boy or a girl?

I can tell you all I found out when I became a big sister. Remember, though, every family and baby is different so what I learned is not necessarily true for everyone!

Where's this and where's that?

Two arms, two legs, one head, a belly button... that doesn't seem complicated, does it? A baby isn't just a miniature version of a grown-up, though.

MOUTH

Babies are not able to detect salt taste yet.

HEAD

Careful, it is very delicate!

EYES

The eyes of an infant cannot focus on things further than 25cm away. Eye colour sometimes changes in the first year.

HAND

An infant is pretty strong - I'll tell you more shortly.

LEGS

Baby's body and brain is still developing. Not made for walking yet!

TUMMY

Often hurts.

Babies have an **inherent grasp reflex** which means they can squeeze their palms tightly. Try it yourself – put your finger in the baby's hand and push slightly against its palm. Strong, right?

BACK

This is an important part of the baby's body so be careful while holding it.

EARS

A newborn baby recognizes its mother's voice immediately.

HEAD FROM THE BACK

It's a little misshapen but it will get better.

NAPPY

A wet or otherwise dirty nappy must be changed quickly so the baby doesn't get a painful rash.



The heart of an adult usually beats 75 times a minute whereas a baby's heart pounds up to 160 times! This is so that enough blood flows into the brain and helps it develop.



As some parts of its body are not yet strong or fully developed, you must be really careful when holding it. The baby needs to learn step by step so that it has enough time to grow and develop properly.



When will the baby learn how to do the things I can do?



BABY'S DEVELOPMENT MONTH BY MONTH

Boring, isn't it? Do you wish the baby could already talk and run around so that we could all play together? **It takes time for babies to learn everything, though.**



First smiles

1



First noises

2



Lifting the head

3



The baby can roll over

4



The baby sits on its own

5



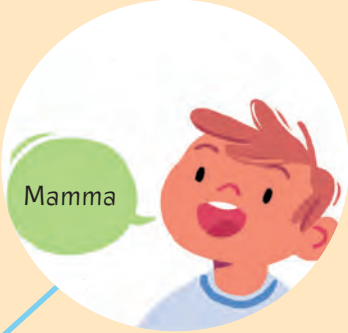
The baby can eat solid food



The baby can now stand up



Pointing at things, waving to people



First words

Mamma



First steps

1ST YEAR



We grow and develop for years. Babies learn **the most important things during the first years of their life** – how to move, discover the world around them, communicate with other people. It's best not to rush it.



Besides, every baby develops at its own pace: I could speak earlier than you did whereas you learned to walk at a younger age than me.



BABY SIBLING ON BOARD!

Text by Lenka Chytilová


Illustrations by Susanna Rumiz

Have you heard the big news? You're going to have a little sister or brother!

What are we going to do with the baby? Doesn't it just sleep and cry all the time? When is it going to be born anyway? Don't worry, everything is new to the hero of this book, too, but luckily he's got a big sister to answer all his questions.

The Handbook for Big Brothers and Sisters is not only for children still waiting for their siblings to be born, but also for those who already have a little sister or baby brother. Every time you flip through it, you'll learn something new while being entertained by the playful illustrations.



 b4u publishing

www.albatrosmedia.eu

© Designed by B4U Publishing,
member of Albatros Media Group, 2020.
Author: Lenka Chytilová, Illustrator: © Susanna Rumiz.
All rights reserved.

CE

WARNING:
Choking hazard.
Not suitable for
children under
36 months.

