



Beech Brook

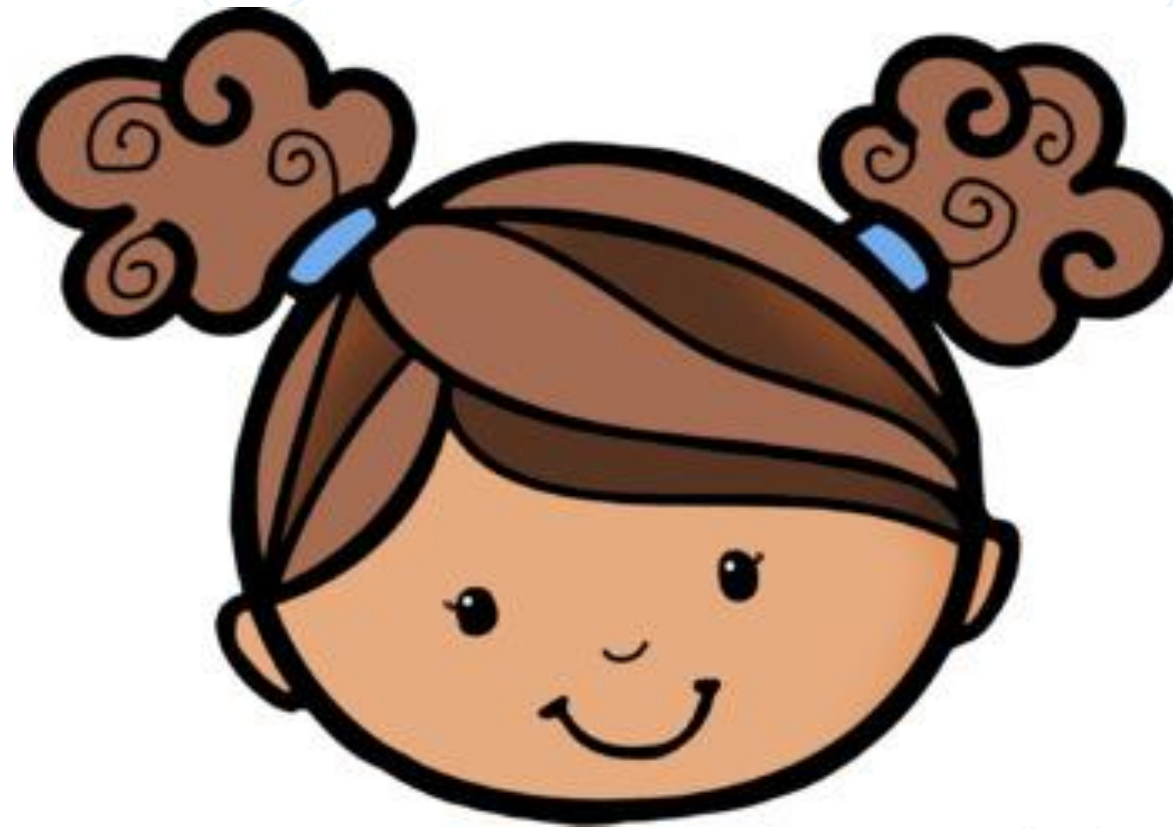
HELPING CHILDREN & FAMILIES THRIVE

Becoming a Big Sister

A Social Story for Young Children

Hello! My name is Katie.

Here is a story of how I became a big sister.



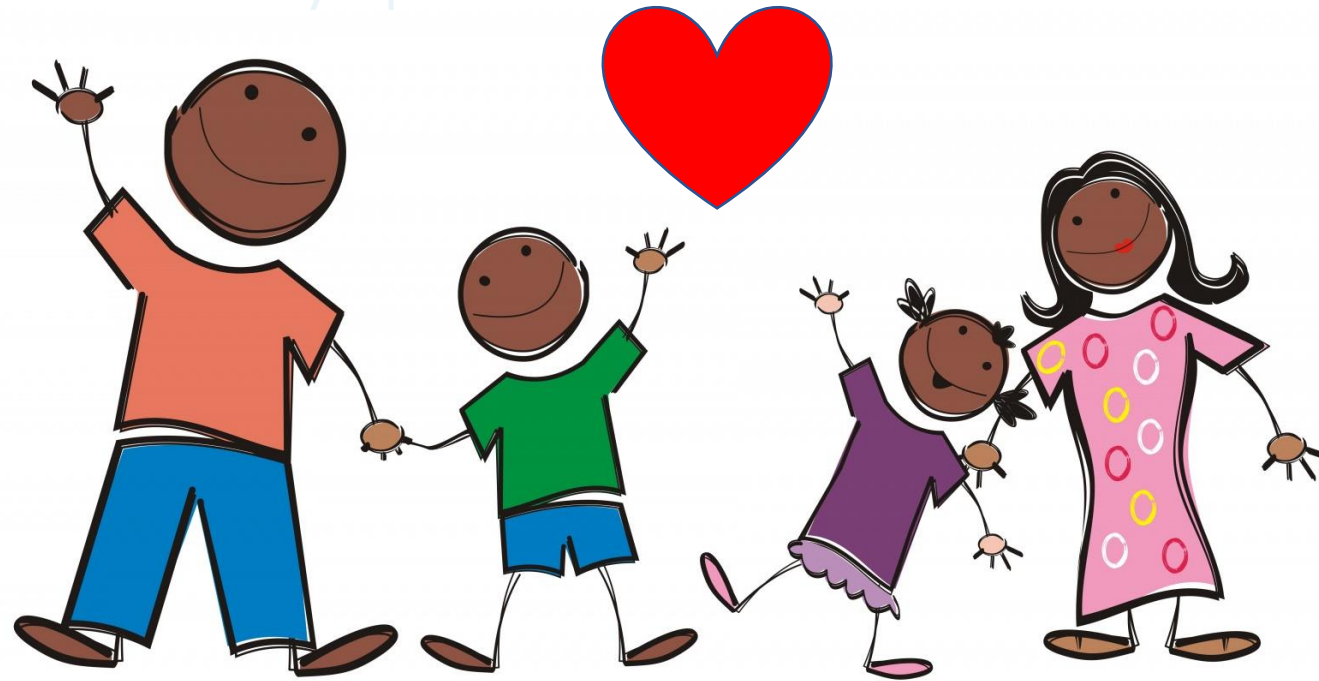
**My mom was so excited for me to have a sibling.
Sibling means brother or sister.**



**She said we could play together,
watch movies, and do much
more!**



My dad told me, “You can share Mommy and Daddy with other people. Mommy and Daddy will love you both.”



**When my mom had my baby brother, he was
so small.**



He slept and cried a lot.



My brother slept with my parents. This made me jealous.

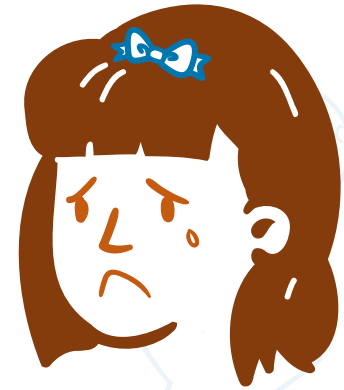


**My mom and dad were busy a lot
with my little brother.**



**They had to feed him,
change him, hold him and
play with him.**

**It was hard to wait for my turn
with them.**



Helping my mom and dad with my brother makes me feel better. I help feed him, play with him, and grab things for him. This helps me spend time with my mom and dad, too!



Mom and Dad let me help them with chores around the house. I feel like a big kid, now!

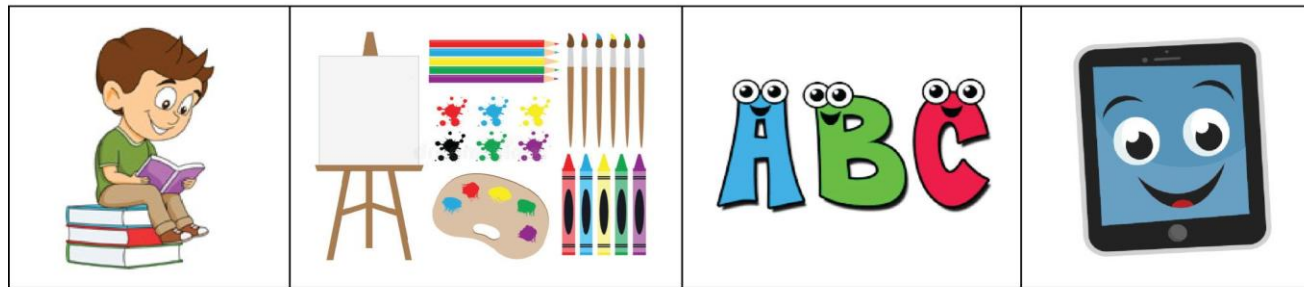
Sometimes my grandma watches the baby, so Mom and Dad can take me to the park, go out to eat, or just hang out at home. It feels good to know I am still important to them.



My mom and dad care about my feelings. I can tell them when I am happy, sad, angry, jealous, tired, excited, and so many other feelings.

We have a “free space” where I can go to relax, where my little brother is not allowed to go.

QUIET TIME



My little brother is fun to play with. I am glad I have a brother and I love him. I am learning every day that we are a family, and we all love each other.

