

My Daily Helper

Pink Bunny & Friends

Welcoming a New Sibling



**A Social Story About
Adjusting When a Baby Joins My Family**

I Learn a Baby Is Coming



My family explains that a new baby will join us and shows what may change.

Ask Together

What could you do during this step?



We Prepare a Baby Space



Adults gather safe sleeping, feeding, and care supplies.

Ask Together

What could you do during this step?



I Notice My Feelings



I may feel happy, worried, jealous, curious, or unsure. All feelings are allowed.

Ask Together

What could help with this feeling?



I Meet the Baby



A trusted adult helps me meet the baby at a comfortable pace.

Ask Together

What could you do during this step?



I Use Gentle Hands



I ask before touching and follow the adult's directions.

Ask Together

What could you do during this step?



The Baby May Cry



Crying is one way babies communicate. Adults are responsible for responding.

Ask Together

What could you do during this step?



I Get Special Time Too



I still need attention, comfort, and time with people I love.

Ask Together

What could you do during this step?



I Choose Whether to Help



I may choose a small safe helper job, or I may choose another activity.

Ask Together

What could you do during this step?



I Keep My Own Routine



My meals, school, sleep, breaks, and favorite activities still matter.

Ask Together

What could you do during this step?





A new sibling changes the family, and there is still an important place for me.

Ask Together

What part of this story are you proud of?

