

## Encouraging Affectionate Ties Between Infants and Their Preschool Siblings

Suggestion	Description
Spend extra time with the older child	Parents can minimize the older child's feelings of being deprived of affection and attention by setting aside time to spend with him/her. Fathers can be especially helpful, planning outings with the preschooler and taking over care of the baby so mother can be with the preschooler.
Handle sibling misbehavior with patience	When parents respond patiently to the older sibling's misbehavior and demands for attention, these reactions are usually temporary. Parents can give the preschooler opportunities to feel proud of being more grown-up than the baby-for example, encouraging the preschooler to assist with feeding, bathing, dressing and offering toys and showing appreciation for these efforts.
Discuss the baby's wants and needs	By helping the older sibling understand the baby's point of view, parents can promote friendly considerate behavior. Saying for example "He's so little he just can't wait to go to bed"
Express positive emotion toward your partner and engage in effective co-parenting	When parents mutually support each other's parenting behavior, their good communication helps the preschooler cope adaptively with jealousy and conflict.

From: *Development Through the Lifespan* by Laura E. Berk

Berk, Laura E. (2018). *Development through the lifespan*. New Jersey: Pearson