

Adjusting to a New Baby Sibling

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How parents can support children to adjust to a new baby, according to each temperament type:

RELEVANT ASPECTS OF TEMPERAMENT TYPES:

CAUTIOUS

Slowly warming up to the baby
Gradual transitions to new routines and environments
Closeness/security with parents
If “big brother/sister” is not appealing, try involving as “baby’s partner”

FLEXIBLE

Continuing with regular routines
Permission to be “difficult”
Choice to identify as “big sister/brother”

FEISTY

Novelty of new baby is exciting/intense
Support for emotional highs and lows
Role-modeling as “big sibling” is rewarding
Continuing to have active routines in spite of baby
Not being restricted by “baby’s schedule”

CAUTIOUS

Low adaptability
Low approachability
Serious mood

FLEXIBLE

Low intensity
Low sensitivity

Highly adaptable

Highly regular

Positive mood

FEISTY

High activity
High intensity
Low regularity
High distractibility
High sensitivity
High persistence