



# Siblings

Siblings are often curious about the new baby in the family especially when mom is nursing. Talk to your older child/children about breastfeeding and encourage family time while breastfeeding. In this way, nursing time can be used to draw you closer to all of your children.

Some ways to create family breastfeeding time with your older child/children are:

- Talk to your older child/children about breastfeeding.
- Talk about how you used to breastfeed him/her (if you did).
- Give a hug with your free arm.
- Tell a story.
- Read a book. Encourage quiet play with a toy or game.
- Let your older child sit beside you and feed (nurse) a special doll while you nurse the baby.



Some families set aside a few special toys (perhaps in a laundry basket) that the older child(ren) can play with only while mom is nursing the baby. This can make the nursing time a special time for the older child also, and help to keep things calm during the feedings. Other families set aside some books, which mom reads to the older child(ren) only during the nursing time.