

Some ideas to try:

Bear Hugs

Giving real bear hugs to your child and his/her teddy bear can help!

Put family photos in their pack.

Add pictures of you and your child, as well as their brother/sister to the pack. This way when you are not with your child, there is a reminder of your family.



Helpful toys to have during this time:

Play Doctor's Kit

Dollhouse with family

Blank paper, crayons, and fingerpaints

Anything that talks about feelings



Take Good Care Packs

are filled with activities to encourage

* *Comfort*

* *Communication*

* *Expression*

* *Stress Reduction*

KIDS PACK UNDER 3 - Sibling

Parents,

Please look through this pack and take out anything that you feel is too old for your child. There are some things you may want to supervise while your child uses them like, the crayons or stuffed animal. We have included a few snacks and treats. Be sure to screen for any ingredients not suitable for your child. (All foods are nut free.)

This pack has a variety of things that will be helpful to your young child. Your presence and loving hugs will be important during this time. Inside we have listed some tips and activities to help support your child.

Some things to remember about your young child



Reading can be a time of connection.

When you can, snuggle up with your child and share a few moments together. We know you have many extra demands on your time, so this might not be possible as often as you would like.



Children are resilient.

However, they rely on supportive adults to help them understand what is happening.

Keep your explanations simple. Repeat them often.

Your brother/sister is sick. Your brother/sister needs to go to the hospital where the doctors can give him/her medicine to get better.

Children do best with a regular routine.

Children this age are very sensitive to change. They are likely to be more upset about your absence than their sibling's illness.

Try to provide consistent caregivers.

When others are caring for your child, try to limit those care providers to a few people who they know well. This might be grandparents, a babysitter, or a family friend. If this is not

possible, be sure that those caring for your child are aware of their routines, favorite foods, books and toys - those things that provide them comfort.

