



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY

Welcoming Joy



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$$1 + 1 = 2$$





This book belongs to
I promise, I will share it with my sibling.



Tania was very excited after school as mama had told her that she had good news waiting at home.



Tania came back from school,
took a quick shower,
had a healthy lunch,
and went to sit on mama's lap -
eager to hear the good news.



Mama first called Baba on the phone.
Then she called Tania's Dada, Dadi
and Chachu as well;
they all asked Tania if she could
guess what the good news was.



Tania kept making guesses;
maybe it was a new book for her,
a puzzle game or
a night out with her cousins perhaps?

But mama took Tania's hand and placed it on her tummy
and told her she was about to have a baby sibling!
Tania was confused to see everyone celebrating with joy
and smiled as well.
But the truth was, she did not feel very happy.



She kept observing everyone excitedly talking about the baby coming soon and felt indifferent.

Then one day Baba wanted to take Tania out for shopping; she felt happy and went to get ready until Baba said it was to buy a few things for the baby.

Tania ran to her room and started crying.

Everyone got concerned and rushed towards Tania's room.



Mama and Baba sat close to Tania.
Dada held her hand.
They all waited patiently for Tania to stop
crying and explain what was bothering her.
Tania finally expressed her worries about
how she felt that her new sibling might take
all the love and attention away from her.



Mama and Baba both hugged Tania and lovingly explained to her that a baby was a wonderful addition to the house. When the baby is young, everyone gives more attention to the baby, but as they grow up, they fall into a routine, and require less support than before.



Her Chacha then took out his phone and showed pictures and videos of the time when Tania was born and everyone used to always be around her. He told Tania it was so much fun to have a newborn baby around as they are really cute and always very snuggly. Tania slowly started to smile.



Then Dadi further explained that all children and family members are equally loved.

She said: “Look, your father and chacha are all grown up now, but I still love them as much as we love you.

But since you are younger, you need more attention and care. So will the newborn. Having a new baby doesn’t mean we love the older one any less.”

$$1 + 1 = 2$$



Dada then cracked a joke:

“Oh my God, now I have to bring two toys, two books, two of everything!”

Tania laughed and said, “No! I will share everything with the new baby.”



Mama and Baba comforted her and said:

“Look, we can all read books together, eat and play with the baby. All of us can go out together and now you will finally have someone to play football with. The baby will need extra care from us for just a few months, we promise. Once the baby grows a bit older, we can all have lots of fun together.”



Tania jumped out of bed and picked up her favourite toy and said,

“Yay! I will also share my Bubby Tubby with the baby.”

Everyone hugged Tania and they all went shopping for the new bundle of joy.

Note for Parents:

Children require ample time to understand and digest the news of getting a new sibling. There is a need for them to know and get reassurance from their immediate family members on how to navigate through this new journey. It is important to share the news with your children and make them a partner in the process. The earlier you engage your children in the discussion of welcoming a new family member, the easier it will be for them. Early childhood is a time of life where emotional development is at a sensitive stage since children largely depend on adults. Their attachment to primary caretakers gives them a sense of security that helps build their social competence.

In the earliest years of life, children need your full undivided attention. Once they are older and transition to their playhouse/school/early childhood center, they come across peers, teachers and other adults in the environment. Interactions with this socially rich environment, helps them accept new changes in their family.

Hence, it is crucial to know the right age to prepare children to welcome their new siblings.





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