



Child Life Services: Supporting Siblings with the Transition of a New Baby

Bringing home a new baby is so exciting for families. However, older siblings may have a challenging time with this transition. It can feel a bit overwhelming as they try to adjust to their new role of "big brother/sister". Parents may notice some regression in toilet training, sleep and eating patterns and having an increase in meltdowns. It's all normal, but can be exhausting and hard to manage.


In-Home Child Life Services Can Help

Shani Thornton is a Certified Child Life Specialist serving Placer County, Folsom and El Dorado Hills. She supports children and families coping with life's challenges, such as illness, trauma and loss. She provides psychosocial and emotional support through therapeutic interventions of play, education, preparation, creative arts, and teaching healthy coping and advocacy skills.



Contact Today for a Consultation

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