

We understand the pressure of having a baby on a neonatal unit and know this can have an affect on the whole family. Therefore we have put together some resources and links for siblings, that you can look at and access as required.

Books

Premature birth

- Watching Bradley Grow: A Story About Premature Birth by Elizabeth Murphy-Melas (ages 4-8)
- Evan Early by Rebecca Hogue Wojahn (ages 4-8)
- Prince Preemie: A Tale of a Tiny Puppy Who Arrives Early by Jewel Kats (ages 4-8)
- The Very Tiny Baby by Sylvie Kantorovitz (ages 2-8)
- That's When I'm Happy by Beth Shoshan (ages 2-6)
- A Pocket Full of Kisses by Audrey Penn (ages 3-8)
- My Baby Sister is a Preemie by Diana Amadeo (ages 4-8)
- Katie's Premature Brother by Elizabeth Hawkins-Walsh (ages 9-12)
- No Bigger Than My Teddy Bear by Valerie Pankow (ages 3-7)
- My Brother is a Preemie / My Sister is a Preemie: A Children's Guide to the NICU
- Experience by Abraham R. Chuzzlewit (ages 3-9)

Maternal Bed rest

- Mommy Has to Stay in Bed by Annette Rivlin-Gutman (ages 4-8)
- And Mommy's on Her Side by Heidi Travis (ages 4-8)
- Bedrest Mommy by Jennifer Christensen (ages 3-8)

Multiple Births

- God Gave Us Two by Lisa Taw Bergen (ages 4-8)
- Twinnies by Eve Bunting (ages 6-9)
- Crispin and the 3 Little Piglets by Ted Dewan (ages 4-8)
- One Up, One Down by Carol Snyder (ages 4-8)
- My Twins are Coming Home by Paris Morris (ages 2-5)
- I'm Having Twins by Paris Morris (ages 8-12)

Special Needs & Specific Diagnoses

- In Jesse's Shoes by Paula Danziger (ages 4-8)
- Elena's Ears, Or How I Became the Best Big Sister in the World by Gloria Lowell (ages 4-8)
- Barry's Sister by Lois Metzger (ages 9-12)
- Living with a Brother or Sister with Special Needs by Donald Meyer (ages 3-8)
- Views from Our Shoes: Growing Up with a Brother or Sister with Special Needs by Donald Meyer (ages 8-13)
- The Sibling Slam Book: What It's Really Like to Have a Brother or Sister with Special Needs (ages 13-18)
- Rosey, the Imperfect Angel by Sandra Peckinpah (ages 9-12)
- Veronica's First Year by Jean Rheingrover (ages 4-8)
- We'll Paint the Octopus Red by Stephanie Stuve-Bodeen (ages 4-8)



Books continued...

Loss & Grief for Children

- The Angel with the Golden Glow by Elissa Chokhachy (ages 4-8)
- The Fall of Freddie the Leaf: A Story of Life for All Ages by Leo Buscaglia (ages 4-8)
- Molly's Rosebush by Janice Cohn (pregnancy loss, ages 5-8)
- Heaven's Brightest Star by Kara Glad (ages 4-8)
- Where's Jess? by Marvin Johnson (ages 4-8)
- Morgan's Baby Sister: A Read-Aloud Book for Families Who Have Experienced the Death of a Newborn by Patricia Johnson (ages 4-8)
- Remembering Our Baby: A Workbook for Children Whose Brother or Sister Dies Before Birth by Patti Keough (4-8)
- Stacy Had a Little Sister by Wendie Old (ages 4-7)
- Jackie Jack: The Brave Little Boy by Julie Orlet-Schoen (ages 4-8)
- We Were Gonna Have a Baby, But We Had an Angel Instead by Pat Schwiebert (ages 4-8)
- This Is a Book for All Kids, But Especially My Sister Libby. Libby Died. by Jack and Anette Simon (ages 9-12)
- Sam and Finn by Kate Polley (ages 2-8)
- Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss by Cathy Blanford (ages 4-8)

Useful links

All about NICU

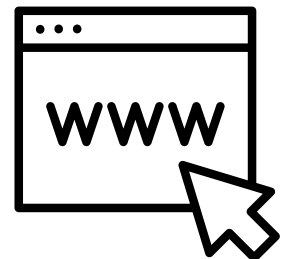
- <https://www.youtube.com/watch?v=64Xzq-SRiUw>

Supporting Siblings Parent leaflet

- <https://noahsarkcharity.org/wp-content/uploads/2022/02/Supporting-siblings-parent-leaflet-V1.pdf>

Sibling work books

- <https://noahsarkcharity.org/wp-content/uploads/2022/02/Sibling-Workbook-V1.pdf>
- <https://www.networks.nhs.uk/nhs-networks/yorkshire-humber-neonatal-families/helpful-documents-for-parents/sibling-booklet>



Please also ask the staff looking after your baby on the unit as they will have a range of resources for siblings. All links have been shared with permission from the owners.