The New Baby Family Roles

Adults own the care. Children still need care.

A suitable contribution gives an older child a place without making them responsible for the baby.

Example: a child picks a book for an adult to read. Baby care stays with adults, and the child's school check-in remains planned.

01 Explain the change

Separate known plans from uncertainty.

Routine that will change

Routine that will continue

Child's question to answer

Plan not yet confirmed

02 Keep adult ownership

Care responsibilities remain with adults.

Responsible baby-care adults

Accepted backup arrangement

Care duty not assigned to child

Professional question for adults

The New Baby Family Roles / Review & follow-through

03 Offer a child role

Choose a modest optional contribution.

Optional task child prefers

Adult present and responsible

Boundary on the task

Child's own care or attention

04 Review family promises

Check what actually fits this week.

Protected adult-child moment

Adult to keep that promise

Change requiring explanation

Role or routine to adjust