
Ashley Moulton Work Sample

“How To Be A Big Brother” and “How To Be A Big Sister”

Audience

Kids age 5-9 who are getting a baby sibling in their family

What this is

A book I wrote that was published with Rockridge Press in June 2020. (One version was published for “sisters” and one was published for “brothers”)

What I did

Researched book topics, wrote character narratives to illustrate what it’s like to become a big sibling, wrote ideas for activities to do with new siblings and questions to talk about with grown-ups.

**HOW TO BE A BIG
SISTER**



**A GUIDE TO BEING
THE BEST SIBLING EVER**

ASHLEY MOULTON

HOW TO BE A BIG BROTHER



A GUIDE TO BEING
THE BEST SIBLING EVER

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Welcome to Big Brotherhood!

Dear Big Brother,

Congratulations! You are about to level up. Soon, you'll have a very special superpower . . . Big Brother Power!

You might have a lot of questions about what that means, like: *Will I still get to do fun things with my parent? Will the baby steal all my toys? When can we play hide-and-go-seek?* Don't worry! This book is filled with tips from us, your fellow big brothers. We are boys just like you who have gone through this big change.

Having a new baby sibling is fun. Because you're a big kid, you'll be able to help take care of them. Before you know it, you will have a special friend to play with any time you want.

Big brothering is awesome, but it also means that things are changing. That is totally normal. Your family will be different than it was before, and sometimes that can be hard. It's all part of growing up.

We can be *your* big brothers and share what it was like when we became big brothers. All our families are different, but we all have one thing in common: We started off being just regular boys, and then we got Big Brother superpowers.


By the time you're finished reading this book, you'll be ready to be the best big brother ever!



CHAPTER 1

BEFORE BABY ARRIVES

The time before a new baby arrives is so exciting! Your family will be busy getting ready, and everyone will be looking forward to meeting the newest family member. There are many ways you can start being a great big sister even before the baby comes.





Jada Goes to the Doctor

Jada got to see her baby sibling for the first time today . . . well, sort of! Jada's sibling was growing inside her mom's tummy. The only way to "see" the baby was through a special doctor's test called an ultrasound.

Jada went to the doctor's appointment with her mom. When they got there, the doctor squeezed a clear goo on her mom's stomach. The doctor touched the ultrasound wand to Jada's mom's tummy. This wand was kind of like magic. It showed a picture of the baby on a screen, even though the baby was still inside Jada's mom! The doctor moved the ultrasound wand around to see the baby from different angles and to make sure the baby was healthy.

The picture was pretty fuzzy, so Jada was not really sure what she was seeing until the doctor pointed to the outline of the baby's body. Jada put her hand on mom's tummy, and she could even feel the baby kick! Jada still had no idea what her sibling looked like, but she knew one thing: There was definitely a baby in there! She was so excited that she would meet the baby soon.



Libby Meets Someone New

It was a big day for Libby's family. It was their adoption home visit day! A social worker was coming to their house to meet Libby's family. A social worker is someone who helps families who want to adopt a child.

First, the social worker took a tour of the house. They needed to make sure that everything would be safe for a new baby. Then it was time for the social worker to ask Libby questions. It made Libby nervous. The social worker explained that Libby couldn't give any wrong answers, so that made Libby feel better. Most of the questions were easy to answer, like "How do you feel about having a new brother or sister?" (Excited!) and "What are your parents like?" (They love me very much!)

A few months passed while the adoption agency was finding a baby for Libby's family. One day, her parents got an exciting phone call. They had been matched with a baby girl and would get to bring her home in a few weeks. Libby was so excited she couldn't stand it! She looked at her new sister's picture every day while she waited to meet her.



What Can We Do Together?

Your family will be very busy getting ready for the new baby, and there's a lot you can do to help! Here are some ideas:

Make something special for the baby. Make something for the baby's space, like a painting, a toy, or a blanket.

Help set up the baby's space. Pick out art to hang on the wall, help your parent build the crib, and unpack gifts.

Get the baby's clothes ready. Pick out a special outfit the baby can wear during their first day home. Help sort hand-me-down clothes into different sizes. Hang tiny outfits in the closet. Decide which outfit you would like to wear if it came in your size!

Help pick the baby's name. Look through a baby name book or website with your parent, and write down your favorite names. Just for fun, also write down the silliest names you find.

Sing to the baby. Did you know that babies can hear things even before they are born? If you sing a special song over and over to your sibling, they might even recognize it once they are born!

What Do I Think?

Now that you've read this chapter, it's a great time to think about any questions you might have about becoming a big sister. We've written some questions to get you started, but you can add more. You can think about your answers, write them down, or talk about them with your family.

What am I most looking forward to when I become a big sister?

What makes me most nervous about becoming a big sister?

What will the baby be like? How will they act?

What things will our family need to do to get ready for the baby? How can I help?

