**My mum is having a baby (I am the only child)**

Jack and I live with my mum, my dad and my dog Buddy. I am soon going to be a big brother.

Worry that my mum and dad won’t have time to play with me when the baby is born. I get angry when I thing about this. When I feel angry, I sometimes shout and hit.

It’s ok to feel worried about change (in the family).

Most of my friends have brothers and sisters and they spend a lot of time together as a family. It’s ok to feel angry. It is important to remember my anger rules.

I will try to use my words when I feel worried or angry.

This will help me to stay calm and will keep me safe.

This will help me to be a caring big brother.