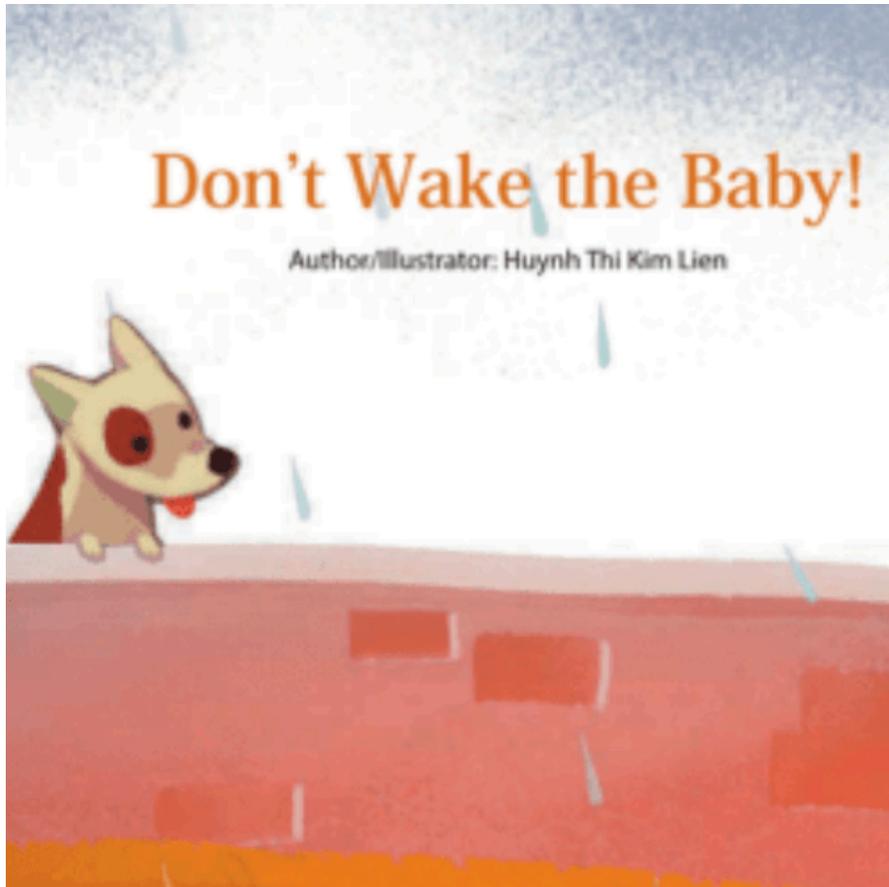


Don't Wake The Baby

A Guide for Teachers and Parents



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THEMES

Family & Friends

Social & Emotional Wellbeing

SUB-THEMES

Sibling bonds

Adjustment and patience

Adjustment and patience

Story Discussion Guide

Children will:

1. Recognize the feelings of older siblings when a new baby arrives.
2. Understand that parental love expands rather than diminishes with the arrival of a new sibling.
3. Develop empathy by exploring both sides—the baby’s needs and the siblings’ feelings.
4. Learn strategies for patience, cooperation, and positive adjustment during family changes.

Lesson Plan Summary

A story-based discussion about literacy, followed by reflection activities that invite students to consider their own role in supporting others, and understanding the global importance of access to education.

Learning Outcome

For Ages 3–5 (Reassurance & Comfort Focus)

Before Reading: Show the cover, ask if they know babies in their family.

During Reading: Focus on Zu and Zi’s feelings when asked to be quiet.

After Reading: Reassure that parents love all their children.

Activities:

- Quiet Time Game (short silence together, then laugh).
- Baby Helpers (draw one way to help a baby).

For Ages 5–8 (Reflection & Empathy Focus)

Before Reading: Discuss fairness—“Is it fair that parents spend more time with the baby?”

During Reading: Encourage perspective-taking: “What does the baby need?”

After Reading: Ask how Zu and Zi’s feelings changed by the end.

Activities:

- Role Play (helping the baby).
- Fairness Circle (sharing experiences of waiting).
- Sibling Letters (draw or write something special about siblings).

Expected Outcomes

Children will understand that new siblings may cause changes in daily life, but parental love remains constant. They will learn that patience, empathy, and cooperation strengthen family bonds. Above all, the story reinforces the Zamasama message of one common humanity—love and care grow when shared.

Applicable SDGs

- SDG 3: Good Health and Well-being
- SDG 10: Reduced Inequalities

SDG Explanation

- SDG 3: The story highlights the importance of nurturing the well-being of both babies and older siblings, showing how health and rest (for both mother and baby) are supported by family cooperation.
- SDG 10: The narrative teaches children about fairness, empathy, and inclusion within families—how love and attention can be shared equitably even when situations change.

ABOUT ZAMASAMA

Zamasama is a nonprofit initiative that curates children's stories from diverse cultures and lived experiences around the world. It gives children a window into other communities—and a mirror that affirms their own, helping children recognize the shared humanity that connects us across differences.

Through narratives that gently challenge biases and broaden worldviews, Zamasama helps children see difference not as a barrier but as a bridge. Through the power of stories, we sow the seeds of pluralism that can grow into a more harmonious world for all.