

# WELCOME TO THRIVING HEIGHTS™

I'M GOING TO BE A BIG BROTHER OR SISTER



**SIBLING** COLORING BOOK

 **KAISER PERMANENTE®**

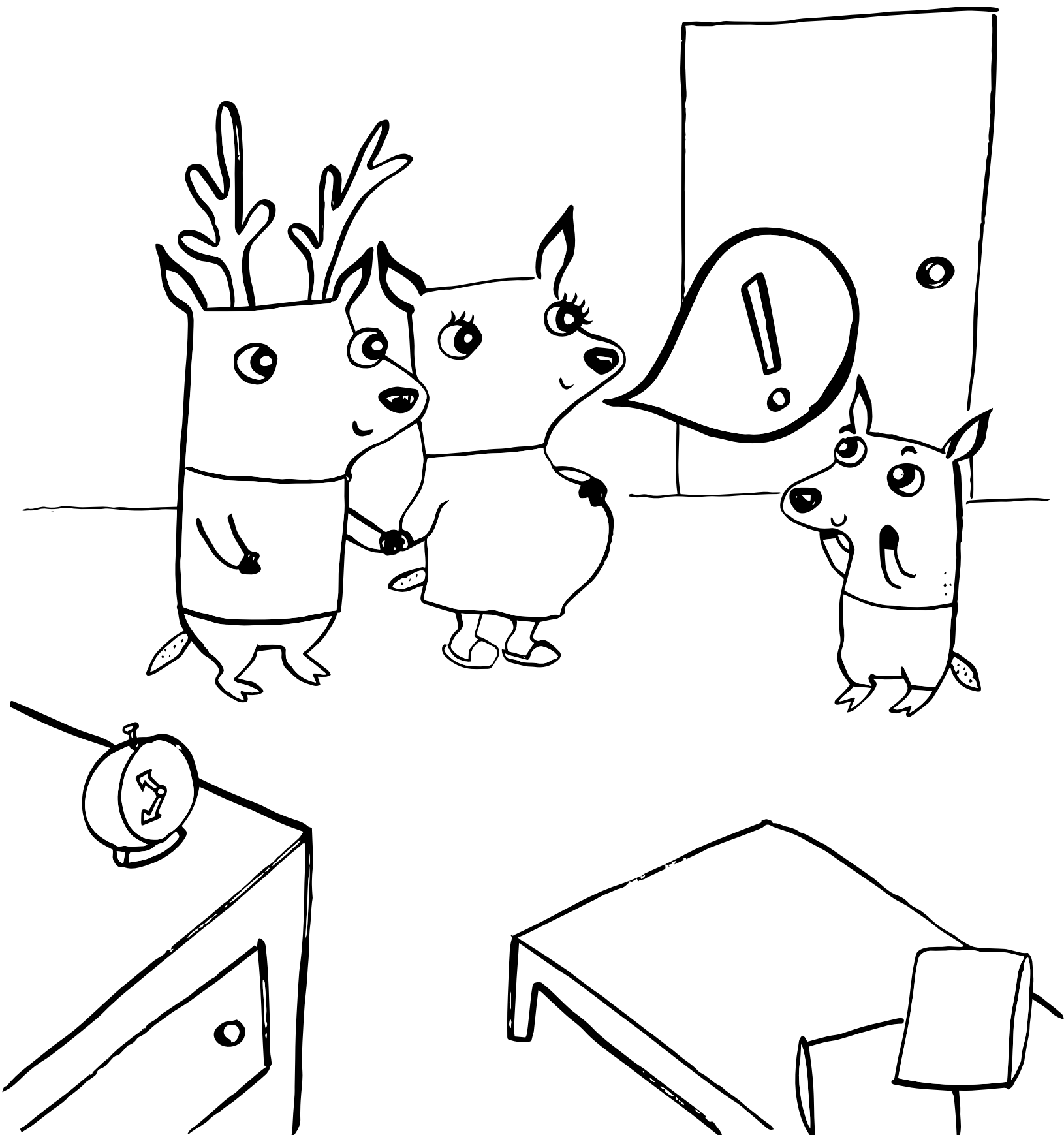
Welcome to Thriving Heights™, a neighborhood where lovable characters live and work together to improve their total health.


In this coloring book, you can follow these furry friends as they learn how to help prepare for a new brother or sister, and welcome their new sibling to the family.

The Thriving Heights™ crew has many adventures to share. You can also join them on their journey toward a lifetime of healthy smiles at **[kp.org/thrivingheights](https://kp.org/thrivingheights)**, where you'll find printable coloring sheets and short animated videos.

My family has big news to share.

**We're having a baby,** and it's right in there!





We go to the clinic for  
a checkup on baby.



KAISER PERMANENTE®

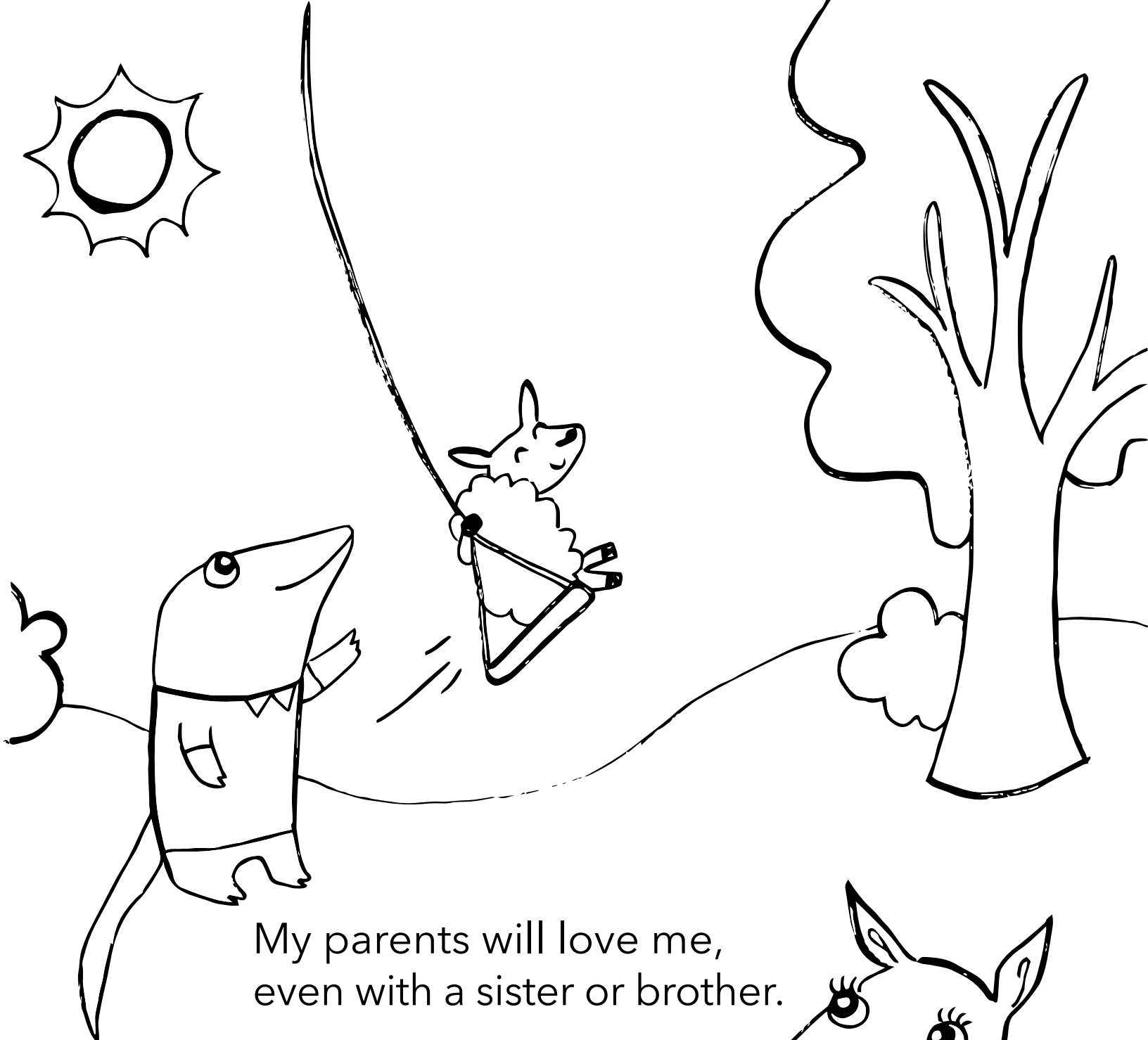
WELCOME

Can we tell if it's a  
boy or a girl? You  
never know, maybe.

We all get to decorate the  
new baby's room.

I picked out the colors and  
helped hang the moon!





My parents will love me,  
even with a sister or brother.

We play lots of games  
and have so much fun  
with each other!



Today is the day baby finally arrives.

When we meet I'll be smiling,  
even if baby cries.



I'm super excited to meet baby today.

When our family goes home,  
I'll teach baby to play.





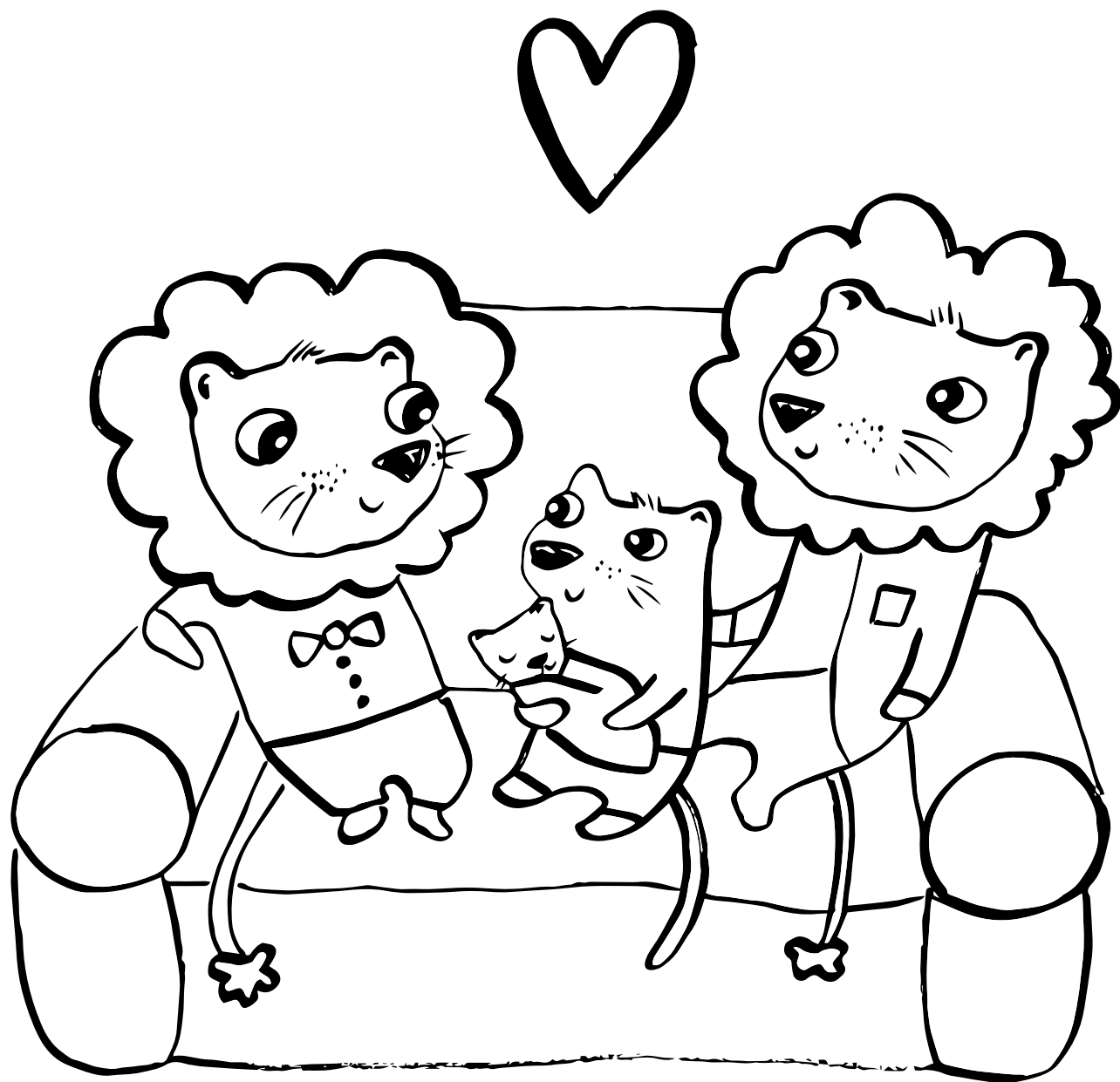
The doctors and nurses all make such a fuss.

They take care of baby.  
They take care of us.



Finally, we all get to go home.

It's great to have a baby all our own.



# Big Brother or Sister Activity

## NEW BABY STATS

I'm a big brother or sister! My family will help me fill out all the new baby's information.

Name: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Time Born: \_\_\_\_\_

Hair Color: \_\_\_\_\_

Eye Color: \_\_\_\_\_

I can't wait to tell everyone about my new brother or sister!

