



OLDER SIBLING SYNDROME

WE BELIEVE HELP BEGINS
WITH KNOWLEDGE

DEFINITIONS ON CHILD SYNDROME



Oldest child syndrome refers to a number of characteristics people develop as an outcome of being the first-born. For instance, following the birth of another baby, the firstborn goes from being the “only child” of their parents to having to share their parent’s love and attention with a younger sibling. This leads to a lot of stress and competitiveness, which may seem normal for a while, but over time can become toxic and a set of Disadvantages for being the Oldest start to overwhelm firstborns.

WHAT DOES IT MEAN TO BE THE “OLDEST SIBLING”?

- You have an expectation that you have a lot to offer.
- You tend to have the most responsibilities that involve caring
- You feel that you are the role model to your younger sibling or siblings
- You feel that your mental health is determined by praise



WHAT PARENTS NOTICE IN THEIR OLDEST CHILD



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What to Learn



Learn about the Disadvantages and Advantages of taking on the role of the oldest sibling. There are many reasons why the oldest is shaped into the person they are and below are a few examples as to why.



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DISADVANTAGES FOR BEING THE OLDEST

1. You're always the responsible one
2. You still are a child, regardless of the amount of responsibilities you have
3. You can become a bit of a Ham
4. Leadership can turn into bossiness...

ADVANTAGES FOR BEING THE OLDEST

1. There's no bar set by older siblings or cousins
2. You learn leadership skills every single day
3. You're the first to do everything!
4. You set the trends!



First Born Child

The Insider

THANK YOU



Check out our Website!