



Adjusting to your baby

New babies turn our love upside down at first. Being clear about expectations is a good first step. It is a really good time to discuss with your partner:

- » Who will do what – who will get up to the baby at night, who will do the washing, Maternal Child Health visits, baths, nappies, etc.
- » How do you like to be helped/supported? (e.g. everyone likes to feel supported by their partner, you may want someone to tell about your day, or you may prefer practical help with the baby – everyone likes to be complimented when they do a good job.)
- » How would you like to bring up your child? What is your style? Would you like to change anything about the way you were raised?
- » How you feel about yelling or smacking – what are the rules about physical violence or verbal abuse in your house?
- » How do you both like to relax and de-stress – what little treats could you look forward to while caring for baby in the first few months?
- » Do drugs and/or alcohol play a part in your home life? Will this need to change? How?
- » Who else can support your family? Friends, neighbours? Other family members? Will they be supportive or might they get in the way?
- » If you have other children how can you help them adjust? Could they have some simple jobs to help them feel involved in the baby care?
- » Is there a service in the community you could go to for help if needed? Doctor? MCHN? Counselling service? Parenting services?

Talking about things is important so that you stay on the same page.