Thoughts on being parents

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During Pregnancy

Being pregnant is, for most people, an emotional rollercoaster. Both physically and mentally, many changes occur in the body. Some experience these changes as positive, while others find them uncomfortable. For most, it's a bit of both.

A new life is growing inside you. A child will come, and you will be responsible for it. You are to provide safety, care, and love. This can feel overwhelming. How is it for you?

Thoughts may also arise about your own childhood—what was it like growing up? What were your mother and father like as parents?

You see others who are pregnant, and you may meet friends or family members who have children. It's common to compare yourself to others, and thoughts may arise about what kind of parents they are, compared to how you wish to be. Is that the case for you?



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After birth, when the baby is 2–6 months old:

Since the baby was born, life has changed in these ways ...

What you like about the changes ...

What you can do to make life even better ...

How the changes have affected other people in your life ...



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At around 1 year old:

You have been a parent for 1 year now. Think back on everything you have done together, everything that has happened, what you have experienced in terms of joy and sadness, the days and nights. What would you like to highlight?

Think back to the day your baby was born. How did it begin? How did it go?

How were the first few months with your baby?



What do you remember of your first moments with your baby?

How have you changed since you became a parent?

What are your best memories of your first year as a parent?

Put a ring around: Do you tell yourself that you have done a good job?

YES **NO**

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- Do you sometimes find it hard to understand what your baby is feeling?
- What do you think your baby needs from you in such a situation?
- Your own experiences and memories can help determine how you handle a situation. Do you know how?
- As a child, can you remember a situation when someone responded to you in a good way?
- As a child, can you remember a situation when you wish someone had responded to you in a different way?

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