

# Bringing Up Baby



## Perfect Parents

We all want the best for our babies. But none of us are perfect – becoming tired and irritable and then feeling guilty about not being perfect parents. Happy Babies just need 'good enough' parents; you are exactly the mummy and daddy that your baby wants and needs

## Perfect Partners

Watch out for snapping, criticising and blaming each other. Take the chance to thank each other for even the smallest kindness: a cup of tea or picking something up off the floor. Don't forget to give yourselves a pat on the back for managing in your new role as a parent.

## Remember, Remember....

Remember when you could remember things? These days does it feel like you can't remember anything at all?! It's ok, this is nature's way of focusing you on the here and now with your new baby. Your brain won't feel like mush for ever!

## Crisis

The transition from couple to family is one of life's great milestones and all milestones cause stress. Take heart, you are not alone. Sleep deprivation can make everything seem like a crisis, as any bewildered parent will wearily testify.

## And Now we are Three

Your gorgeous baby's arrived safely but it can be really hard work. What feels like a major crisis in your relationship may be sleep deprivation. Stick with it, your family's worth it.

## Ch- Ch- Ch- CHANGES

Take time out to talk about how things have changed since your baby has arrived. Men and women often deal differently with change and the upheaval it brings with it - and that's OK. Listen to each other's perspective, it's worth its weight in gold. Look out for ways to make things better to feel included, less overwhelmed and more confident? Not everyone can be a 'good talker' but being a good listener can make all the difference.

## There's still the TWO of US

Take time to be 'just the two of us'. Even just a cuppa together, watching the TV or having a cuddle can help remind you that your relationship has lots of magic moments.

## Sexy Mamma

Child birth creates body changes! You're in recovery. For some it's a sensual experience, for others, it's an exhausting and bruising one! With time and patience sex will be fun again, you just might need to do a little more planning...

If difficulties continue to affect your sex life, consider seeking professional help, either from your GP or a counsellor.

## YOUR FAMILY: an opportunity to do it YOUR WAY

It's more than likely that your instinct as a parent is influenced by your family background. Together you've now got a chance to build and shape YOUR family. Talk about what you liked and what you hated. Work out where each other is coming from. TREASURE the elements that you LOVE, DUMP any unhappy patterns of behaviour.

## Happy Families...avoid snapping

A baby's arrival is an important family event. Sometimes all the visitors and enthusiastic advice are overwhelming and sound like interference, making relationships SNAP. It can be hard to create space for your 'wee' family. Be clear about what your new family needs and be patient with each other's families, they are excited too. Check out with one another, 'is this argument worth it?'

## Bank Busting Babies

How can such a small and beautiful creature cost so much??

Financial stress can be difficult to avoid when taking maternity/paternity leave, organising childcare and spending money on all the baby needs. Sit down, talk about how realistically you can manage your budget. Remember you are exactly the mummy and daddy that your baby wants and needs.