

# New Parent Questions

*Here are a few questions for you and your partner to talk about as you become parents.*

*You might want to sit and talk about these together,  
or answer them separately and talk about your responses.*

## **1. Emotional Support**

Who do I feel close to now that I am making the transition to parenthood?  
Who makes me feel like I am OK as a parent?

## **2. Companionship/ Socializing**

Who do I enjoy spending time with?  
Whose ideas about children and parenting fit best with my own?

## **3. Practical Assistance**

Who could help me with household tasks or care for the baby for a short period of time?  
Who might have baby supplies that we could borrow?

## **4. Advice/Guidance**

Who could I ask for advice about my baby's health or my partner's health?  
Who could I turn to for help if I feel depressed or overwhelmed?  
Who could I turn to for help if I, or my partner, have breastfeeding concerns?  
Who could I ask for advice about caring for a new mom in the early weeks?

## **5. Supporting your relationship**

What did we do for fun before becoming parents? What do we, or can we, do now for fun?  
How has our relationship changed since we had the baby?  
What changes are positive? What changes don't we like? Are we ready to do something about these?  
What is the role of a mother? What is the role of a father/ partner?  
What are our baby's needs?  
Is anyone feeling left out?