



# Parenting Revolution

Baby Edition



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Baby Edition

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# Parenting Revolution

Baby Edition

## INSTRUCTIONAL GUIDE

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### BACKGROUND

The Parenting Revolution (Baby Edition) has been developed by a team of experts in Clinical Psychology from a Biblical worldview. In addition to theological insights, instructional concepts are based on empirical research across diverse academic disciplines. The strategies presented in this program are supported by clinical research and are appropriate for Christian and non-Christian families alike.

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### GETTING STARTED

The Parenting Revolution (Baby Edition) is intended for completion by couples who are considering starting a family, expecting a child, or who have become brand new parents (especially for the first time). Research suggests that learning is best consolidated through 'talking'. As such, after watching the video sessions together, it's recommended you also talk through and complete relevant workbook activities together. Feel free to pause the video at any time, to reflect on or discuss key points. Activity worksheets provide a summary of key points and serve to reinforce lessons.

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### DISCLAIMER

All information, assessment or activity presented in this Parenting Revolution (Baby Edition) program is intended for information purposes only. While the Parenting Revolution may provide you with practical tools that will empower yourself, your marriage and your family, this educational program DOES NOT constitute advice, therapy or counselling. Instead, the aim of this program is (i) to equip you with practical knowledge, skills and resources, and (ii) empower you with parenting strategies. Content is provided in good faith as to its accuracy and reflects the research, observations, opinions, views and understanding of the authors at one point in time.

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# Are you Ready?

## ACTIVITY SHEET

The journey into parenthood can be incredibly exciting. However, it can also be a time fraught with anxiety, doubt and stress. It's a season full of new experiences and intense emotions as you get ready to conceive, manage pregnancy, bring baby home for the first time and navigate your way through your baby's first year of life. By gaining knowledge and skills in advance, you'll be better prepared to step into the wonderful world that is 'parenthood'.



### **PROGRAM DESIGN AND OBJECTIVE SUMMARY**

#### **The Baby Edition of the Parenting Revolution is designed to help you:**

- (a)** develop effective strategies and make wise choices to help you and your baby thrive
- (b)** bolster emotional resilience and pre-empt mental and emotional challenges
- (c)** establish a solid foundation for your new family and strengthen your marriage

# Get Ready, Get Set

The most commonly asked question among couples considering starting a family is, “Are we ready for this?” Parenthood brings with it considerable life change (and with it comes an immense amount of responsibility). For this reason, it’s not only important to plan ahead, but also to carefully consider (a) how healthy, unified and resilient is your marriage, and (b) are there residual concerns you may have that still need to be addressed?



How well do you feel you are aligned as a couple? ✓	NOT AT ALL	A LITTLE	A LOT
We’re in unity about when the best time might be for us to start our own family			
We may have our own ideas about how many children to have, but we’re also considerate of each other’s desires			
When things don’t go according to plan, we pull together (rather than pulling apart)			

## FOR HER

How do you relate to the following concerns ✓	NOT AT ALL	A LITTLE	A LOT
I’m concerned that I may be too young or too old to conceive and raise a child			
I’m concerned what pregnancy will do to my body and whether I will be able to ‘bounce back’ after birth			
I’m concerned about getting morning sickness, and whether I will be able to cope while still working			
I’m concerned about my mental health and well-being both during pregnancy and after birth			

## FOR HIM

How do you relate to the following concerns ✓	NOT AT ALL	A LITTLE	A LOT
I’m concerned about the stress of sleepless nights, limited intimacy and increased stress			
I’m concerned about whether we are financially ready (possibly going from two incomes to one)			
I am concerned having a baby will consume my wife’s attention and redirect her affections away from me			
I’m concerned about the state of our relationship and whether our marriage will survive having a baby			

# Even with preparation, no one feels 'completely ready' to start a family, and that's okay!

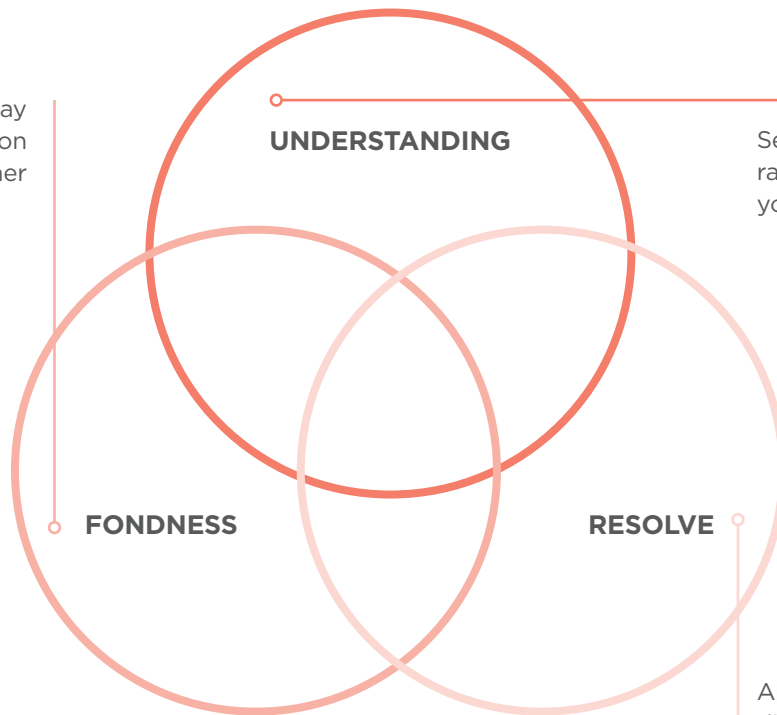
THE MOST IMPORTANT THING IS THAT YOU AND YOUR SPOUSE ARE ABLE TO WORK TOGETHER TO NAVIGATE WHATEVER CHALLENGES COME YOUR WAY.



# Communication Foundations

When planning to conceive or deliver, important questions are likely to arise. However, because husbands and wives may have different ideas, beliefs and core values, it is important to consider each other's expectations. It's normal to have different points of view. So rather than agreeing on every topic, agree instead to respect each other in your dialogue.

Intentionally display fondness and affection towards one another



Seek to understand, rather than react to things you may disagree with

Approach any disagreement as something which can be resolved together

**WHEN COUPLES LISTEN TO EACH OTHER WITH THE GOAL OF UNDERSTANDING, THEY'RE BETTER ABLE TO ENGAGE IN HEALTHY, CALM AND REWARDING DISCUSSIONS - RATHER THAN HEATED DEBATES.**



# Let's Talk Pregnancy

Although it can be tempting to focus all your energy on preparing for parenthood, it is vital to ensure you also prepare for the impact that pregnancy can have on your own personal wellbeing and marriage. Major life changes within a family context have the potential to either strengthen a relationship, or to widen cracks that may already exist. Therefore, it's wise to consider any expectations you may have of one another in advance.

**From the list of questions below, choose at least three that may be relevant for you. Take turns in asking your spouse for their thoughts and feelings:**

Do you feel emotionally or financially secure enough to support a baby?

If we have difficulty conceiving, what are your views on IVF?

How soon after falling pregnant do you think we should tell others?

What do you think about finding out the biological sex of our baby before birth?

If tests reveal indications of congenital abnormalities in our unborn baby, how committed are you to having, loving and raising this child for who they are?

How involved would you like (or like me) to be throughout pregnancy (i.e. attending doctor's appointments, birthing classes)?

Will you completely give up alcohol and/or smoking during pregnancy?

What are your expectations regarding sexual intimacy during pregnancy?



**NOTE: COMMUNICATION FOUNDATIONS**

Where disagreements arise, be sure to employ the three communication foundation strategies that facilitate understanding, fondness and resolution.



# Let's Talk Childbirth and Infancy

Welcoming a child into the world is such a joyous and rewarding experience, yet at the same time, it will likely turn your lives upside down. There will be a whole 'new normal' to adapt to. There will be many important decisions to make when it comes to giving birth and caring for your infant. Discussing these in advance helps prevent 'heat of the moment' decisions or disagreements that you may later regret.

**From the list of questions below, choose at least three that may be relevant for you. Take turns in asking your spouse for their thoughts and feelings:**

What do you think about private versus public health care?

Who would you like in the birthing suite during delivery?

What are your views on infant vaccinations?

Do you want our child to have godparents?  
If so, who do you think would be best?

What are your views on breastfeeding versus bottle-feeding?

What will household roles look like post-birth?  
What are your expectations of me?

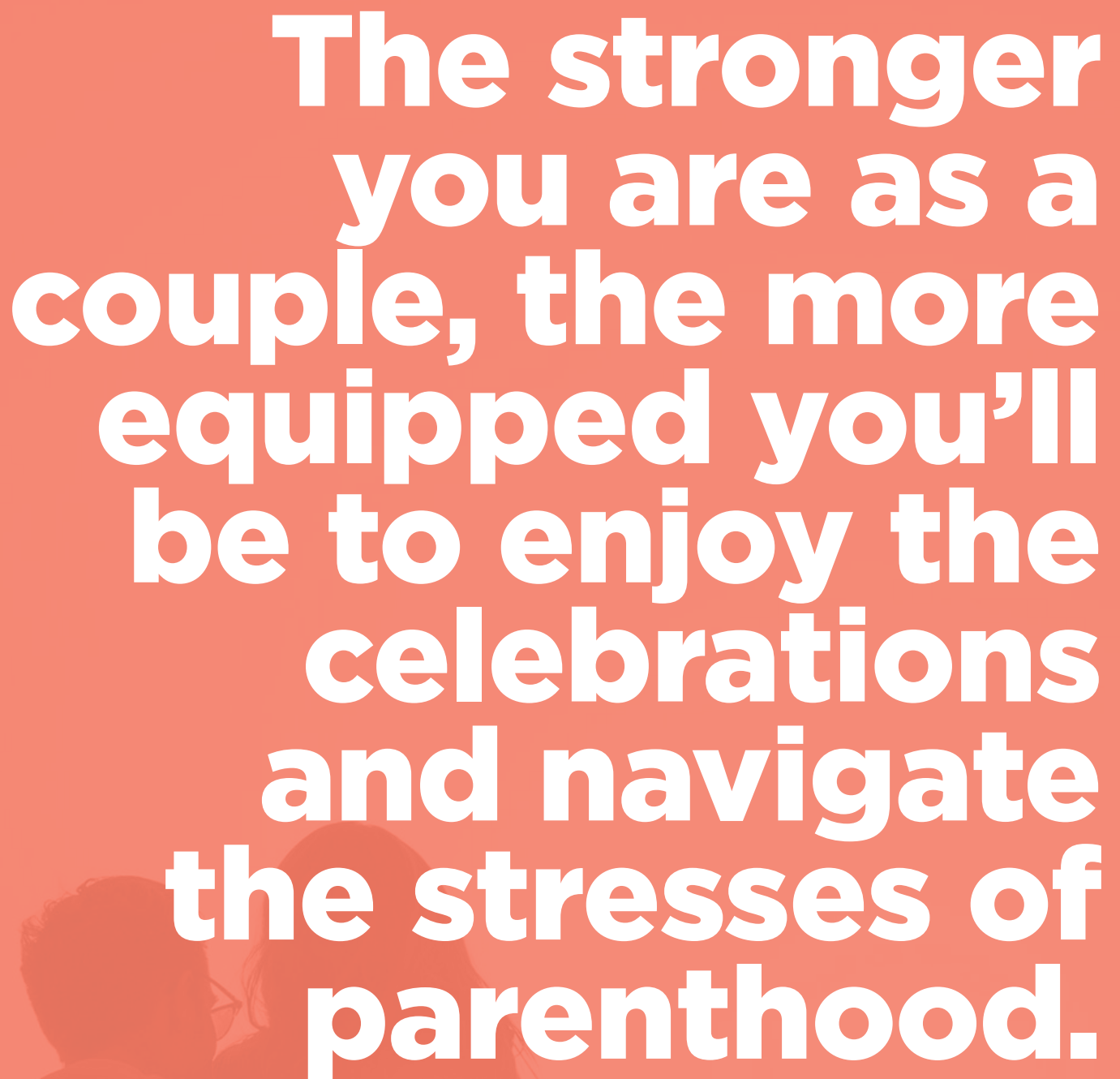
How soon after the baby is born do you think it's okay to return to work  
(if at all)?

Should we acquire essential baby items  
(e.g., cots, clothes) second hand or new??

**OH MY LORD... TEACH US WHAT WE SHALL  
DO FOR THE CHILD WHO WILL BE BORN.**

(Judges 13:8 NKJV)

**The stronger  
you are as a  
couple, the more  
equipped you'll  
be to enjoy the  
celebrations  
and navigate  
the stresses of  
parenthood.**

The background of the page features a soft, orange-toned photograph of a man and a woman sitting on a beach. They are seen from behind, looking out towards the ocean. The man is on the left, and the woman is on the right, with her hand resting on her chin. The overall mood is peaceful and intimate.

# Core Values

Your core values help define the kind of spouse and parent you are or will become. Core values are like a compass. When at times you may feel a little lost or unsure, aligning your decision-making with your values will lead you along the right path. As a spouse and parent, you won't always have all the answers, but if you have identified the values that are most important to you, you can't go too far wrong.



**From the list of common core values below, circle five (5) of the most important to you (especially as they relate to the kind of spouse and parent you'd like to be):**

Kindness	Love	Fun
Faithful	Authority	Autonomy
Beauty	Cooperation	Creativity
Dependability	Dutiful	Tolerance
Fitness	Friendship	Respect
Generosity	Genuineness	Honesty
Independence	Justice	Nurturing
Pleasure	Selflessness	Safety
Simplicity	Spirituality	Other...

**Q:** Why are these core values so important to you?

- 1.
- 2.
- 3.
- 4.
- 5.

**How closely do you think you're currently aligned with these core values?**

Not close all	Moderately close	Very close
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**Q:** What simple things can you do each day to help you move even closer to your values (or if already close, help reinforce your values)?