

Mutual support between parents

In parenting, support from the other parent is crucial. In these exercises, you will get to pay attention to each other, both in discussions and in concrete tasks.

Exercise

Togetherness and intimacy are good for a relationship. So today's mission: massage your partner's shoulders.



Discussion

What kind of support do you need from your partner or other people close to you at the moment? Tell that to him/her/them.



Exercise

Arrange for the parent who is currently caring for the baby the most to have the opportunity to sleep off their sleep debt.



Discussion

Over the next week, share more than usual with your partner or loved one the positive things and feelings that are on your mind. Observe how positivity and openness affect your communication.



Exercise

Surprise and delight your partner, or loved one who shares parenthood with you, in some small concrete way.



**Parenting is
a team effort**

Tips for team parenting