

Preparing for parenthood and being resilient

In these exercises and discussions, you will be able to reflect on your parenting and how to manage your own resilience.

Exercise

List the things that help you and your family relax in everyday life. Think about how you could make time for these things.



Discussion

Discuss the good tips your parents have given you for parenting?



Exercise

A child crying in a childcare situation often causes insecurity and anxiety in the parent. Observe other parents during the pregnancy and gather tips on how they calm their babies down.



Discussion

Tiredness is a common problem for new parents of baby families. Discuss what you can do to make everyday life easier and ensure that you can cope well through the baby years.



Exercise

Learning to parent is often a process of trial and error. Think about what you have already learned through trial and error and do it again next time in a different way.



Parenting is a team effort

Tips for team parenting