



## Parenting is a team effort

Tips for team parenting

### TIP 2:

## Steps to a well-functioning team

It's a good time to start thinking about and building your own teamwork when you're expecting a child and during your baby's infancy.

However, team effort often takes a bit of work.

It's a good idea to talk about your expectations and hopes for parenthood with people close to you who are involved in your child's upbringing and care, or who otherwise support your journey as a parent.

On the following page, we've put together 9 questions to get you off to a good start

You can think about the issues on your own, or talk about them with your partner/loved ones



**"Together we think about how to deal with children in different situations, it works well"**

**"I just remember that when I had a baby, I had to have a lot of conversations and learn how to parent."**

– parents of infant families



# 9 steps to a successful parenting team



Hello, you current or future parent! Now is a good time to stop to reflect and build your own parenting team. These questions are a good place to start.

Which other adults (relatives, friends, other parents) in your immediate circle can look after your baby and with whom can you talk about parenting issues?



What is your family like - with whom will you share the joys and responsibilities of parenthood? What are your strengths in co-parenting?

What kind of emotional and practical support do you wish to receive from each other and from other people close to you for parenting?

What plans do you have for using parental leave and reconciling work and family life?



Congratulations on the birth of your baby! Smooth team play takes practice. Pick up the following tips to support your conversation.

Effective co-parenting has four cornerstones:

- Flexible and fair division of labour
- Mutual support and respect
- Being on the same page
- Resolving disagreements constructively

Talk about which of these work well, and where do you think there is room for improvement?

How do you show each other respect and trust and give each other space to be your own kind of parent?

Parenting and caring for a baby can be exhausting - how you support each other and where can you get support especially when your batteries are low?

A good family spirit is everything. How do you maintain it?

Child-rearing and parenting sometimes cause disagreements. How do you resolve them without compromising your baby's sense of security?



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Good luck on your parenting journey!

