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CONVERSATIONS
TO HAVE WITH
YOUR PARTNER
BEFORE YOUR
BABY ARRIVES.

HANNAH TAPPENDEN

How will we find little moments of connection as new parents?

Change is coming. 67% per cent of couples struggle in the first year as parents. It's hard.

I really recommend talking about how you will make time for each other and have some space to connect as a partnership.

- ~ Sharing a tub of ice cream at the end of a long day.
- ~ Planning a very easy and short walk together.
- ~ Sitting together for tea and toast in the mornings.

What makes you feel really loved and noticed? It will be different for everyone.

For our second child (after struggling a lot after our first) one of the things my partner had planned was that he would bring up some tea and toast when he heard the baby wake in the morning. It was a small gesture but it meant the world to me. Knowing that my day would start with a chat and some nourishment while doing the first feed of the day made me feel really appreciated and cared for.

It might be worth reflecting on the things you do for each other already that make you feel noticed, loved and appreciated. A nice way to share some of the things that make your relationship feel so special.

Notes

What are your non-negotiables?

Giving birth, healing after birth and establishing feeding (however you choose to feed your baby) are very vulnerable and sacred moments.

It is so important that you feel safe and nurtured.

Are there some boundaries or non negotiables that would help you to feel comfortable and cared for? That will give you the space to figure out how you want to parent, together.

This might include who is welcome in your space while you are recovering. Maybe warm and supportive people have a pass but the more judgmental, opinionated, visitors can wait a while.

Will you have a way of (discretely) communicating that you need more space and you would like guests to leave?

Are you happy for other people to hold the baby in the first few weeks, if so who and how will you communicate this?

Notes

How will you share when it is feeling too much?

Brene Brown is a wonderful researcher, who speaks beautifully about feeling stressed and needing some support vs feeling totally overwhelmed.

She speaks of her time working waiting tables. While there, in the team you could use the phrase "I'm in the weeds". Whenever you said this, the team would support you, you would hand over some of your tables and get some additional support in.

However they also had a phrase "I'm blown". Brene shares that she probably only used this phrase once or twice in the years she worked as a waitress. In this instance it wouldn't mean delegating the tasks that were too much. You were at your very limit and you would step outside for at least ten minutes and other people would figure out how to pick up your work, put the plans in place and keep everything ticking over for a while.

Every parent I have ever met has spoken about needing the "I'm blown" type of support but hasn't felt they had the words to ask.

So I really recommend that as a couple, figure out together how you want to communicate this to each other and how you will support each other when it happens.

Have some ideas in place before you need the help. This will make it easy to access the support you need and be able to communicate a difficult situation with ease.

Notes

ABOUT HANNAH



Hannah is a holistic therapist & coach, supporting women to make powerful and lasting change to their health, mindset and wellbeing.

Her work is mainly focused around mothers, ensuring they have a wonderful birth, a calm and cosy recovery and a wonderful transition to motherhood.

New mothers deserve the very best start in their new role. There are lots of simple and accessible things you can do to make your postpartum experience better and have a fourth trimester filled with more joy and more ease.

Hannah has years of experience, working in practice with hundreds of women, extensive training in lots of different healing modalities, reflexology, acupressure, Traditional Chinese Medicine, energy work, and powerful mindset coaching.

Offering the best of both worlds: the rituals, experience and nourishment from holistic healing, delivered in a down to earth and practical manner.

To find out the ways in which you can work with Hannah please visit www.hannahtappenden.com.

“After a difficult first labour, I was nervous about what the second time around would bring. Hannah helped me to get into a very positive headspace around the upcoming birth, as well as providing practical tips and techniques to support me both physically and mentally.

Hannah is really down to earth, nurturing and just lovely to chat with, so I really looked forward to our sessions”

- Andrea