

Parenting together



Wirral Community
Health and Care
NHS Foundation Trust


**What type of parent do I
want to be?**

TIP: Maybe consider how you were parented. What approaches did your parent or carer take with you? Did you find this helpful? Or perhaps you would like to take a different approach?

**What type of parent does
my partner want to be?**

**What challenges may we
face in our relationship
when our baby arrives?**

TIP: Are there differences in how you and your partner see yourselves as parents? Do you see this as a difficulty or perhaps a strength? Think about times when you may be sleep deprived or anxious. How will you respond to one another?



How can we work together to overcome these challenges?

TIP: What are your individual strengths and how can you support one another when things feel more difficult? Can you think of a plan? Maybe write it down so you can both refer to it when you need it most.