



Transitioning from a “couple” to “parents”

Each partner should select their top 3 from the list below. Compare and discuss your feelings related to each of them.

Top 3 transition concerns for mom	Top three transition concerns for dad

Select from the following list	
<ol style="list-style-type: none"> 1. Lack of sleep and tiredness 2. Changing diapers 3. Expensive baby clothes 4. Financially providing for the family 5. Lack of time for watching television 6. Dissatisfaction with personal appearance 7. Concern about spouse's needs 8. Unpredictable shifts in mood and anxiety 9. Cost of child care 10. Time together as a couple 11. Loss of free time for self and social activities 12. Change in work situation 13. Overstimulation of the child 	<ol style="list-style-type: none"> 14. Anxiety about child illnesses 15. Increased chores and housework 16. Decline in sexual interest 17. Nutritional needs of the child 18. Personal doubts about parental competence or skills 19. Recovery from labor and delivery 20. Intrusive in-laws 21. Marital communication 22. Changes in body figure 23. Financial preparation for child's schooling 24. Individual stress about roles and responsibilities 25. Couple disagreements about roles 26. Decisions about child care

Adapted from Sean Botherson, “From Partners to Parents” (2007) International Journal of Childbirth Education.