

# CAN WE DO THIS BABY THING?



*Vital things to discuss before you have a baby with  
your partner*

**THE WORKBOOK**



# CAN WE DO THIS BABY THING?

If you've got this, then you need it! You intend to use it to truly figure out if you're in the right place in time to have a baby with your partner. You may also already be pregnant and hoping that this will bring up some important considerations that you think you may have missed out on pre-conception.

Either way, you've taken the right step! It's never too early or too late in your baby-making journey to cover as many bases as possible.

One might wonder what the point is of discussing baby in too much depth if you've decided to do it no matter what.

The point is that an in-depth discussion using this workbook could be the difference between a first year with a new baby littered with arguments between yourself and your partner and a first year of being able to enjoy all the bliss (and sweet exhaustion!) that comes with being mommy to a newborn.

# CAN WE DO THIS BABY THING?

My articles on 11 Vital Topics of Discussion before you have a baby with your partner - both Parts One and Two - were very well received indeed. They showed me that women really do have some level of anxiety about whether they're ready to have and raise a child with their partners or not. I could go on to write Parts Three through to Five but, in my view, it all comes down to a few basic topics. The important thing is to go through this workbook not expecting it to tell you what your conclusion should be but instead knowing that it may raise some unexpected issues between yourself and your partner that need to be dealt with before your baby is either conceived or arrives in this world.

# CAN WE DO THIS BABY THING?

Get your partner to sit with you. Go through the questions individually at first, rather than together. Just quickly skim over them.

Then come together and being as OPEN and HONEST as possible, answer each question putting all judgement of each other aside. This won't work unless you do.

You might need large cups of tea for this and for some you, it will not be completed for another week or so.

Let's dive in.

# CAN WE DO THIS BABY THING?

What are our childcare plans if we'll both be working within the first two years of baby's birth?



Can we afford to hire childcare?

Do we have a good support system in place?

# EDUCATION

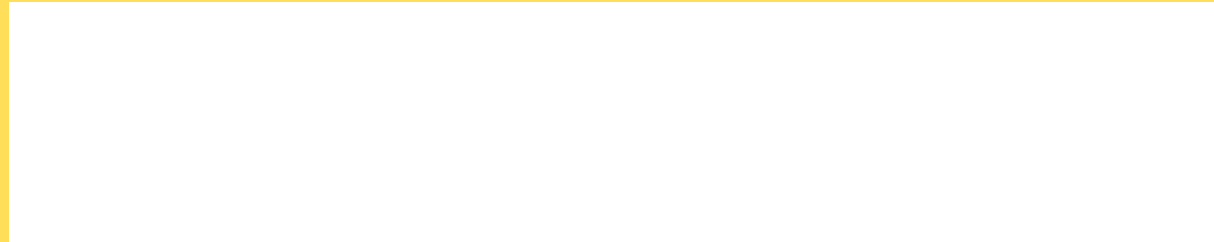
## CAN WE DO THIS BABY THING?

Do we have a preference for the type of school(s) our child goes to? (e.g. private or public)

Are we living in a good area for schools or will we have to move at some point in the future?

# CAN WE DO THIS BABY THING?

How involved do we each want our  
extended families to be in our lives once  
the child arrives?



EXTENDED  
FAMILY

# CAN WE DO THIS BABY THING?

What family traditions do we each hope  
to establish?



FAMILY  
TRADITIONS



# CAN WE DO THIS BABY THING?

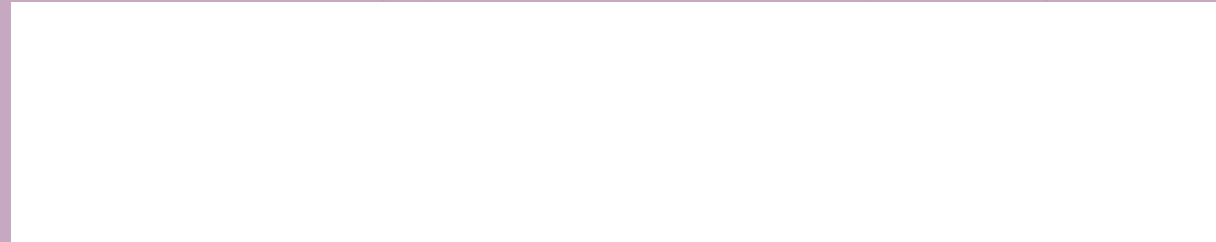
What are each of our fears?



HOPES  
& FEARS

# CAN WE DO THIS BABY THING?

Let's each name one dream that we have  
for our child (specific or non-specific)



HOPES  
& FEARS

# CAN WE DO THIS BABY THING?

Which aspect of having a baby are we  
most excited about?

HOPES  
& FEARS

# CAN WE DO THIS BABY THING?

Will we be splitting baby and household tasks equally between each other?

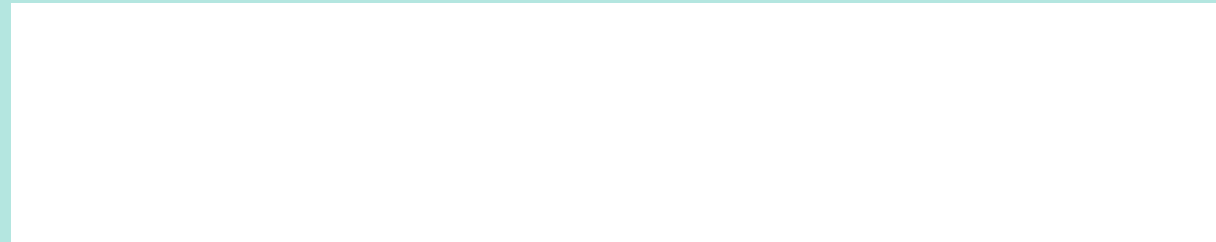


How well do we work together? - Do we make a good team?

HOUSEHOLD

# CAN WE DO THIS BABY THING?

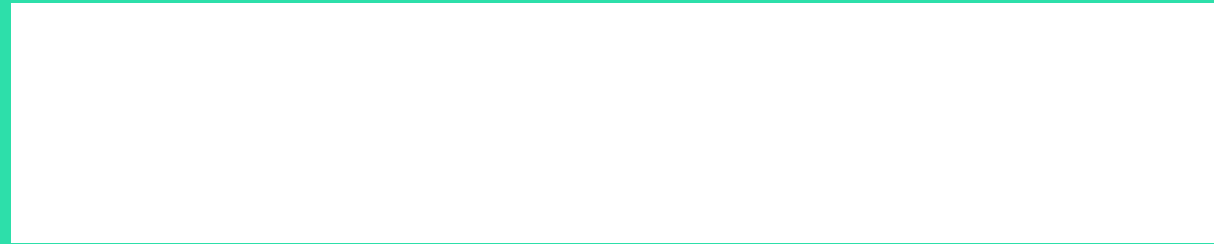
Are there any genetic medical conditions in either of our families that our child could end up with?



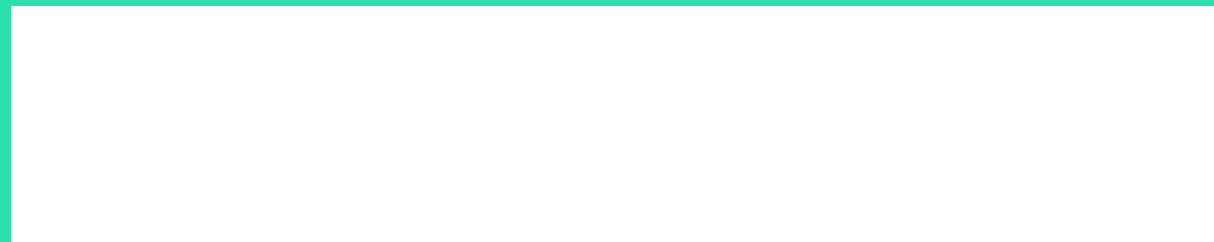
HEALTHCARE

# CAN WE DO THIS BABY THING?

Can we physically afford to wait longer for another child? Let's consider our ages and any pre-existing medical conditions.

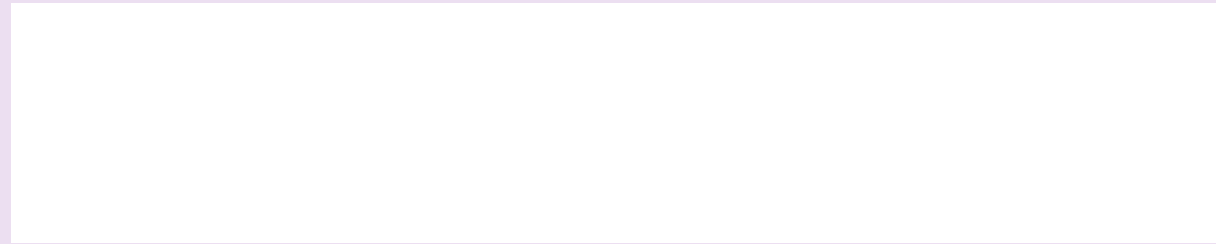


Even if we can physically afford to wait, do we want to be parents to a little child at ages much older than we are at now?



# CAN WE DO THIS BABY THING?

What do we do if we're not immediately able to conceive? What will our response be?



At which point would we seek medical intervention?



HEALTHCARE

# CAN WE DO THIS BABY THING?

What are each of our love languages?



How will we show each other appreciation for the roles that we each will play in our child's life?



How do we each want to feel supported?

LOVE  
LANGUAGES



# CAN WE DO THIS BABY THING?

How much do we each have saved between us?

MONEY  
MATTERS

# CAN WE DO THIS BABY THING?

Is our neighbourhood safe?



If not, can we afford to move to a safe neighbourhood before we have a baby?

MONEY  
MATTERS

# CAN WE DO THIS BABY THING?

How were we each parented? (What were each of our parents' parenting style?)



What would you like your parenting style to be?

PARENTING  
STYLE

# CAN WE DO THIS BABY THING?

How did our parents handle stress?



How do we each handle stress?

PARENTING  
STYLE

# CAN WE DO THIS BABY THING?

Do we both have strong but opposing political views?



If so, have our clashing views led to tension between us during our relationship?



Do these opposing views come up frequently in regular conversation between us and among friends?

# CAN WE DO THIS BABY THING?

Are we on the same page when it comes to religious beliefs/spirituality?



If not, how could the differences in our beliefs affect our child in any way?



RELIGION

# CAN WE DO THIS BABY THING?

Where will our baby be sleeping from 0-5 years old?



Do we have enough space in our home for a baby?

SLEEP

# CAN WE DO THIS BABY THING?

Are we ready for possible sleepless nights for the next few years? Can we deal with that mentally and physically if that is the case?



Are we each ready to give up sleeping in on weekends if need be?

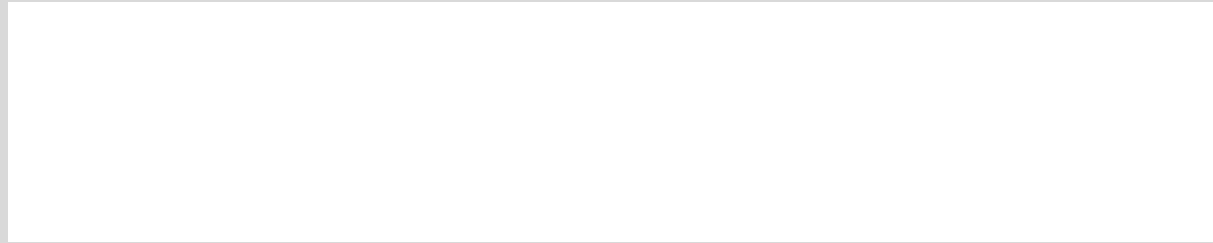


SLEEP



# CAN WE DO THIS BABY THING?

Let's each name **one thing** we absolutely cannot imagine compromising on once we have a child. **Feel free to repeat things that have come up in previous questions.**



One last thing

# CAN WE DO THIS BABY THING?

Consider your answers throughout this exercise. Go over each point of disagreement.

**Is there any compromise possible?**

Yes



No



Is this non-negotiable?



No

Yes



Points of  
disagreement

# CAN WE DO THIS BABY THING?

Is one of you willing to give in completely on this point and not attempt to change the other's mind about it in the future?

Yes



No



Give it another week and re-visit the topic...Is it still non-negotiable for BOTH of you?



No, we've come to a compromise



Yes



Points of disagreement

# CAN WE DO THIS BABY THING?

Are you married?

Yes



Well, then this is the sort of thing that you promised each other you'd work hard at. Coming to compromises is the mainstay of marriage! Don't let anyone tell you differently! Two people can't co-exist and be in total agreement on everything 100% of the time. However, there must have been a reason why you ever thought having a baby together might be a wonderful idea. What was the reason?

No



Of course, this technically means that it's easier for you to part ways. Do you really want to do that though?

Points of disagreement

# CAN WE DO THIS BABY THING?

Finally, you've reached the end of this exercise.

It's possible that at this stage, you have more questions than answers. Don't be discouraged if you do. It just means that if you both want this strongly enough, there are more arrangements to be made than you might have thought.

If this workbook has shown you that yourself & your partner are completely on the same page, then wonderful! I'm so pleased for you.

Based on my own experiences pre and post-baby, I'd like to leave you with this: TRY TO FOCUS ON & BE GRATEFUL FOR EACH OTHER AND WHAT YOU DO HAVE NOW.

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**If you've felt at any point during the course of this exercise or after completing it, that yourself and/or your partner may benefit from professional counselling, you may [CLICK HERE](#) to find an online therapist.**