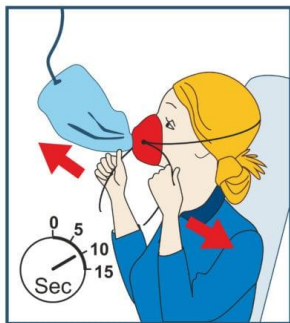
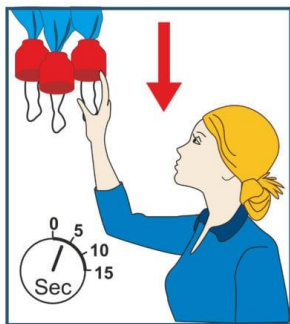


# Put your own mask first



Life is about to change

Make sure you're well prepared to take care of yourself to be able to take care of others

The following pages have no pretense of being a comprehensive guide on parenting

It's just a few things we learned, some from others, some from life

# Parenting changes life, but doesn't define you



Parenting is a beautiful part of life. It can be extremely fulfilling if you have the energy and drive.

Maintaining energy and drive requires making room for other parts of life too! You're not a bad parent for wanting to meet friends, maintaining hobbies, spending time just the two of you or alone.

Make sure you make space for everything you need to maintain energy

# Start with life priorities; then remove clutter; then build rhythm

## Category

## What it means

### 1. Prioritize

- Life will change. There will be both **amazing** things and things you will hate. There will be less time. It's normal to get frustrated. It doesn't mean you're a bad parent. Cut yourself some slack
- Think about your life priorities. What makes you happy/gives you energy? Find some time for it
- Look at it from a „we're in this together” lens. Invest in each other's happiness and needs
- Communicate. Make room for constructive problem-solving and regular, human-being venting
- You will make mistakes. That's fine. Just be agile about it. Plan, but don't be a slave of the plan.
- You don't know yet what kid you will “get”. And once you learn what you “got”, plans will change

### 2. How much stuff do you really need to do?

- Think of things you **really** need to do. Is all the cleaning, cooking necessary? All family meetings? How much shopping? How much work?
- Eliminate stuff that's just not worth it.
- Some activities can survive with worse quality. “Good enough” is better than perfect
- Prioritize resources – be it time or money – based on true value against your priorities. Don't be a slave to what you are used to. Challenge habits
- Use the saved resources for: 1. Getting rest/getting energy/enjoying life. 2. Quality time with your family and friends (not only your child!)

### 3. Make what is left - easier

- Think how to optimize daily processes. Review all the things you do with a rhythm: putting to sleep, feeding, bathing, putting clothes on. Ideally they are standardized and stuff is easy to access. You need to be able to execute even when deprived of sleep – to be able to focus on child safety and comfort, instead of finding the diapers
- Ergonomics is king. E.g. if you're tall, you should have high furniture. Will save your back

# Split what is left among yourselves, vendors and technology. Be open to new ways of doing things and celebrate

## Category

## What it means

### 4. Who does what?

- Split responsibilities based on skill/will
- Making sure responsibilities are balanced will be an ongoing process. Don't let resentment creep up on you – communicate and change stuff when you feel uncomfortable
- Outsource. If it doesn't bring you joy and someone can do it for you – it's better that way (Food? Cleaning? A nanny? Work around the house? Shopping?)
- **Learn to let go.** There is a hygiene you should agree on, but details of how you do things will differ. It's fine.

### 5. Let technology help

- Stuff can help. A washer-dryer, a baby cam, an old phone with white noise, a **BabyBjorn bouncer**, a breast pump. All things, that can dramatically increase life quality
- Ask yourself “is there an app for that?” Use parenting apps, shared shopping lists etc. Technology can help remembering/structuring and free up your mind for decision making

### 6. What do we need to get there?

- Learn from good sources. Avoid internet forums – unless it's really about people opinions on a nice playground. Ignore pop-culture. A lot of it is overtly romantic nonsense, that will just make you feel bad. Some people really feel the “glow” of parenting. Some don't. All good.
- Consult professionals – doctors, sleep, diet, lactation consultants. Be fact and science based whenever possible. When consulting other parents, be agile in implementing– test and pivot
- Learn the basics of baby/parent biology. Baby blues is a thing – **its normal. It passes.** Lactations isn't as easy and natural as you might think. If it won't work out, **it's fine**
- Challenge yourself on what you know from home – parenting styles get outdated with knowledge advancement too
- Learn by doing, so you're independent. If you split routines, rotate sometimes. There will be days when you will be alone. It's important to be self-sufficient for all parties sake
- **Thank a lot.** Even for daily, simple stuff. Communicate where you need more appreciation