



BeforeBaby

PREPARING YOUR RELATONSHIP FOR PARENTHOOD

Program Overview

The transition into parenthood is one of the most significant relational changes a couple will ever experience. Alongside joy and excitement, this season often brings exhaustion, emotional vulnerability, identity shifts, and changes in communication and intimacy.

Before Baby is a structured relationship preparation program designed to strengthen your partnership before these changes occur.

Rather than focusing on parenting techniques, this program focuses on protecting your relationship, strengthening emotional safety, clarifying roles and expectations, and preparing your nervous systems for the demands of early parenthood.

This program equips couples with the emotional, relational, and practical foundations needed to enter parenthood with connection, clarity, and resilience.

aligned, and emotionally prepared for the changes ahead.

ProgramFormat

6 structured joint sessions

- 90 minutes per session
- Two facilitators present
- Relationship focused, not parenting focused
- Trauma informed and nervous system aware
- Delivered in person at our Melbourne CBD office

Session 1

VALUES & IDENTITY & TRANSITION INTO PARENTHOOD

Focus

Who you are now.

Who you are becoming.

How parenthood reshapes identity and partnership.

Key Areas

- Clarifying personal and shared values
- Exploring identity shifts into mother and father
- Understanding how priorities change after birth
- Identifying fears, hopes, and expectations
- Strengthening awareness of who you are becoming together

Outcome

Couples enter parenthood conscious, aligned, and emotionally prepared for the changes ahead.

Session 2

ROLES, RESPONSIBILITIES & EXPECTATIONS

Focus

Leadership, teamwork, mental load, and partnership structure.

Key Areas

- Clarifying practical and emotional roles in the new season
- Division of responsibilities around care, sleep, work, and home
- Identifying unspoken expectations that commonly create resentment
- Establishing leadership and support dynamics
- Preventing role confusion and emotional withdrawal

Outcome

Couples leave with clear roles, realistic expectations, and a strong partnership framework before pressure begins.

Session 3

FAMILY OF ORIGIN & PARENTING PATTERNS

Focus

How you were parented and how you will parent.

Key Areas

- Exploring family of origin experiences and attachment patterns
- Understanding how love, discipline, conflict, and emotion were handled
- Identifying unconscious reactions likely to emerge under stress
- Clarifying parenting values and philosophies
- Aligning on discipline, structure, boundaries, and emotional attunement
- Preventing intergenerational repetition of harmful patterns

Outcome

Couples gain deep understanding of each other's upbringing, align on parenting values, and protect their relationship from future power struggles and judgement.

Session 4

LOVE & RESPECT + FIGHT CLEAN IN PARENTHOOD

Focus

Communication, conflict, and repair under exhaustion and pressure.

Key Areas

- Understanding how stress impacts attachment and communication
- Applying the Love & Respect framework in parenting seasons
- Learning the Fight Clean model for tired and emotional moments
- Building safe conflict and repair rituals
- Protecting emotional safety and intimacy under pressure

Outcome

Couples learn to communicate effectively, repair quickly, and protect emotional connection during the most demanding season of marriage.

Session 5

NSR CLEAN SLATE – EMOTIONAL & NERVOUS SYSTEM PREPARATION

Focus

Releasing emotional baggage and regulating the nervous system before birth.

Key Areas

- Identifying unresolved emotional stress entering parenthood
- Exploring attachment wounds and relational triggers
- Understanding nervous system responses in stress and intimacy
- Participating in the NSR Clean Slate process
- Releasing stored emotional charge carried into parenting
- Strengthening emotional regulation before sleep deprivation begins

Outcome

Couples enter parenthood emotionally lighter, calmer, more regulated, and better equipped to co regulate and bond with their child.

Session 6

VAK GOALS – FAMILY VISION & PARTNERSHIP DIRECTION

Focus

Shared vision, family culture, rhythms, and long term relationship protection.

Key Areas

- Establishing shared vision for family life and parenting values
- Aligning lifestyle, work, and family rhythms
- Strengthening partnership identity beyond parenting roles
- Creating intentional practices to protect the relationship after birth
- Preventing relational drift and emotional distance
- Building a long term partnership roadmap

Outcome

Couples leave with a shared family vision, intentional rhythms, and a clear relationship protection plan for the years ahead.

Program Outcome

By completing the Before Baby program, couples will:

- Enter parenthood emotionally aligned and prepared
- Clarify roles and expectations before resentment forms
- Understand each other's upbringing and parenting patterns
- Communicate effectively under exhaustion and stress
- Protect intimacy and emotional connection
- Regulate nervous system responses during high pressure seasons
- Build a strong partnership foundation for their growing family

This program prepares couples not just for having a baby – but for protecting their relationship through the most transformative season.

Investment

What you receive

- 6 x 90 minute joint sessions
- Two facilitators present
- Structured frameworks
- Pre marriage prevention positioning
- Practical tools they keep for life

BeforeBaby Program
Investment Price: \$2,200

Option 1

Pay in full: \$2,200

Afterpay Available As Option

Option 2

2 payments of \$1,150

Afterpay Available As Option

Option 3

6 payments of \$370

Afterpay Available As Option