

# Reducing Parental Conflict

## Toolkit Resource: Hopes And Dreams For Our New Baby

---

An activity which practitioners can print out and use with parents.

### A new baby is exciting.

You may have been thinking about becoming a parent for years and you will have some very clear ideas about what you expect your child's life to be like now and in the future. This questionnaire will help you and your co-parent think about what each of you dream of for your child now and as they grow. It will help you to identify your strengths in achieving your dream, any difficulties you might encounter and the support you can call on to help. An example of each is given in italics to illustrate how the questionnaire might be completed and used for further discussion:

---

**When my baby is born I hope that they will be**

*healthy and contented and sleep well*

---

**As my child grows, I dream that they will be**

*hardworking, good at football and artistic*

---

**When my child is older, I hope their memories of their childhood are**

*of a happy childhood full of love*

---

**When my child is older, I hope their memories of their childhood are not**

*bad, unhappy, their parents arguing*

---

**The things I can do to help my child achieve these hopes are**

*I can look after myself, so my baby is healthy. I will love my baby so they will feel loved. I am good at football, so we can play together a lot*

---

**The things that might make this difficult are**

*I get tired, I feel low and I argue with my partner about what's best for this baby*

---

**The kind of support I will need is**

*I need to slow down at work and do more stuff that helps lift my mood like listening to music and playing more football. I need to work things out with my partner by listening to what she wants, explaining what I want and then try to work it out if we can or agreeing to disagree if we can't. I also need to talk to my brother as he has offered to help with babysitting.*

---

---