



What sort of parent do I want to be?

In the beginning it is hard to know what sort of parent you would like to be. Many of us look at how we were parented and try and work it out from there as that is our only experience of parenting. Many of us will also lean to our parent's style of child-rearing especially when we feel stressed and things are out of our control. It may take a considerable effort to break away from this style of parenting. Of course there are some things that we might want to replicate and others which we definitely do not. We might have thought about this a lot before the baby was born and then be disappointed when things don't turn out the way we would like once the baby arrives.

"I always said I was never going to feed my baby to sleep as I know they are more likely to wake up and scream later – but it was so hard! Sometimes we have to relax the rules for a week or so then get back on track. I realised it's not an exact science and we have to be flexible about the rules we set ourselves."

– Marie 29

It is a great idea to keep talking about the parent you would like to be with your partner. Parenting is ongoing and no 2 days are the same, continually taking the time out on a weekly basis to check in with each other about how each other is finding their parenting is a really great thing to do. Sometimes having a set time, like over Sunday morning coffee, helps to achieve this – especially during the early days when nights and days blend together and it's difficult to keep track of the day, let alone the month!

Try to steer away from labelling your parenting style. We live in a world where there is a name for everything, when it comes to parenting there's; Helicopter, Attachment, Free range just to name a few. However you parent, just ensure it involves love, consistency and predictability and stay on the same page with your partner in how you parent together.