

# Contents

---

<i>Preface</i>	<i>vii</i>
<i>Acknowledgements</i>	<i>xi</i>
<i>About the authors</i>	<i>xii</i>
<b>Chapter 1 Towards motherhood</b>	<b>1</b>
Getting to know your baby—a growing experience	1
<i>Tuning in to your baby</i>	2
Common feelings for the ‘mother-to-be’	3
The ‘inside story’—feelings after birth	4
Who nurtures you?	5
What do babies need?	6
Where did you learn to be a mother?	7
<i>My family, myself</i>	8
Identifying ‘what belongs where’	10
Looking forward ... learning and loving through play	11
Some things to think about in the last months of pregnancy	12
<b>Chapter 2 Towards fatherhood</b>	<b>15</b>
Beginnings and changes on the road towards fatherhood	15
The birth experience	16
<i>Connecting with your baby</i>	17
Where did you learn to be a father?	18
<i>Your strengths</i>	20
Looking forward ... learning and loving through play	21
The stress of fatherhood!	22
Do ‘real men’ ask for help? Who nurtures dad?	23
Breastfeeding: not your problem! Or is it?	24
What have other new mums told us they want from their partners?	26

What men say about moving towards fatherhood ...	26
Focus on mental health	27
<b>Chapter 3 We're expecting! Preparing for parenthood</b>	<b>31</b>
Changing body, changing lives	31
<i>Let's take a closer look ...</i>	31
Parents' expectations	34
<i>Quiz—Get real!</i>	36
Plan ahead to make life easier	37
Problem solving—what will you do when things get tough?	38
Every problem has a solution!	38
Being realistic	41
<b>Chapter 4 Caring for yourself is caring for your baby</b>	<b>43</b>
Self-care and stress	43
<i>How do you cope?</i>	44
Inherited coping strategies	44
<i>My coping models</i>	44
Self-care and stress busters	45
<i>Life stress—how do you rate?</i>	45
<i>Life events</i>	46
Common problems for new parents	50
Self-esteem	53
What are the advantages of high self-esteem?	54
How do you build your self-esteem?	54
<b>Chapter 5 From lovers to parents: managing relationship changes</b>	<b>57</b>
A closer look at how relationships work	58
Communication	58
<i>What kind of parenting partnership do you want?</i>	59
How you grew up!	61
<i>Your parents' relationship</i>	62
<i>Other influences</i>	63
Assertiveness skills for new parents!	65
<i>How assertive do you like to be?</i>	65
How do you recognise assertiveness?	66
<i>What's your style?</i>	67
<i>Let's practise!</i>	69

	Intimacy	70
	Little acts of kindness	72
	Let's be practical—who will do what?	73
	Let's swap jobs for a day!	76
<b>Chapter 6</b>	<b>Keeping some balance in your life</b>	<b>79</b>
	The importance of balance	80
	<i>Identify your rewards! What makes you happy as a person?</i>	80
	<i>Noticing how your activities can influence your mood</i>	81
	Beware the downward spiral	82
	Addressing the balance: making order out of chaos	83
	Coping with anxiety	85
	<i>Identifying your coping style</i>	86
	Are you a constructive copier?	87
	Focus on mental health	88
<b>Chapter 7</b>	<b>Healthy thinking, healthy self</b>	<b>91</b>
	How do you think?	91
	The interaction between thoughts, feelings and behaviour	93
	<i>Sampling your thoughts</i>	94
	<i>Other examples of thoughts</i>	95
	Changing negative thinking: avoid thinking traps!	95
	<i>Breaking free of your thinking traps</i>	97
	<i>Let's rehearse! Practising cognitive strategies</i>	98
	Using a thought diary	101
<b>Chapter 8</b>	<b>Caring for your newborn baby</b>	<b>105</b>
	Understanding newborn babies	105
	Sleeping like a baby	106
	Sleeping tips for your newborn	107
	<i>Settling quiz</i>	110
	Cry, baby, cry ...	111
	<i>Activity ...</i>	111
	Why does my baby cry?	111
	Tips to understand crying	112
	Learning to listen to your baby	112
	Play suggestions for young babies	113
	Feeding your baby	114

Common breastfeeding problems	116
Bottle-feeding	119
<i>What are your preferences?</i>	120
<i>Let's have a 'dress rehearsal'!</i>	121
<b>Chapter 9 Welcome to 'The Club'!</b>	<b>125</b>
<i>For mum—accepting the birth</i>	125
<i>Nobody told me! Reality meets expectations ...</i>	127
<i>Back to basics! Brainstorming problems</i>	128
The six steps to problem solving	128
Who is this little stranger? Getting to know your baby	129
Growing together through play	130
What babies need	130
Coping with negative feelings	131
<i>Check your 'self-talk'</i>	132
A balancing act: your relationship and parenting partnership	133
<i>What have you noticed in your relationship?</i>	134
<i>Taking action: what do you need to do to communicate?</i>	135
<i>Appendices</i>	137
<i>References</i>	141
<i>Further reading</i>	143