

Ease through Expectations

Pre-Baby Exercise for Expecting Parents & their Support Village

For the Helper

What are you most excited about related to the upcoming baby?

What worries or concerns you?

What kind of time are you wanting or willing to offer? A couple hours, days, regular time per week, etc



What types of activities appeal to you/are you comfortable with or willing to do? Be company, watch/play with other kids, take care of a pet, hold the baby, housework (laundry/dishes/cleaning), meal prep, etc



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For the Parent:

What are you most excited about related to your upcoming baby?

What worries or concerns you?

What kind of time are you wanting from support outside you/your partner? A couple hours, days, regular time per week, etc



What types of activities are you hoping to have help with? Company/baby help, help taking care of other kids/pets, housework (laundry/dishes/cleaning), meal prep, etc

How important to you is it that the activities above are done a certain way? What types of things “bug you” if not done the way you do them?

