

ALIGNED
PARENTING

10 VALUABLE QUESTIONS

These conversation prompts can help you and your partner navigate important topics and build a solid foundation for your parenting journey.

STRENGTHENING YOUR RELATIONSHIP

1. How can we best support each other during the early weeks?
2. How will we share household responsibilities and childcare?
3. What are your biggest worries about becoming parents?
4. How can we prioritise our connection as a couple?
5. How should we handle visits from family and friends?
6. What are your hopes and expectations for the birth experience?
7. How should we make important decisions as parents?
8. How do you envision balancing work and family life?
9. What are our plans for managing sleep deprivation and fatigue?
10. How can we communicate effectively, even when we're stressed?