

How to prepare your relationship for BABY



Bringing a baby home is a life changing event

Bringing a baby home is a life changing event, even for the strongest relationships. Life will change forever. And it's going to be absolutely wonderful. But with the wonder will come a lot of challenges and obstacles. All relationships have tricky moments - it's how they are experienced and resolved that matters. The Bromley Parenting Hub www.bromleyparentinghub.info pulls together information for all parents who want to find ways to improve their relationship and get along better. To access the website please scan the QR code.



Disagreements are normal, but if they are getting in the way of family life support is at hand

67% of new parents report a drop in relationship satisfaction in the first 3 years of a child's life.

Some couples may argue more frequently and intensely. If these arguments and struggles are left unresolved, they can develop and grow which can change your relationships from healthy to unhealthy and even to abusive. Long-term parental conflict isn't just unpleasant and stressful for the adults involved - it can also negatively impact children in a variety of ways.

Reducing Parental Conflict Toolkit guide



The toolkit guide has the all information you need to follow the three-step healthy relationship model. Starting with a quiz that fits your situation, there are different activities to help you think through any issues that you have identified, and then identify the solution. You can download the full toolkit guide with quizzes, information and activities from www.bromleyparentinghub.info or scan the QR code above.



Relationship Thought Prompt cards

Our Relationship Thought Prompt cards are designed to be used as a set or individually. The cards focus on communication and tips for families to help them deal with conflict. Access the set of Relationship Thought Prompt cards by scanning the QR code.



Bromley Parenting Hub.
Building stronger parental relationships



THE LONDON BOROUGH
www.bromley.gov.uk

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Feedback from our families

There is no change quite like going from a couple, to a couple with a newborn baby. The Relationship Thought Prompt cards helped me reflect on my communication.
Elizabeth, Joy's mum

During a tense moment or conflict, a small criticism can escalate. We used positive and negative acts activity to help us focus on strengths and positives in our relationship.
Lima, Bruno's mum

I was surprised to learn that children's wellbeing and life outcomes are affected by conflict between their parents from the womb. Kay, Harry's mum



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You and your baby support and advice

Looking after your newborn can be both challenging and rewarding. Always talk to your health visitor or GP if you have any concerns. The Bromley 0 to 19 Children's Public Health Service has a dedicated website full of useful information as well as clinic details and an online chat function, visit www.bromley0to19.co.uk/0-4-years

Children and Families Centres

Children and Family Centres offer a range of services to meet the needs of children under five and support their families. The types of services and support: baby clinics, developmental health checks, infant feeding support, support from Health Visitors, Midwives and young mum groups. Please contact Bromley Children Project on 020 8461 7259



Mindful Mums Mindful Dads

Mindful Mums or Mindful Dads groups will help you navigate the path of new parenthood. The groups offer emotional and wellbeing support, as well as the opportunity to connect with other new parents in your area. Please call Bromley Mind on 020 3328 0365.

New at Parenting course

This course aims to develop and build confidence in parenting so that parents can be the parent they need to be for their child. Please email parenting.courses@bromley.gov.uk or scan the QR code.



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