7 conversations worth having before becoming parents

A short parenthood-preparation guide to help you open important conversations calmly, without searching for the “perfect” answer.

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1. How do we imagine our roles?

What does each of you expect from yourself and from the other person? What feels “obvious” but has never actually been said? Talk about care, household work, rest and personal time.

2. How will we ask for help?

Who can realistically support you? What kind of help would feel useful and what would not? Asking for support is not failure; it is part of preparation.

3. What do boundaries mean to us?

Discuss how you want to protect time, privacy and decisions for your new family when relatives, friends or everyday demands become intense.

4. How do we speak when we are exhausted?

Tension grows when sleep and time are scarce. Agree on a simple pause for heated moments and a way to return to the conversation without insults.

5. What is each of us afraid of?

Instead of trying to erase fear, name it. Money, changes in the relationship, responsibility, body changes, work and feelings of inadequacy can all be discussed without judgement.

6. How will we protect our relationship?

Parenthood changes time and energy. Ask: “What small thing could help us keep feeling like a team?”

7. What will we do when we disagree?

You do not need to agree on everything. You need a safer way to disagree: listen, separate urgent from important, and ask for support when you remain stuck.

Small exercise: Choose only one of the seven conversations. Give each person 15 uninterrupted minutes and finish with one specific agreement you can try this week.

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