

# Pathway to Parenting

## Activity 2 – Your Day/My Day scenarios

### My Day

Your little baby is now 10 days old.

You are feeling very tired today, you have woken up three times overnight. You are feeling a bit upset as your partner has gone to help a relative out, and you feel like this is not a good time as you need the support. You are so sleepy that you don't even wake up when your partner leaves, you only wake when you hear baby stir.

You feed and settle baby and then attempt to have a shower. As soon as you climb into the shower, you can hear baby start to cry. You quickly jump out of the shower and realise the baby has done a massive poo and is covered in it!! You turn the shower off and clean baby up.

You go downstairs to make some breakfast, but there is no bread left so you go without. Your baby starts to become unsettled again and wants another feed. You then have to change baby's nappy.

You put some dirty baby clothes in the washing machine so they don't stain. You realise there is lots of washing up piling up, but every time you go to sort it something distracts you – your phone rings, someone knocks on the door or the baby needs a feed and nappy change.

The day is quickly going by and you feel that you have done nothing with your day. You feel guilty that you have not had time to clean up and you are fed up that you haven't heard from your partner all day. You believe they are probably enjoying their lunch in peace!

You are feeling exhausted, hungry and really need a shower. You feel close to breaking point when your neighbour knocks on the door delivering a home-baked chocolate cake as a present to say congratulations on the baby.

You are creeping around quietly as baby has finally settled in the Moses basket. You have a spare 5 minutes to make a cup of tea, eat a slice of cake and sit down for the first time today.

Just as you do this, your partner walks in and says grumpily 'What have you been doing all day?'

- Think about how you would be feeling?
- What do you say to your partner?
- What do you think about your partner's day?
- Do you think this is realistic?
- What could you have done differently to support each other and make your day better?

# Pathway to Parenting

## Your Day

Your little baby is now 10 days old.

You have promised to help a relative today, as it had been planned a while ago. You are very tired and have been woken up three times in the night. You struggle to get out of bed. You have a quick shower and realise all the towels are wet and you feel freezing. You quickly make some breakfast (Toast with green crusts) and then go to say goodbye to your partner. You go back into the bedroom where baby and partner are both sleeping soundly, you blow them both a kiss.

You meet your relative, fighting waves of tiredness you help out as promised. They are moaning about their own tiredness and you feel quite fed up, you wish you could be back at home with your partner and baby. You get volunteered to drive too.

It is now lunchtime and you really want to phone your partner, but your battery has died, you don't get time for lunch either.

Driving back home you get caught in lots of traffic. It has taken over an hour just to move through the traffic. You can't wait to get home, you are feeling really hungry and looking forward to having dinner at home ready for you. All you want is a big meal, a nice long bath and quality time with your partner and baby.

You finally get home and the house looks very untidy – there is lots of washing still in the machine, washing up in the sink and no food in the house.

Baby is sleeping soundly in the Moses basket. Your partner is laying on the sofa, drinking tea and eating chocolate cake. They say 'Oh you're home, I have had such a busy day'.

- Think about how you would be feeling?
- What do you say to your partner?
- What do you think about your partner's day?
- Do you think this is realistic?
- What could you have done differently to support each other and make your day better?