**Mums and Partners Day- a discussion for preparing for becoming parents**

Give this exercise a try…. if you each read your ‘own’ day then your partners. Hopefully it will prompt some good discussion on how your roles at home and work may change, how your priorities may change, what you may be able to do before baby is born to help make those first few weeks easier and how life will be different as you change from a family of 2 to a family of 3.

Perhaps imagine this was perhaps a week or two after your partner having the end to some parenting/paternity leave from work.

Mums Day

Your baby has woken 3 times overnight for a feed. At 7 o clock after a couple of hours sleep you are woken by the sounds of your partner getting ready to go to work, they leave at 8 am. As the baby is sleeping peacefully you decide to shower. As you turn on the tap and undress you hear the sound of your baby’s cry coming from your room. Baby feeds, then settles briefly in the Moses basket, just long enough for you to make a cup of tea, before baby has a nappy that needs changing that has soaked into their clothes and bedding. As you change the baby’s nappy, clothes and strip off the bedding, your drink goes cold and so your day continues.

By lunchtime, you have managed to get dressed, added the soiled clothes and bedding onto the pile of yesterday’s casualties at the top of the stairs. Baby wants to be held close and you carry them around with you. You have managed a few half cups of tea, and being unable to prepare anything nutritious with one hand, opt for a banana and chocolate biscuits, craving the ingredients you have to make a salad that are in the fridge, maybe later when your partner gets home.

By early evening you are tired and hungry. After a long feed, your baby settles in the Moses basket. Looking around you at all the housework that could do with doing you close your eyes, its just after 6pm, you make a sandwich, fresh cup of tea and cut a slice of cake, turn on the TV, feet up and relax. Five minutes later your partner arrives home.

Partners Day

You have been woken 3 times in the night by your baby waking for a feed, you decide at 4am to try to get some sleep on the sofa downstairs. It’s quiet but cold and not very comfortable. You watch the clock until 7am then feeling tired make some breakfast and shower. Your tiredness makes you clumsy and you trip over the pile of dirty laundry that is at the top of the stairs still from yesterday. Downstairs you decide to leave the last bit of salad in case your partner wants it for lunch, you can always pick something up. At 8am you go into your bedroom, kiss your partner and baby goodbye and leave for work.

But the day does not look promising, the pressure to finish some work for a noon deadline and an important meeting this afternoon. Thanks to several unexpected interruptions you are late leaving for your meeting. No time to call at the bakers, you opt for a chocolate bar from the vending machine. In the car, your colleague chats non-stop, giving you no time to collect your thoughts for the meeting. After what seems like an eternity the meeting ends on a low note and you head home in rush hour traffic.

You are tired, fed up and hungry. You arrive home and what do you see? A pile of dirty laundry, a baby sleeping peacefully, and your partner is sat with her feet up watching TV, cuppa in one hand and a slice of cake in the other.

What might you feel?

How do you think your partner feels after their day?

What might you say to each other?

Who might make dinner or sort the laundry out?