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New Parents

What little thing about our baby made you smile today?

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New Parents

What am I doing as a parent that you'd like to praise me for?

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New Parents

If we got one free hour tonight, what should we spend it on?

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New Parents

Which sound our baby makes could you listen to over and over?

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New Parents

What's the funniest thing that happened at home this week?

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New Parents

Which song or rhyme has become ours without us ever deciding it?

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New Parents

Who around us has surprised you in a good way since we found out we were expecting?

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New Parents

What have you learned about baths, diapers or baby carriers that you wish you'd known from the start?

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New Parents

Which moment from the first weeks do you want to remember twenty years from now?

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New Parents

What's your favorite thing to eat when you only have one free hand?

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New Parents

Which baby item did we get that we couldn't live without?

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New Parents

Which baby item is still sitting unused in the closet?

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New Parents

Where do you like to go when you take the stroller out for a walk?

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New Parents

What have you discovered you're good at as a parent?

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New Parents

What do you hope our baby gets from your side of the family?

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New Parents

What made you happy today that had nothing to do with the baby?

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New Parents

Which name was on the shortlist that you still have a soft spot for?

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New Parents

What are you most looking forward to showing our child when they're older?

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New Parents

Which bedtime story from your own childhood do you want to read aloud?

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New Parents

Which of your habits do you hope our baby doesn't inherit?

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New Parents

What's the silliest thing you've done because of too little sleep?

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New Parents

Which message from family or friends has warmed your heart most since we shared the news?

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New Parents

What should we cook the first time we have the energy to make a proper meal again?

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New Parents

What nickname has our baby ended up with, and where did it come from?

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New Parents

What have you googled about babies that makes you laugh a little now?

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New Parents

How did you picture an ordinary day with a baby, and what turned out different?

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New Parents

When did you last feel like yourself and not just a parent?

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New Parents

Which household task takes up the most space in your head, even when you're not doing it?

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New Parents

How are you really doing these days, if we set the tiredness aside?

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New Parents

What from your own upbringing do you want to bring along now that we're parents?

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New Parents

What from your own upbringing do you want to do differently?

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New Parents

What has surprised you most about yourself since we became parents?

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New Parents

What's the best way for me to tell you I need you to take over?

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New Parents

What's easy for you to ask for help with, and what's hard?

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New Parents

Which advice from others has been useful, and which have you decided to ignore?

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New Parents

How could we split the nights so we both get a few hours of sleep in a row?

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New Parents

What have you seen me do with the baby that moved you?

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New Parents

What do you miss from life before the baby that we might be able to make room for again?

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New Parents

What small thing can we do every day to stay a couple and not only parents?

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New Parents

How do we work it out when we each have a different idea of what the baby needs?

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New Parents

What can we say no to for a while, so we get a little more breathing room?

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New Parents

Who could we ask for help, and what exactly could they do?

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New Parents

What worries you most right now, and what would make it a little easier?

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New Parents

What do you think about most when you picture the first weeks with the baby?

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New Parents

How would you like our child to get to know your family?

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New Parents

Which traditions from our two families do we want to pass on?

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New Parents

In your own words, what does it mean to be a good parent?

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New Parents

When did you last feel that we were a good team?

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New Parents

**Which part of who you were before
would you like more room for again?**

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New Parents

**How has your relationship with your
own parents changed since we had
the baby?**

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New Parents

**What got us through the hardest
night so far?**

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New Parents

**What do you do when you're holding
a crying baby and have no idea
what's wrong?**

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New Parents

**Now that everyone asks about the
baby, what do you wish people
would ask you?**

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New Parents

**How do we make sure we both get
time for something that's just ours?**

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New Parents

**What would you like to tell our child
about how the two of us met?**

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New Parents

**How should we handle visitors so
they give us energy instead of taking
it?**

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New Parents

What do you need from me when you're completely worn out and can't face explaining it?

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New Parents

What about the two of us will you fight to keep, now that our family has grown?

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New Parents

How can I tell you're struggling before you say it yourself?

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New Parents

What kind of parent do you hope our child will say you were?

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New Parents

What has becoming a parent taught you about your own parents?

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New Parents

When have you felt alone as a parent, and what could have helped?

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New Parents

What makes you feel most unsure as a parent, and what could I say that would help?

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New Parents

What have you seen in me as a parent that made you love me even more?

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New Parents

Which expectations of yourself as a parent would you like to let go of?

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New Parents

What do you want our child to learn about love by watching the two of us?

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New Parents

What's the hardest part of sharing responsibility for a tiny human with someone else?

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New Parents

How has the way you see yourself changed since the baby arrived?

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New Parents

What haven't you said out loud yet about becoming a parent?

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New Parents

How can we take care of each other in the stretches when there's no energy left for romance?

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New Parents

Your own question

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New Parents

Your own question

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Your own question

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