Expecting parents: reflection questions

Birth: For mum

Connect deeply before baby

Are there stories or comments from family, friends, or media regarding birth that are stuck in my mind? How do they shape my expectations about birth?

What unhelpful beliefs or expectations about giving birth do I want to let go off? E.g. “birth is always traumatic,” or “real moms give birth without pain meds”?

How does my ideal birth look like? Who/what should be present? How is the tone? What is most important to me in case things change?

Expecting parents: reflection questions

Birth: For dad

Connect deeply before baby

What are my honest thoughts and feelings about the upcoming birth? Which questions have I been afraid to ask — e.g. about the birth, my role, or what's expected of me?

What are my partner's birth preferences and hopes? How can I practice supporting my partner in that regard, e.g. offering reassurance, touch, or simply silent presence?

What messages have I internalized about what it means to be "strong" as a man — and how do those messages show up as I prepare for the birth? What might shift if I allowed strength to include softness, openness, or asking for help?

Expecting parents: reflection questions

Postpartum: For both parents

Connect deeply before baby

What parts of myself do I worry might get lost or overlooked once the baby arrives? How can I/we still make space for them?

What conversations feel hard to have with my partner about the baby? Is there something I've been thinking about (like feeding choices, sleep routines, or visiting family) that I've hesitated to bring up?

What roles do I see myself and my partner/support people naturally falling into?
a) Where do these expectations come from and how do I feel about them?
b) What would be the ideal role division?