

## **Journal Prompts- Adjusting to New Parenthood**

### **Adjusting to Parenthood**

1. What emotions am I feeling right now as a new parent, and how do I navigate them?
2. What aspects of my life have changed the most since becoming a parent? How am I adjusting to those changes?
3. How do I feel about the responsibilities of parenting, and how can I approach them with patience and self-compassion?
4. What has surprised me the most about becoming a parent? What did I expect, and how is it different?
5. How do I balance the demands of parenthood with taking care of myself?

### **Bonding with Baby**

6. What are the moments when I feel most connected to my baby? How can I create more of those moments?
7. How do I feel when I'm holding my baby, and what physical or emotional sensations do I experience?
8. What are some things I've noticed about my baby that make me smile or feel proud?
9. How do I communicate with my baby right now, and how can I enhance that connection even more?
10. How do I feel about my baby's growth and development? What milestones am I excited about, and what do I hope for in the future?

### **Parenting Partnership**

11. How do my partner and I share the responsibilities of parenting? How can we communicate better about our roles?
12. What do I appreciate about my partner's parenting style, and how can I support them more in this journey?
13. How do we manage disagreements or challenges in our parenting approach, and what can we do to strengthen our partnership?
14. How do we ensure we make time for our relationship as a couple, even with the demands of new parenthood?
15. How can we both support each other's individual needs while being there for our baby?

### **Parenting Self-Reflection**

16. How do I feel about the way I'm handling the challenges of parenting? Are there areas where I feel proud, and others where I want to improve?
17. What did I learn about myself as a parent in the past week? Are there things I've discovered about my strengths or challenges?
18. How do I manage the pressures I feel from society, family, or friends about being a "perfect" parent?
19. What expectations did I have about becoming a parent that haven't quite matched reality? How do I adjust those expectations going forward?

20. How can I practice self-compassion as I adjust to this new chapter in my life, especially when things don't go as planned?

### **Parenting Goals & Future Planning**

21. What are my goals as a parent for the next six months? How can I work toward achieving them?
22. How do I want to approach discipline and teaching my child in the future, even though they are so young right now?
23. What family traditions or rituals do I want to create with my baby as they grow?
24. How do I want my child to remember their early years? What memories am I creating now that will shape their future?
25. What do I hope to provide for my baby in terms of love, values, and opportunities as they grow?