

Don't forget to take some time to talk with your family and friends. They probably have some valuable insights and information to share. Some space has been provided below to record some of their shared comments.

Conversation with _____
(name)

Joys of parenting:

Parenting challenges:

Advice given:



What Do You Value?

"We decided to wait before starting our family, and I'm glad we did so. We have completed our education, have our careers, purchased a car, house and other things. We've also had a chance to travel. We know one another as a couple, now we are ready to deal with our new roles as parents."

We all "value" different aspects of life. When making the decision whether or not to enter the parenting world, this is one area to seriously consider with your partner. Use the following exercise to examine your values.

The following statements represent various attitudes people have about parenthood. Check "A" if you agree with the statement, "D" if you disagree with the statement or "?" if you are not sure how you feel about the statement. Have your partner do the same. Compare and discuss your feelings about each statement. Most couples do not agree on every statement. The object of this exercise is not to have total agreement on every statement, but to discuss and reach a compromise about each value, sorting out potential problems before you become parents.