



Children and Parenting

Discuss together

If you have children already please consider these questions

You may have children already either together or from a previous relationship. They maybe young or adults, still at home or independent. Maybe they live with another parent.

Consider the following questions

If you don't have children already consider the following questions

It maybe you know already you are not able to have children. Instead of completing this activity please take time to discuss how you feel about this and the impact on your relationship. If you need support please speak to a facilitator on the programme

If you already have children, will you plan to have more?

What are the financial, educational, or medical factors that could affect you deciding to have more children? How do you both feel about this?

Do we both want to have children? Do we hope to have children right away?

What are the financial, educational, or medical factors that could affect you deciding to have children?

How do we feel about Natural Family Planning?

Are we open to using NFP either to postpone pregnancy or to try to conceive?
Should we take NFP advice together? How many children do we hope to have?

Are there aspects of parenting you feel work well or need improving?

If your children are adults, how much time will you be spending with them as a married couple?

Are you both happy to give help to your adult children? Such as financial help, child care etc

If there are children with another parent, how will you work-in access time?

Will your children still have contact with the wider family of your previous partner?

If you both have children from a previous relationship, how will you work out blending both families?

How do your children feel about your new marriage?

If we have difficulty conceiving, how would we deal with potential infertility? Would we ever consider becoming foster parents or adopting?

How would we deal with an unexpected pregnancy?

What would we do if our doctor told us that our unborn baby was sick or would have a disability?

Do we feel pressure from our parents or in-laws either to have children right away or to postpone pregnancy? How will we deal with that?