

## Parenting 2.0 – Homework Week 2 – Sibling Bonds

### Part 1: Changes

For homework this week, we're going to start by take a look at either some of the changes you *think* you need to make or perhaps even some of the changes you have made that may not be working out as you'd hoped and how to get back on track. Take a look at the list below and complete the questions based on what you think you need to change/have changed.

For those who are still expecting their second

Areas of change:

- Bedsharing
- Weaning
- Daycare/Allocare
- Room changes (e.g., new bedroom or sharing a bedroom)
- Any other change that may be relevant to your specific situation

Questions:

- Why do you want to implement this change?
- Is this change necessary or do you just think it will be?
- Do you have enough time to implement this change slowly?
- How will you feel/react if your child does not take to the change at all?
- Can you identify 1-2 other alternatives to this change?

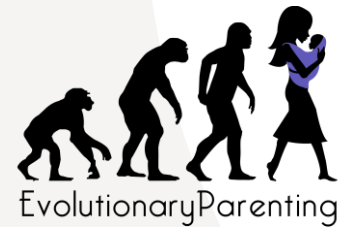
For those who have already made changes and feel they aren't working

If you are completing this *after* implementing change, write out the following:

- The change you made
- Why you made it earlier
- Why it's not working

Now consider the following questions:

- Can you just go back to how it was before?
- What is another alternative that may work for you?
- What is your timeline (and please be realistic)?



Once you've answered these questions, take at least 2-3 days to sit and think on these new options to see what you think would be best, especially if you have identified that there may not be time to implement the change slowly. After a few days you should have settled on what changes truly need to be made and which don't and you can start the process of introducing what is necessary.

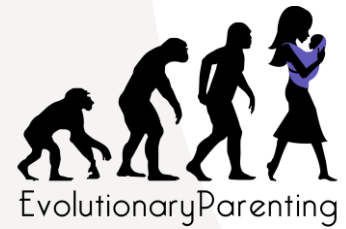
**Part 2: Jealousy**

I include a section on jealousy here because it is something so many people struggle with when they have two kids. We all will react differently and the goal of this homework is to help *prevent* too many issues by taking the time to figure out what kind of wells all family members have and how to try and fill these wells the best way possible.

For every individual in the house (including parents) and each relationship, identify the needs to fill that particular well and the approximate time needed for each activity. These may be daily or weekly. Please get the input of the individuals whenever possible.

See the following example of a two-parent household with some completed (but not all):

<p>Self Well (Time to Oneself) - Parent 1</p> <ul style="list-style-type: none"> <li>● Exercise time daily (can be with baby if out for a walk, but preferably alone) - approx 45 min</li> <li>● Time to take a bath/shower without interruption - approx 15-30 min</li> </ul>	<p>Self Well - Parent 2</p>
<p>Child 1 - Parent 1</p> <ul style="list-style-type: none"> <li>● Needs time daily to do some activity that isn't school, like card games or board games or reading together or a show - approx 30 min</li> <li>● Needs special weekly time just the two of us in some outing away from sibling - approx 1-2 hours</li> <li>● Regular cuddles – various</li> </ul>	<p>Child 1 - Parent 2</p>
<p>Child 2 - Parent 1</p> <ul style="list-style-type: none"> <li>● Because baby, needs ongoing contact all the time - almost always</li> <li>● Breastfeeding on demand - various</li> <li>● Bedsharing - all night</li> </ul>	<p>Child 2 - Parent 2</p>



<p>Parent 1 - Parent 2</p> <ul style="list-style-type: none"><li>● Daily time to just connect physically through cuddles or snuggling - 10-15 min</li><li>● Daily time to just chat without much interruption - 10-15 min</li><li>● Weekly time together - 1-2 hours</li></ul>	
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Once you have the chart completed then you can start to see how you're going to fit these things in. Sometimes you may realize you *can't* and so you'll have to find what is the priority now and what elements may be able to be done fewer times or postponed until kids are older or there's more help. Or, in the case of parent time, you may need to accept it's not *alone* time.

As much as you need to, set approximate times daily to help make sure these needs are being met and hopefully you can see that jealousy evaporate and you will be better able to keep calm during some of the harder times.