

PEDAGOGICAL INPUT

for the adventure of family life



01_ **From partnership to parenthood**

A baby is born and nothing is the same. As parenthood descends upon two people, the couple never dreamed of how much their lives would change. You are not born a parent. You slowly grow into this role, together with the child.

It is good for the child's mother and father to continue taking good care of each other as a loving couple.

You don't stop being a man or a woman when you become a parent, although most young parents are so fulfilled with parenthood that couple life takes a back seat for a while. The better the couple feels, the more relaxed the children can be and go about their own lives. When adults no longer begin to meet each other's emotional needs, children subconsciously like to step in, which overwhelms them. The children subconsciously become emotional substitutes for the partner who withdraws emotionally.

It is therefore more than justified to give the love relationship top priority.

Children always wish that mummy and daddy get on well together. That relieves the children. Men in particular can help their wives not get lost in their role as mother, but always pay attention to their own individual needs as a woman and partner. The absolute best thing parents can do for their children is thus to take good care of their partnership and "themselves" as individuals. This means each parent takes care of his or her own integrity (limits and needs) and takes responsibility for themselves.

Parents remain despite separation

"There are no happy divorces," says family therapist Jesper Juul clearly and unequivocally. Separation hurts the parents and especially the children.

Children need parents who treat each other with respect.

It is important that adults take full responsibility for the separation. This means you should think about when and how to tell the child(ren). What will you say and how will you prepare?

Parents should be honest about their own feelings and say that they are sad. Parents should learn to talk about feelings now at the latest. For many, however, this is difficult because they have not done it until now. However, when parents can't agree and have too many destructive arguments, they need to seek guidance or help. To ensure that children are not traumatised by divorce, parents must treat each other with respect. At least as respectfully as they would treat a stranger. Power struggles and mutual denigration are a tremendous burden for children.

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