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# Foreword

Planning for a baby should not be taken lightly as it usually entails a lot of detailed issues that should be ironed out and completely understood. This is very important to understand, as along with the new baby there will be a lot of uncompromising adjustments, which have to be made that will certainly add pressure to the existing problems within the relationship. If both parties are not ready for these inevitable changes, the relationship could crumble under the intense pressure of it all. Get all the info you need here.



## ***Avoiding The Baby Battles***

All About Planning The Children In A Marriage

# Chapter 1:

## *Planning For Baby Basics*

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### Synopsis

Besides the more obvious needs that should be addressed such as baby clothes, various toys, a crib, all the various utensils for the baby's bottles and other baby food accessories and a whole host of other connective items, there are also a lot of other issues to consider that may not be so obvious at the beginning.

Most couples tend to focus on the immediate needs of the intended baby and forget about all the other supporting elements that would eventually be needed.



## **The Basics**

Other needs that need equal if not more attention, would be elements such as a good pediatrician for the baby, the unavoidable medical bills that would have to be part of the family budget, if there are pets would they be a treat to the new baby's health and well being, the schedules both parties would have to adjust to, to ensure the new baby's needs is well accommodated and possible medical situations the family may now have to consider is there are complications with the birth or the baby.

There are also other element such as the complete lifestyle changes that would have to be made, vacations would now have to be designed around the baby's needs, food habits and social habit would also probably have to be adjusted according to the new baby's needs and a whole list of other changes that would simply be necessary to consider and make.



# Chapter 2:

## *Discussing The Plan For When To Have Kids*

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### Synopsis

Planning a baby does not really mean simply partaking in the physical act and then, there is a baby.



## **Talking About It**

There are a lot of issues that should ideally be considered, and any wise individual or couple should recognize the importance of this planning stage before actually getting to the stage where the baby making exercise commences.

There are mental, emotional, physical and financial adjustments that are to be understood and made to ensure the transition is as smooth as possible. All these various aspect should be well thought through before the couple decides they are fully prepared to have kids.

Planning is very important as it will help to create the buffer that is so necessary when a new addition is being considered for the existing family unit.

Financially the couple would have to be as realistic as possible in the adjustment that would be required with this new addition. It may be necessary to make some adjustment but generally the adjustment made would be quite considerable.

Issues such as spending on holidays, new household gadgets that are expensive, personal indulgences would all have to be curbed considerably, if the family income is not phenomenal or sizeable to start with.



If there is a need to stop work for a while, the couple would have to decide if one party's income would be enough to support the new family's dynamics', and if the pressure of doing so would be acceptable and workable.

Health issues would be another important area to look into when deciding to start a family. If both parties are healthy and capable, then this would be part of the battle won, however if there are health concerns present, then the couple would have to seek help on how to handle the prevailing health issues and yet will be able to start a family.



# Chapter 3:

## *Discussing The Values The Children Will Be Taught*

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### Synopsis

Most relationships come with their own set of problems and when children are added to the equation, these problems may seem small and insignificant by comparison.



## **The Values**

Having children come with a whole set of new and something overwhelming complications and problems, and understanding that these problems would need to be dealt with in a calm and rational manner would be the first priority of any discussion on the matter.

Most couples fail to consider the issue of values that they would like to see their children eventually adopt, and this could eventually be an area of contention and strain for the couple.

Part of imparting a good value system upon the kids would require the cooperation of both parents in both the style to be adopted and content of the values intended to be imparted.

This should be discussed for the very onset of the decision to have children as failing to do so would certainly have dire consequences that would negatively impact the couple's relationship on every level.

Failing to come up with a workable "blue print" plan for values to be imparted would either leave the children without good values or would be a constant fight between the parents on what values should be imparted.

Besides actually discussing and agreeing on a set of values that both parties would be happy to see their children eventually adapt, the couple should also discuss how to go about teaching the children these chosen values.

The methods to be used is also something very important that the couple should be able to agree upon as this could potentially also be an area of contention and stress for both parties if the method that are chosen are not agreeable to both.



# Chapter 4:

## *Discussing How Children Will Be Disciplined*

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### Synopsis

This is another very important area where agreements on how to discipline the child are important.



## **Discipline**

If it is not possible to agree then the parents should consider the idea of agreeing to disagree on some of the elements within this platform of discipline, or alternatively decide on leaving the discipline to one party only.

However this is never an ideal solution and should only be used as a last resort where both parties are unable to agree on one particular style.

Children today are very smart little humans and they will catch on very quickly on any crack within the solidarity stand parent take on the issue of discipline.

This will of course lead to the children learning how to play one parent off the other in order to get what they want which is almost always not good for them in the long run.

Therefore in the quest to present a united front, both parents have a duty to first agree on a set of disciplinary formats that will be used throughout the upbringing of the children.

The following are a few tips on how to go about this very tricky business of disciplining children:

The first thing to practice would be to disagree on any discipline issue privately. This is very important as the idea would be to present a united front when facing the child on a discipline issue.

The other important point would be to decide which party would take the lead in the actual discipline exercise and ensure this elected party completes the whole process.

Ideally there is be no shift in the lead position, as this will be deemed a weakness and the child will learn how to manipulate this perceived weak link to their advantage.

The consistency of the method of discipline should also be discussed and meted out accordingly. Children are more inclined to listen and obey when there is a level of consistently evident.



# Chapter 5:

## *Make Sure Your Finances Are In Order*

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### Synopsis

Having children is a huge life changing experience and without some careful serious thought put into this decision, a lot of things can and usually end up going very wrong.





## **The Money**

This of course can eventually have disastrous consequences for both the parents and the children within the new family unit. Therefore in the quest to make things as comfortable as possible, parents have a duty to explore, understand and prepare their finances for the additions intended.

To start with, the parent should first consider the finances needed even before the baby arrives, and this can certainly be quite a commitment.

There would be several new things to acquire for the comfort and essential basic needs of the new addition to the family unit. Most of these items would be considered necessary and certainly should be acquired long before the baby is even born.

There should ideally be enough finances in place to accommodate all the shopping sprees that would be part and parcel of preparing for the new baby.

After this initial costing has been taken into account, the next step would be to consider the follow up costs that would be incurred while the mother to be is with child.

There would be medical bills to consider as the mother to be would require a lot of periodical medical checkups to ensure both her health and the health of the unborn child is taken care of.

Then there are also costs of the actual delivery to be considered along with other additional costs should any unwanted complications occur. These are all very basic and immediate costs that will be incurred.

The above costs would then be followed by other future costs such as the child educational needs which will range from preschool right up to college. All these cost would have to be factor in, although admittedly it does not have to be immediate.



# Chapter 6:

## *Why It Is Better To Plan Ahead*

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### Synopsis

Planning is always a good thing to practice no matter what the need is. With proper planning people will generally be able to avoid pitfalls and nasty shock that could cause dire consequences.



## **The Benefits**

Therefore the importance of planning for something should never be underestimated, this is more so when it comes to the very important issue of starting a family, as kids can be a constant and consistent billing item to say the least.

There are also other considerations that might have to be made, such as if one parent will have quit their current job to stay back and look after the new baby.

This of course could create quite a financial setback, especially if both incomes are needed to maintain the current lifestyle enjoyed.

Therefore the couple would have to seriously consider every option available and perhaps even start to seriously save to buffer the potential loss of income.

Some people may opt to find freelance positions or part time work where working from home is possible or any other source of income where the baby's needs are taken care of round the clock.

Long term planning is also necessary at some point as babies don't stop costing money. Parents should be well aware of the fact that the children they "make" are going to cost them money for at least the first 20 years of their lives and for some unlucky ones, beyond that.

# Wrapping Up

With proper planning, the parents will be able to make the necessary adjustment slowly and calmly without causing with party to be severely deprived of the things they used to be able to enjoy. This is beneficial as it will also help to ensure there is little or minimal resentment felt at the need to cut back on certain indulgences in order to accommodate having kids.

