

Pregnancy Session 2 – Topic 3 A Healthy Family - the benefits of working together as a team

Activity: Setting A Healthy Family Agreement

The activity below is in relation to the TwoHearts Study Pregnancy Session 2, Topic 3.

Making a family agreement gives you the chance to discuss what is important for your family's health. It's great if you have ideas about how your family can work together to stay healthy. You will need to come to an agreement with your partner or family - it takes two to tango!

For this to be successful, it is really important to **listen**.

1. Find a quiet moment when you are both free to discuss what you would like to focus on to stay healthy as a family.
2. Decide who will speak first. They will have one minute to share their thoughts, ideas and opinions (you may want to use a timer to help you get started).

The listener will only focus on listening. Try not to think of your response – just listen!

3. After one minute, switch roles. Take as many turns as you need. Fill in the template agreement together and keep this safe.

Sometimes these discussions can bring up challenging topics. It is normal to disagree. Use these strategies to help you work through the problem and find a compromise.

1. Take a breath and speak calmly.
2. Explain how you feel and describe the specific situation or reason why you feel that way. Try not to generalise. Avoid blaming or judging the other person. Do not yell or raise your voice
3. If you need to, take some time to cool off and calm down. Come back later and use the strategies above to help work through the problem.