

## Family Education Package for Families with Newborn Babies

Episode 6: <b><u>Having a baby makes you lose all your friends?</u></b> (Transcript)	
Host:	Many people say that after babies are born, the world will become smaller. It is because parents only have eyes for babies, babies and babies. Is this a healthy attitude toward life? Let's take a look at the case of new mother Apple.
Drama part 1	
Narration:	Apart from taking care of her baby, Apple also needs to do the chores. She is too busy to pick up phone calls. After the chores are done, Apple calls Betty back.
Apple:	Hey Betty, did you call me?
Betty:	Why do you reply so late? What are you up to?
Apple:	I have been very busy. Taking care of the baby is busier than going to work.
Betty:	Apple, you are too obsessed with your boy...
Apple:	Of course not! My mum comes over to help sometimes.
Betty:	Why don't you hire a maid as I do?
Apple:	It's too much trouble, and I am not sure if we can get along well.
Betty:	Anyway, you can't take care of your baby in this way. You are making yourself busier than going to work, poor you...
Apple:	I need to hang up now...my baby is crying again, talk to you later!
Narration:	Apple feels helpless as she thinks that Betty doesn't understand her.
Expert advice	
Ms. Nip:	<p>Many new parents spend considerable time and energy taking care of their new-born babies. But sometimes they may be so stressed and worried that they easily overlook their own needs. They don't even have time to take a rest and relax, making themselves extremely stressed.</p> <p>In fact we all need to learn how to make time for leisure. We should once in a while make time to meet our friends to chit-chat and relieve our stress, so as to get a more balanced life. If we can stay positive and happy, babies' emotion will be stable and healthy as well. If parents are happy, babies will certainly be happy too.</p>
Drama part 2	
Apple:	Hi Candy, what's up?
Candy:	How are you? How's taking care of your baby?
Apple:	Taking care of the baby is busier than going to work
Candy:	You sound very tired. I guess taking care of a baby is not easy for you...
Apple:	It is driving me crazy!
Candy:	What about I go to the coffee shop near your home later, you can relax and have a chit-chat with

me. Can your mum help take care of your baby for a while?

Apple: Should be alright.

Candy: So see you later.

Apple: Okay, see you.

#### Expert advice

Ms. Nip: Taking care of the daily needs of babies and making important choices in parenting are never easy for new parents. Therefore, when you encounter difficulties or have doubts, you may ask some experienced friends to share with you useful parenting information. In particular, friends who can give you positive values and energy can definitely let you know more about the positive ways to take care of your baby.

#### Conclusion

Host: The birth of babies is indeed a big challenge for new parents. Therefore, instead of staying at home, new parents should reserve time to meet close friends, so as to refresh and recharge themselves.

***Gather positive energy from relatives and friends***

***Obtain more parenting information to get the situation well in hand***