

Family Education Package for Families with Newborn Babies

Episode 7: <u>Having a baby makes you lose your wife?</u> (Transcript)	
Host:	When a baby is born, the family has a new member. Everyone should be happy, but why is there still complaint about losing the other half because of the baby?
Drama part 1	
Narration:	Alex bought late night snacks after work, hoping to give his wife a surprise.
Alex:	My dear!
Narration:	Knowing that his wife should be in the bedroom, Alex is about to knock on the door.
Alex:	My dear!
Apple:	I'm feeding the baby, stay outside.
Narration:	Alex closes the door tactfully. After a while, he comes back for his wife in the bedroom.
Alex:	Honey!
Apple:	I'm trying to get the baby to sleep, be quiet.
Narration:	Alex can do nothing but close the door again. After some time, he knocks on the door again but still receives no response from his wife.
Alex:	Sweetheart...
Alex:	Sweetheart...?
Narration:	Alex walks back and forth in the corridor, feeling upset and helpless. Receiving no response from his wife, Alex does not want to wait any longer. He enters the room and finds his wife sleeping. What comes to his mind is...
Alex:	(Voice over) I know you are busy, so I have bought you your favorite late night snacks. Alas, after the baby was born, I feel like I've lost my wife.
Expert advice	
Ms. Lok:	Looking after a newborn baby is not an easy task. Therefore we encourage parents to learn to take care of the baby together. For example, before the baby is born, parents-to-be can attend baby care courses together, so that they can share the work more easily after the baby is born. Husbands can share the stress of taking care of the baby and at the same time share the enjoyment that comes along. Parents should also give each other encouragement and support by recognising and appreciating each other's efforts. For example, husband can show appreciation to his wife for being considerate, or offer a helping hand in bathing or feeding the baby.
Drama part 2	
Alex:	Honey?
Apple:	Hey, there is no diaper left in the bedroom. Please get me some from the closet.
Alex:	Yes, madam!

Alex: Finish.

Apple: Dear, you are getting better at changing diapers now.

Alex: Well, I learnt that from you.

Expert advice

Ms. Lok: Wife should appreciate the care and tenderness of husband and should take things easy and allow husband to take care of the baby. This will not only help relieve one's own stress, but also enable a healthy marital relationship.

Conclusion

Host: Baby is the precious gift of love, so how can you take care of the baby heart and soul but ignore the feeling of your other half? Mutual understanding and care about each other are essential to maintaining a healthy and happy family.

Cooperation, consideration and appreciation

Bring about happy learning from each other every way