

Family Education Package for Families with Newborn Babies

Episode 8: <u>Having a baby means no time for dating?</u> (Transcript)	
Host:	The life of having a baby is not a choice question. You don't have to make a choice between baby and life. Want to be good parents and good partners at the same time? There is always a way.
Drama part 1	
Narration:	Apple is standing next to the baby rocker, lulling her baby to sleep. Alex suddenly comes up to Apple.
Alex:	Honey!
Apple:	I'm trying to get the baby to sleep, be quiet.
Alex:	Okay, can you come out for a second? I have something to discuss with you.
Narration:	Alex then draws Apple aside.
Alex:	Darling, next Sunday is our wedding anniversary. Let's go to a movie and enjoy a big meal, what do you say?
Apple:	What about the baby? Who will take care of the baby?
Alex:	Don't worry. I have asked my sister and she will be free to help.
Apple:	Impossible, our baby is afraid of strangers. Your sister can't handle it. No way!
Alex:	Alright, forget it then!
Expert advice	
Ms. Kwok:	Looking after a baby is very exhausting and actually time-consuming for parents, and hence reduce the time and space the couple can share with each other. If this is a long-term case, one of the parents may feel being ignored and the marital relationship may be badly affected in the worst case. To maintain a close marital relationship, we should learn how to take a break. For example, on special occasions like wedding anniversary, or birthdays, parents should try to let go for a moment and ask family members or friends to take care of the baby. By doing so, you two can have time to go for a date and enjoy your time together.
Drama part 2	
Apple:	What about the baby? Who will take care of the baby?
Alex:	Don't worry. I have asked my sister and she will be free to help
Apple:	Well...that sounds good. It appears that we haven't gone out for ages.
Alex:	Exactly, my dear. You have been working very hard to take care of our baby. I must treat you a big meal.
Expert advice	
Ms. Kwok:	A good marital relationship requires the concerted efforts from both parents. Therefore, not just on special occasions, parents should actively create some dating opportunities on ordinary days. For example, when the baby goes to sleep, parents can spend the time together on anything they like. This is the way to maintain a long-lasting and healthy

marital relationship.

Conclusion

Host: Although baby care is very important, marital relationship should not be neglected. So what are you waiting for? Ask your other half out for a date now!

To maintain a harmonious marital relationship

Always take a break and share the time with your sweetheart