

# Transitioning Home

## *Exploring Expectations*

"Like a lot of women of my generation,

I'd always been encouraged to think almost exclusively about what I wanted, even being told at times that thinking about what other people wanted was old-fashioned or just plain wrong.

...Nothing, therefore, had prepared me to cope with the unrelenting neediness of my newborn.

... The first months of motherhood were a crash course in selflessness."

**Excerpt from "Erased Me," by Nancy Vasquez, FamilyAndHome.org. Reprinted with permission.**



"Ever since I was a little boy I have known that I would be a father someday,

but up until a couple of years ago I hadn't given a lot of thought to what specifically this would mean. Oh, I had general notions, such as wanting to be more involved with my kids than my father had been with my brother and me when we were growing up. What I hadn't thought about was how my wife, Laura, and I would choose to handle our careers and the care of our children."

**Excerpt from "Priority One" by Tom Mayer, FamilyAndHome.org. Reprinted with permission.**



## ***What to EXPECT?***

An important source of conflict in any relationship—with ourselves and others—is expectations, both conscious and subconscious. Identifying and examining these expectations are crucial no matter what season of life, but especially during transitions of any kind as these present natural stress points when hidden expectations often make themselves known, sometimes in unhealthy ways.

As you plan on how to transition to at-home parenting, we encourage you to first explore expectations... that you have of yourself, your partner, and others in your world as well as what your partner and other people expect of you.

Keep in mind that expectations are a form of perceptions—they may exist only in your mind as ideas of what you "should" or "should not" be doing, rather than being an explicitly defined agreement between you and others in your life.

## Parents often think they are alone in their feelings.

Take time to identify some of the feelings—positive, negative, and mixed—you are having as you make this transition to at-home parenting.

Understanding that these feelings are common helps ease the isolation and doubts that parents often experience.

Developing a balanced perspective helps to increase confidence and a sense of well-being.

## Why choose home?

If you're asking yourself this question, we think the *Transitioning Home* online workshop will help you clarify your thoughts.

Much public discussion—even about the science of human development—is distorted and suppressed due to widely held ideological beliefs about mothers, employment, equality, and the value of time spent with children.

In the *Transitioning Home* workshops, we offer scientific information about the needs of children and parents, essays by parents, and small group discussions. You will also have the opportunity to reflect on your thoughts, feelings, and values. Join us!



## TRANSITIONING HOME a free online workshop from Family & Home Network

- Session I Exploring Expectations and Transitions
- Session II Your Feelings, Cultural Influences, and the Needs of Children
- Session III Clarifying Values; Thinking About Family Finances; Defining Your Job
- Session IV Honoring Your Interests and Talents; Reflecting on Your Marriage and Mutual Interests
- Session V Developing an Interdependent Community
- Session VI Appreciating Your New Identity; Making Time for Your Marriage and for Personal Renewal



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