GALIA
COLLABORATIVE

SHOULD I HAVE ANOTHER BABY?

24 QUESTIONS FOR REFLECTION

FROM GALIA COLLABORATIVE

EMPOWERING PURPOSE-DRIVEN WOMEN TO ELEVATE THEIR IMPACT THROUGH MENTAL WELLNESS

A NOTE ON GETTING STARTED

You've probably heard that the decision about whether to have another child is solely yours - that no one can decide what is right for you. My guess is that rather than feeling empowering, that might actually feel overwhelming. Someone just tell me the answer, please!

There's of course truth in the idea that no one can - or should - make the decision for us, but we also need tools to engage fully in the decision. When the answer isn't clear, sometimes it's because we need to be asking different questions.

I've constructed these questions as opportunities for reflection. If you have a partner, I hope they inspire conversation. They aren't meant to be tallied on a spreadsheet, but rather a chance to consider areas of this decision that you may not have before.

Whatever decision you come to regarding your family, my hope is that you feel empowered knowing it is yours.

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Galia Collaborative

RELATIONSHIP

1. Who is leading the conversation on this decision? Does this feel familiar? What might this answer reveal about the roles each of us tend to play in family life? How do I feel about this?

2. How has our partnership been impacted so far by being parents? What are some of the ways that we have grown as partners? What are some of the ways it has disconnected us?

3. What would need to feel true about our partnership in order to feel we were in a healthy place to welcome more children?

4. What have I enjoyed seeing about my partner as a parent? What has surprised me? What has delighted me? What has disappointed me?

5. How has our physical intimacy been impacted by being parents? How do I envision that changing further with adding children?

6. Have we found good rhythms for intellectual and emotional connection while being parents?

7. Do we already have a system in place to manage the tasks of parenting that feels equitable and is working well for us? If not, what barriers have there been to this?

8. If adding children stresses our partnership, what is my capacity to address that? How would I go about putting additional effort into our relationship, especially operating on fewer resources?

NOTES

PERSONAL

1. What was my postpartum and/or early parenting experience like with my current child(ren)? If having more children, what would I want and need to be different in that experience?

2. How has my mental and emotional health been impacted by being a parent? Have I had the resources I need to feel capable of the mental health I feel I need in both parenting and other parts of my life?

3. What are the parts of parenthood that have felt most interesting for me? What parts have been most surprising? What has been most fulfilling? What has been most challenging?

4. What values of mine does bringing more children into my family serve for me? What feels most meaningful or important about this?

5. When I let myself imagine having more children, where do I notice my mind going most? What parts of parenting do I see reflected in my imagination of what this will be like?

6. How is my own childhood experience, including how I was parented and whether I grew up with siblings and what that was like, impacting my feelings about having more children? What parts of that feel most important to prioritize?

7. How does parenting more children fit into my hopes and goals for other other parts of my identity, such as a creative identity or professional identity?

8. What impact has parenting had on my social and familial relationships? In what ways might that further change in expanding my family?

NOTES

RESOURCES

1. What kind of support have I had from my community in my parenting experience thus far? How has this been for me and what might need to be different if I expanded my family?

2. How important are things like predictability, cleanliness, and solitude in my home? Am I willing to reduce those in order to welcome more children?

3. Do I have the financial resources and stability to provide the type of home environment and experiences I'd like for more children?

4. If I need to adjust the way that I am budgeting finances to have more children, how does this feel for me? What challenges might arise?

5. Have I established a village of pregnancy and birth professionals, pediatric health professionals, childcare providers, and others that I can rely on to support me?

6. Do I have my own well-developed practices of self-care and resources for mental health that I can turn to when needed?

7. How do I feel about the time I have individually for my current family members being reduced?

8. What is my current energy level and how do I imagine that might be impacted by adding more children? How am I doing at resourcing and protecting my energy now?

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