



Parenthood Awareness before Conception to Enhance Offspring Health – E-learning Addressing Lifestyle to Transform Habits



RELATIONSHIP

Are you Proud of Becoming a Mother?

Are your Pregnancy and your Child your Immediate Priorities?

Ten Golden Rules for the Couple and the Pregnant

1. **Conception with Love:** Come to union with your partner with love and tenderness, admiring his, her virtues and wish that he, she would give you a wonderful child full of health, wisdom and love! Think about this and only this with all the strength and power of your soul!
2. **Eat Healthy and take in proper nutrition:** eat healthy fruit, vegetables, dry and unprocessed fruit, beans and grains, uncooked olive oil, dark or zea bread, fish (Omega 3), avoiding sugar, sweets, alcohol, cigarettes and toxic drinks.
3. **Take Deep Breaths:** at the park, by the sea, in the mountains, at your balcony, so that you can provide oxygen to your blood, which is the first and foremost nutrient for your child's body.
4. **Calm your Soul by Walking in Nature:** by admiring the various landscapes, the sun, the stars, the mountains, the sea, the trees, the flowers, the surrounding picturesque environment and images, the colors and the smells, wishing that your child may have health, beauty and charisma.
5. **Touch your Child with Love;** You and the father must do so daily, and you ought to say to your child the following: "Either a boy or a girl, I love you equally and the same!"
6. **Wish that your child may be gifted with virtues, such as: Health, Strength, Beauty, Love and Kindness, Intelligence and Wisdom, and that he/she will become a kind of creative and capable person!**
7. **Sing, Play and Listen to Harmonic Music, (Mozart, Chopin, Vivaldi, traditional Music), so your child may have harmony in body and soul!**
8. **Look at your child as the bright sun, filled with light and wisdom, embraced by the warmth of love, empowered by health and strength. Wear bright colors and avoid black and grey (as the tradition advises).**
9. **Be Watchful of your Peers (and the People of your Surrounding Environment):** choose to have around you people who are kind, moral and positive, and distance yourself from provocative people, avoid television, loud screaming voices and yelling. Try to keep serenity, wellness, and peace way deep inside your inner soul...!
10. **Welcome the Birth of the Child that came to your Family and Breastfeed it with Love. Even if, you just follow some of all the above practical guidelines, the results, which you will have the chance to see, will be great!**



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Key features of a healthy partnership

The relationship between two people is the way they feel and behave towards each other. **A couple's relationship can change and evolve over time.**

The child begins to learn about relationships and communication from the people around him in an early age. Later in life, we unknowingly bring into our partnerships the behaviors and stereotypes that were in our families. Our childhood experiences can be very different. Everyone can have their own ideas about what a relationship should look like. Sometimes these perceptions can be very different and then problems start.

So how do you understand what is good or bad? The **key indicator is your emotional wellbeing.** In a healthy relationship

both partners feel happy and joyful, self-esteem rises up, they feel mutual support towards each other, develop and improve their personality.

The quality of a couple's relationship is very important at a time when family growth is being considered. The warmth of parental relationships contributes to a positive birth outcome and better health for the child.

It is important for both of them to understand and talk about why each of them wants a child. Different thoughts and opinions about the child's gender, upbringing and other related issues should be discussed before conception. Then it will be time to focus on the main thing - the formation of a healthy child, which will continue for all 9 months.

The warmth of parental relationships contributes to a positive birth outcome and better health for the child.

Dr. Thomas Verni, one of the founders of prenatal psychology, explains that your love is your child's shield against life's difficulties. This is how you prepare your child to succeed in life, face the challenges of dynamism, optimism and hope.

During pregnancy, the harmonious life you live as a couple neutralizes even the negative aspects of your





genetic heritage, while promoting and enhancing its positive aspects.

Women who have a good and close relationship with partners are able to tolerate some amount of stress without consequences.

As much as possible, the mother should spend the pregnancy in a good mood, calm, joy, uplifting and in love, so that the hormones of happiness circulate in the blood and the child's body develops harmoniously. The brain will then develop well, and later your child will be intelligent, attentive, healthy, active, balanced, sociable, patient, psychologically resilient, caring and happy.

The positive emotions of the mother are a great material for a solid foundation of the health, intellect and talents of this future child!

Key features of an unhealthy partnership

How to understand that we are in an unhealthy relationship? The main indicator will be our well-being. If a relationship does not bring joy and happiness, but, on the contrary, makes you feel resentment and guilt, anxiety, depression and insecurity, even fear, then you must definitely think that something is wrong.

The main rules of **dysfunctional relationships** are with **three "no": do not speak, do not feel, and do not trust.**

Dysfunctional relationships are all about **one person's emotional "ownership" of the other.**

If you notice any of these signs in a relationship or a partner talks about it, it's worth remembering that "we all come from our childhood" but as an adult you have to start taking responsibility for your own life. This means that we can change unwanted behavioral habits.

You don't have to blame your partner, yourself or parents if things don't go smoothly. The best solution is for both of you to talk about it all together and think about what you can change in your behavior. If necessary, it is possible to seek the help of specialists (couple counselors, family therapists, etc.).

When you think of a child, it is very important that there is stability, peace and harmony in your relationship.

Behaviors that can help change and improve relationships

- Increase communication skills
- Talk to each other
- Share your feelings
- Build trust
- Listen attentively, empathetically
- Manage conflict
- Put your relationship first
- Practise gratitude
- Learn to forgive
- Be compassionate
- Accept other person as he is
- Balance social and alone time
- Don't stereotype
- Work on finding compromise



Support and information

- Couple consulting
- Printed and virtual educational information
- Communication trainings
- Family therapy
- Future parents school
- Educational courses
- Individual psychotherapy
- Friends support