

Resource 18 (Activity 8)

Life Changes When You Become A Parent

This sheet is to help you reflect on how your life would change if you became a parent. Listed below are different aspects of your life. The two columns give you space to reflect on how that aspect of your life is now, and how it might be if you had a child. If you can think of any others add them to the table.

	How it is for me now	How it might be if I had a child
What you look like		
How much socialising you do/ time you spend with your friends		
How much money you have to spend on yourself		
How much time you have on your own		
Your plans for work in the future		
Your plans for study, education or training in the future		
How much time spent on your hobbies		
How you feel emotionally		
The type of holidays you go on		
Your relationship with your parents		