

WHAT IF...

Identify the fear:

Validate your brain

- Thanks for bringing this to my attention
- I know you're trying to keep the baby safe
- I know you're trying to keep me safe
- I get this is a troubling thing to consider
- _____

Things I can do to reduce the likelihood of this happening (w/in my power):

- _____
- _____
- _____
- _____
- _____

So here's the plan:

—————
Validate again:
If this happened...

- It would totally suck.
- It would be really scary, stressful, frustrating...
- After, i would be exhausted, sad, shaken...
- _____

... and I would do my best to cope with the situation because that's all I can do.

WHAT IF...

Identify the fear:

I'M AFRAID THE BABY WILL HAVE A BAD ALLERGIC REACTION TO A NEW FOOD

Validate your brain



Thanks for bringing this to my attention



I know you're trying to keep the baby safe



I know you're trying to keep me safe



I get this is a troubling thing to consider



So here's the plan:

"IF HE DOES HAVE A REACTION, I'LL START BY CALLING THE PEDIATRICIAN. I'LL GIVE BENADRYL IF RECOMMENDED. IF IT'S MORE SERIOUS, I WOULD ALSO TAKE THE BABY TO THE ER IF THE DOCTOR SUGGESTS THAT. I KNOW WHERE OUR CLOSEST ER IS LOCATED AND WE CAN BE THERE IN 10 MINUTES. I'VE ALSO LOOKED AT THE ER'S COVID SAFETY PROTOCOL SO I CAN KEEP THE BABY AND I SAFE BY WEARING A MASK, NOT TOUCHING DOOR HANDLES, AND BRINGING HAND SANITIZER WITH ME. I CAN ALSO CALL THEM AHEAD OF TIME TO LET THEM KNOW I'M BRINGING AN INFANT AND SEE IF THERE ARE ANYTHING SPECIAL I CAN DO TO LIMIT CONTACT."

Things I can do to reduce the likelihood of this happening (w/in my power):



RESEARCH COMMON FOODS BABY MIGHT REACT TO



CALL MY PEDIATRICIAN WITH ANY QUESTIONS PRIOR



TRY NEW FOOD ON A DAY WHERE I'M HOME TO WATCH FOR REACTION



HAVE BENADRYL ON HAND, JUST IN CASE





Validate again: If this happened...



It would totally suck.



It would be really scary, stressful, frustrating...



After, i would be exhausted, sad, shaken.



I WOULD HATE SEEING HIM BE SO UNCOMFORTABLE

... and I would do my best to cope with the situation because that's all I can do.